

Early Connections

A Newsletter for the Addison Early Childhood Community
Professional Development Calendar 2012-13

NEW! VERMONT BIRTH TO THREE INFANT/TODDLER PROJECT IN ADDISON COUNTY

The Addison County Starting Points Provider Networks and Directors' Network, in collaboration with Addison County Child Care Services, have received a \$10,000 grant from the Vermont Birth to Three Project. The grant will support incentives for family child care providers and center-based infant/toddler teachers to participate in a new infant/toddler professional development project. The project consists of a series of professional development opportunities along with a new Provider Network meeting in Middlebury to support reflection and implementation of the series content. Providers may receive both programmatic and personal incentives. Examples are materials to put class content into practice such as children's books, resource books, music CD's, musical instruments and other educational materials to use with infants and toddlers. The monthly Network meeting to support reflection and implementation will be led by Gerri Barrows, Network leader and VT Birth to Three mentor, and Amethyst Peaslee, Resource Specialist for Addison County Child Care Services. Participants may also receive on-site support from Gerri and/or Amethyst. For more details and a description of the classes offered, see pages 4 & 5.

BETTER KID CARE ON-DEMAND TRAINING

Better Kid Care (BKC) 2- hour online lessons have been approved by Vermont Northern Lights Career Development Center. Better Kid Care's *On Demand* system for online learning offers a variety of topics for early childhood and school-age childcare professionals and directors. *Vermont has approved the 2- hour lessons.* Training hours include Vermont child care licensing annual hours, training hours for Step Ahead Recognition System (STARS) – staff qualifications/professional development arena, initial Child Development Associate (CDA) credential required training, Department of Education training to renew educator licensure, and more. Be sure to follow the specific training requirements of the program or credential. You can preview the content of all lessons for free. There is a \$5.00 fee to take the final lesson assessment and receive a Certificate of Completion. Northern Lights must receive a copy of the certificate of completion in order to verify online training and post them in your BFIS Quality and Credential Account. Please use the cover page available on the Northern Lights website under "Online Learning," when submitting documents. Better Kid Care is partnering with the Department of Defense, USDA, the University of Nebraska and the Military Child Care Liaison Initiative to provide *On Demand lessons at no cost to child care professionals in licensed childcare programs in VT, from now through December 31, 2013.* (For more information, visit Northern Lights Career Development Center, <http://northernlightscdc.org/training/online-training-and-coursework/>)

NEW FORMAT FOR THE FUNDAMENTALS COURSE! See page 12 for details...

Addison County Child Care Services

81 Water St., Middlebury, Vt. 05753

Phone: 802-388-4304

Fax: 802-388-3063

Protective Services/Family Support:

Doumina Noonan

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

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

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

Helpful Websites:

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

COMMUNITY RESOURCES

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

STARTING POINTS NETWORK NEWS

Bristol/Middlebury/Vergennes Network: 2nd Monday of the month at 6:30 PM

Sept. 10: Potluck and planning meeting

Oct. 8 & Nov. 12: Possible offerings for Oct and Nov are - discussion with licenser, computer class and meeting with KAP1 Representative Call for details and update

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

Addison County Directors Network: 2nd Wed. of the month - 3:30 PM

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

SuWhite, Quarry Hill School 388-7297

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

Sept. 28: Support and Discussion (at Tracy's)

Oct. 25; Nov. 29; Jan. 25: 3 part series on Domestic Violence and its Effects

With Willow Wheelock, WomenSafe—This will take place at Neshobe School

Dec. Holiday Celebration

Provider Leader: Tracy Bruce 247 - 5427 Call for details.

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

Sponsored by a Starting Points grant from Child Care Services Division in Waterbury.

PROFESSIONAL ACCOMPLISHMENTS—CONGRATULATIONS!

The Sapphire Center—2 Stars

Michele Fouts, Director, Sapphire Center, is now a Master Instructor in the Northern Lights Instructor Registry and the Mental Health Consultant for CVOEO HeadStart

Helen Myhre, HeadStart, received a BA in Human Services with a concentration in Early Childhood Education from Springfield College

Peggy Chatelain—Parent/Child Center—for achieving a CDA credential.



Kaplan Early Learning Company now offers discounts for Vermont programs participating in Vermont's STARS Step Ahead Recognition System. 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

WE WANT YOU!

TO JOIN THE NEW
ADDISON COUNTY
INFANT TODDLER PROJECT!



ANNOUNCING a new INFANT/TODDLER PROFESSIONAL DEVELOPMENT PROJECT in Addison County starting this fall. The Addison County Starting Points Provider Networks and Directors' Network, in collaboration with Addison County Child Care Services, have received a generous \$10,000 grant from the VT Birth to Three Project in order to provide incentives to 20 participants. The project consists of a series of 6 Saturday morning classes, 1 per month from September to November and then from January to March. Classes run from 8:30 am to 12:30 pm. A light breakfast and snack will be served.

In addition to the classes, a new Starting Points Network is forming in Middlebury, to support reflection on and implementation of the class content. VT Birth to Three mentor, Gerri Barrows and Amethyst Peaslee, Resource Specialist, will facilitate the group, along with guests to help give extra support.

We are asking participants to do a self-assessment of their classroom using the ITERS (Infant/Toddler Environmental Rating Scale) or the FCCERS (Family Child Care Environmental Rating Scale) and to then have a scored assessment using the tool. Additional incentives are offered for participating in the assessments.

Incentives may be both personal and programmatic, such as materials to put the class content into practice, for example, children's books, resource books, music CD's, musical instruments and more. The incentives are valued at nearly \$500. per person.

The classes are open to all, but only those willing to commit to the project, that is, all the classes and the Network Reflection/Implementation sessions, along with a ITERS/FCCERS assessment, will receive the incentives. Participation in the project is limited to a total of 20. We are hoping to have 10 center-based teachers involved as well as 10 family child care providers. Directors - please talk with your infant/toddler teachers about this opportunity. Family Child Care Providers, talk with your colleagues about participating together.

Course schedule is on the next page; The Middlebury Reflection/Implementation Network meetings will be on the last Monday of the month, Sept – Nov. and then again Jan. –March.

**Space is limited and the first class, which is foundational, is on Sept 15th; please contact Amethyst as soon as possible if you are interested
resource@mjcvt.org or 388-4304**

FOUNDATIONS OF WELL-BEING FOR INFANTS AND TODDLERS

Saturday September 15 8:30 am - 12:30 pm

This 4 hour workshop focuses on the earliest stages of development, highlighting recent research in brain development, to set the stage for optimal growth and emotional well-being. It provides an overview of the ARC framework and Dr. Bruce Perry's work on supporting healthy development and using effective strategies for creating thriving environments for infants and toddlers.

Daniela Conserta Advanced Specialized Care CDA #2, 8

MUSIC AND MOVEMENT WITH INFANTS AND TODDLERS

Saturday October 6 8:30 am - 12:30 pm

Music and movement support attunement with infants and toddlers as well as the development of self-regulation. Join **Wrenn Compere, Music Together** teacher and former librarian for this fun and informative workshop which combines active learning with information on how music and movement facilitate brain development along with providing a foundation for literacy. **CDA #2, 3**

BLOCKS AND SENSORY PLAY WITH INFANTS AND TODDLERS

Saturday November 17 8:30 am - 12:30 pm

How do we support infants' and toddlers' block play? What are they learning through block play? How can we provide sensory activities in a safe way for infants and toddlers? How about paint with infants and toddlers?! Come explore this and more with **Sharon Adams**, the VT Head Start Training Center Manager and Infant Toddler Specialist at the Donahue Institute, UMASS/Amherst. **CDA #3**

BUILDING COLLABORATIVE RELATIONSHIPS WITH FAMILIES

Saturday January 12 8:30 am - 12:30 pm

This curriculum was developed by the Zero to Three Institute and is promoted by the State of Vermont. It is part of PCAN, which stands for Prevent Child Abuse and Neglect. Research indicates the best way to prevent child abuse and neglect is by developing strong collaborative relationships with families. **Helen Keith and Amethyst Peaslee; CDA #4**

SOMATIC ATTACHMENT

Saturday February 9 8:30 am - 12:30 pm

This workshop takes a deeper look at attachment styles and their practical applications, based on the work of Donald Winnicott, Daniel Siegel, Bruce Perry, Sue Gerhardt and others. We will develop a repertoire of skills for identifying and working with different patterns of attachment in children, as well as activities which support connection between children and caregivers, and between children and children. **Dr. Liz Heron** is an educator and mentor for children and adults with learning differences. Liz helps students learn to regulate their nervous system through body-based practices that are useful in learning to balance anxiety, hyperactivity and difficulties with processing speed.

Advance Specialized Care CDA #2, 5

INFANT/TODDLER CURRICULUM - WHAT IS IT AND HOW DO WE KEEP IT GOING?

Saturday March 9 8:30 am - 12:30 pm

Heather Duhamel is a graduate of the UVM Early Childhood program and is a consultant working with the VT Birth to Three Project.

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

INTRODUCTION AND REVIEW OF CACFP GUIDELINES AND REQUIREMENTS FOR RECORD KEEPING AND MEAL COMPONENTS

Wednesday, September 5 6:30 - 8:30 pm

Review Child and Adult Care Food Program (CACFP) requirements for food components served at each meal, record keeping of children served and documentation required at each review. We will look at Minute Menu forms to become familiar with the various data fields and how to negotiate this program. This workshop will be especially helpful for providers who have joined the CACFP program in the past year and for veterans who are looking for a review of the program. And just to make sure we have fun too, we'll make a couple of new snacks to try with your children. Bring your laptop or iPad type device, if you have one, to access your Minute Menu documents. **Susie Pidgeon, Suzanna Young, CACFP CDA #1**



FARM TO PRESCHOOL GATHERING

ELMER FARM

EAST MIDDLEBURY

Thursday, September 13, 6:00- 8:30 pm (note earlier than usual start time)

Join Addison County farmers, early care and education providers, and resource people as we explore many ways to incorporate agriculture education into your pre-school programs. A rotation of activities will highlight: worm bins, seeds, taste testing, and animal fiber activities as we tour a local farm. Lots of agriculture education resources will be available to browse, local farmers to connect with and a local foods light dinner will be provided. A \$5 donation is appreciated to help cover the cost of the farmer's time. Bring your own bowl, mug, and utensils for the dinner. Dress for the weather, as this workshop takes place primarily outdoors, and will be held rain or shine. The activities are geared mainly for pre-school educators. Pre-register for directions. Space is limited to 30 participants. **Susie, Suzanna and Friends! CDA #1**

TEACHABLE MOMENTS WITH SCHOOLAGERS

Monday September 17 6:30—8:30 pm

Reflection brings learning to life. It helps learners make connections between educational experiences and real life situations and creates pathways to future learning. Educators recognize the value of reflection and processing, but often find that facilitating it is one of the most challenging aspects of group work. This interactive workshop provides you with a variety of reflection tools and approaches that will dramatically improve your ability to turn teachable moments into profound personal insights and lasting lessons that meet a wide range of learning styles. Leave with new processing tools, activities and ideas to add to your facilitation repertoire. **Jen Stanchfield** is a presenter for the VT Center for Afterschool Excellence



MIDDLEBURY FARMERS' MARKET TOUR
Saturday, September 22 9:30 am - 12:30 pm

Take a walk through Middlebury Farmers' Market to learn about local, in-season produce, such as familiar fruits like Macintosh apples to less well known veggies like kohlrabis or kambocha squash. We'll discuss how to tell if produce is ripe, the differences between organic and conventional growing practices, talk with some farmers about their products, and get more information about using EBT cards at farmers' markets. We will purchase some produce to bring back to Mary Johnson's kitchen to prepare a light lunch for ourselves, all the while keeping in mind how these fresh fruits and veggies meet CACFP food program requirements for our meal production. Meet at Mary Johnson to sign in, then we will walk to farmers' market and back. Dress for the weather, as we will head out rain or shine. Space is limited to 20 participants. **Suzanna Young, CACFP CDA #1**

OPIATE ADDICTION AND ITS EFFECT ON FAMILIES AND CHILDREN
Thursday September 27 6:30 - 8:30 pm

Participants will view an excerpt from the video **What is Addiction?** - In an informal therapy group, Dr. Nora Volkow, Director of NIDA, discusses addiction as a brain disease with addicts and family members. She notes the environmental, behavioral and genetic factors that can make an individual vulnerable to addiction and how the disease leads to abnormal behavior. Additionally, Volkow uses brain imaging to illustrate how drugs and alcohol physically alter the brain, which is important in understanding addiction. Addicts are incorporated into this program as they share their difficult struggles with the disease. Following the video, discussion will focus on the effects on children living in families struggling with addiction issues. **Advanced Specialized Care Jessica Doos, R.N., Middlebury Dept. of Health; Dani Carey, Counseling Service of Addison County CDA # 2, 4**

SUPPORTING CHILDREN EXPERIENCING CHRONIC STRESS
Thursday October 4 & 11 6:30 - 8:30 pm

As a follow up to the video discussion on addictions, this 2 part workshop focuses on working with children who have experienced early chaos or trauma. Participants will gain an understanding of how brain development is altered due to chronic stress as well as ways to support behaviors that may occur as a result of trauma. Participants will discuss stressors such as family substance abuse and parental mental health issues and the observed impact on the child. We will explore environmental and physiological intervention strategies to help decrease dysregulation in young children, gaining a broader understanding of targeting support based on brain development principals and the ARC building blocks. **Daniela Conserta Advanced Specialized Care CDA #2, 8**

OUTDOOR SCIENCE with Schoolagers
Saturday September 29 8:30 - 10:30 am

The outdoors is a fun and exciting place for you to learn about the world around you. In this workshop we will look at ways to turn a walk into a learning opportunity. How can a scavenger hunt teach students about directions and be fun at the same time? Why do bees buzz and birds tweet? We will find out and explore many more adventures both inside and out. This workshop will occur outdoors for the majority of the workshop session, so please dress accordingly. **Matt Hadjun** is a fourth and fifth grade teacher at Champlain School in Burlington and a presenter for the VT Center for Afterschool Excellence.

POSITIVE LANGUAGE WITH SCHOOLAGERS

Monday October 15 & 22

6:30 - 8:30 pm

Learn how to create a positive and safe after school program by the use of positive language. Learn how to replace negative consequence plans with positive reinforcements that motivate students to change their behavior. After learning and participating in the first part of the workshop, work together as a team to create a positive management plan for your program and/or specific children. Participate in role playing exercises where you learn how to model positive language to children and change old manners of discipline to be more positively focused .

Matt Hadjun, VT Center for Afterschool Excellence

NURTURING HEALTHY SEXUAL DEVELOPMENT

Tuesday October 23

6 - 9 pm

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.

Robin Castle, Prevent Child Abuse VT CDA # 1,3, 8 Advanced Specialized Care

BREAD BAKING WITH WHOLE GRAINS

Wednesday, October 24

6:30 pm - 8:30pm

Explore various types of wheat, grind your own flour, and learn a recipe for a basic bread dough that can be used for French bread, pizzas, foccacia, or bread sticks. We'll also talk about how to sneak other whole grains like quinoa, millet or oats into our breads. Guaranteed to be a yummy evening!

Suzanna Young, CACFP

CDA #1

BASIC SPECIALIZED CARE

Thursday November 1 & 8

6 - 9 pm

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

CDA # 3, 4, 6 Doumina Noonan, CIS Child Care Specialist & a local DCF representative

TAXES AND RECORD KEEPING

Thursdays November 15 & 29 6:30 - 8:30

Come find out how to save money on your taxes! Learn three “key” recordkeeping tips for maintaining accurate business records and explore how to maximize the tax deductions you can take for your family child care business.

Gerri Barrows, VT Birth to Three Mentor CDA # 5

NEVER TOO EARLY

Thursday December 6 & 13 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

SENSORY INTEGRATION

Thursday January 10 6:30 - 8:30 pm

Join **Occupational Therapist Sandy Bove** to learn ways to support children in developing self-regulation. **Advanced Specialized Care CDA #2, 3**

**BREAKING DOWN BARRIERS:
BUILDING AWARENESS OF CHILD & YOUTH SEXUAL ABUSE**

Wednesday January 16 & 23 6:30 - 8:30 pm

This workshop builds an understanding of the prevalence and dynamics of child/youth sexual abuse. Participants will:

- ◆ Identify signs of sexual abuse and sexual violence
- ◆ Recognize the danger of sexual abuse in and close to the home and community
- ◆ Differentiate between behaviors that are nurturing or predatory (known as grooming).

Local, state and national resources will be explored and participants will practice strategies for becoming allies in addressing and ending sexual abuse of children and youth.

**Willow Wheelock, Education Coordinator, WomenSafe
Advanced Specialized Care CDA #4, 6**

MOVING WITH THE BRAIN IN MIND
Thursday January 17 6:30– 8:30 pm

Join Resource Specialist Amethyst Peaslee for this fun and informative look at the ways in which movement and nutrition support brain development from infancy to adulthood.. Participants will learn movement songs to support the development of self-regulation, literacy skills and more, from infancy through preschool.

Amethyst Peaslee, Resource Specialist CDA #1,3,5, 8

MUSIC TOGETHER
Thursday January 24 & 31 6:30 - 8:30 pm



Music Together is an internationally recognized early childhood music and movement program for children from birth through age 7—and the grownups who love them. First offered to the public in 1987, it pioneered the concept of a research-based, developmentally appropriate early childhood music curriculum that strongly emphasizes and facilitates adult involvement

Wrenn Compere teaches Music Together Family classes in Waitsfield, VT. She is a former librarian and a current candidate for a Masters in Music Therapy. **CDA #3, 5, 8**

YOGA FOR CHILDREN, YOGA FOR YOU!
Tuesday February 5 & 12 6:30 - 8:30 pm

This beginning level, hands-on workshop includes a well rounded yoga practice for providers, including vigorous postures as well as lots of deep relaxation and mindful breathing. Learn to use yoga asana (physical movements and postures) and pranayama (breathing practices) to strengthen your self-care. Learn practical strategies to combine the art of oral storytelling with the healing practice of yoga for young children. Appropriate for all levels. **Olga “Gigi” Pschorr**, Director of New Leaf Montessori in Leicester, is a longtime yoga practitioner and certified teacher. Olga holds yoga teachers’ certifications from Prajna Yoga in NM and the Yoga Center in Amherst MA. **CDA #3**



Beyond the Fundamentals:
OBSERVING AND RECORDING CHILDREN’S BEHAVIOR
Thursday March 7, 14 & 21 6 - 9 pm

This 3 part series introduces early care and education professionals to the importance and value of purposeful observation in a group setting. It also examines observation techniques and how they can be used to support individual children and improve the overall quality of the learning environment. This module is designed so that participants acquire the knowledge and skills to:

- identify the benefits of observation in the early childhood classroom
- develop systems and tools that support observation in the classroom
- understand the importance of confidentiality and identify strategies to maintain confidentiality
- interpret observations for the purposes of child assessment and curriculum planning
- identify the child assessment tools approved by the VT Department of Education for assessing children attending publicly funded Prekindergarten programs

Johanna Vaczy, co-coordinator for the STARS program CDA #7



WHAT DOES TIME MEAN TO CHILDREN?

Tuesday April 2 6:30 - 8:30 pm

This workshop is based on current research and takes a developmental look at children's perceptions of time at various ages. It offers appropriate ways to teach children about concepts of time and build on children's understanding of 'yesterday', 'today', and 'tomorrow'. We will discuss ways to make calendar meaningful to children and take a look at some great books about time.

Amethyst Peaslee, Resource Specialist CDA #3, 8

Beyond the Fundamentals:

PROFESSIONALISM AND PROGRAM MANAGEMENT

Thursday April 4, 11 & 18 6 - 9 pm

NOTE Location: VT Adult Learning—Boardman St. Middlebury

This 3 part series focuses on professional development, personal wellness and topics related to child care program operation. It includes a three hour: *What is the CDA?* module. Participants will also be informed about the Vermont Early Childhood Career Ladder, Northern Lights credentials, technical assistance and resources. **CDA #4, 5, 6**

Gerri Barrows, Starting Points Networks Coordinator and VT Birth to Three Mentor

TALK, SING, PLAY, CREATE...READ: Building Early Literacy Skills

Saturday, May 4 9 am – 12 pm

Isley Public Library Community Meeting Room

This workshop provides early childhood educators, and other adults who work with infants and toddlers, with the concepts and skills needed to introduce language and literacy to infants and toddlers. Stressing the importance of the role of early caregivers in building the foundation for early literacy, this workshop will focus on specific activities and tools to help young children get ready to read. Come prepared for a fun, interactive learning experience **with Isley Public Library's youth services librarian, Sarah Lawton, and special guest presenters focusing on music and art.** Each participant will receive a selection of books, music and activities. Breakfast provided. Limited to 15 participants. **CDA #2,4,8**

DO YOU KNOW A TEENAGER INTERESTED IN BABYSITTING? THEY CAN

Enroll for a FREE Babysitter's Training Class

September 8, 2012 • 9am – 4pm

Mary Johnson's Children Center, 81 Water Street, Middlebury

Contact Amethyst for more info or to register: resource@mjcvt.org or at (802) 388-4304,

This course is offered by the American Red Cross. Participants will receive a Training Manual, Emergency Guide and a Training CD-Rom

Participants will learn how to—

- ◆ **Supervise children and infants.**
- ◆ **Perform basic child-care skills such as diapering and feeding.**
- ◆ **Choose safe, age-appropriate games and toys.**
- ◆ **Handle bedtime and discipline issues.**
- ◆ **Identify safety hazards and prevent injuries.**
- ◆ **Care for common injuries and emergencies such as choking, burns, cuts and bee stings.**
- ◆ **Communicate effectively with parents.**
- ◆ **Find and interview for babysitting jobs**

FUNDAMENTALS FOR EARLY CARE AND EDUCATION

Tuesdays September 11th - November 13th 6 - 9 pm

Plus 2 Thursdays 6 - 9 and 2 Saturdays 8:30 am - 2:30 pm

Instructor: Doumina Noonan, M.Ed

Course Fee: \$45.00 Location: Mary Johnson Children's Center

This year we are trying a new format for the Fundamentals in Early Care and Education course. The course will be offered on Tuesdays from September 11th until November 13th, from 6—9, with the addition of two Saturdays, in September and October, from 8:30 am—2:30 pm. This will allow the course to finish up before the winter sets in and the winter holiday season begins. The Fundamentals course is required for all new center staff who have not taken a child development course. This course is **recommended for those who are new and not so new to the child care profession. 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.**

This course will provide you with a foundation in child development and developmentally appropriate practices, including child guidance, communicating with families, cultural sensitivity, and 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.

All providers who successfully complete the course and have worked in the field for one year can apply for a Northern Lights 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 gift certificate to purchase materials/equipment for their program as well as \$100 cash, made possible by the Addison County Early Childhood Council through funds from the VT Bright Futures State Council.

T. Sept. 11: Introduction to the Fundamentals: Addresses course expectations, ethics, confidentiality; giving & receiving constructive feedback as well as portfolios/professional development documentation and CDA connections. **CDA # 5,6**

Sept. T. 18: Healthy and Safe Environments: Members from VT's Licensing Team will answer your questions regarding licensing regulations and discuss ways to provide safe and healthy environments for children. **CDA # 1, 3, 5**

Sept. 25: Observing and Recording: Introduces various ways of observing & recording children's behavior. Observation is a foundation of developmentally appropriate practice & is a key concept of this course. **CDA # 7**

S. Sept. 29: Developing Relationships with Families/Issues in Diversity: Valuing all families and working in partnership with them creates long lasting benefits for children. Being aware of what you bring to the relationship is key to building trust and offering supportive communication. *Continued on next page...*

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, 4, 8**

T. Oct. 2: 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**

T. Oct. 9 & 16: 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**

S. Oct 20. 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**

T. Oct. 23: Nurturing Healthy Sexual Development: see page 8 for a description

T. Oct. 30: 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**

Th. Nov. 1 & 8: Basic Specialized Care see page 8 for details

Nov. 6: 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**

T. Nov. 13: Sharing Final Projects/Wrap up: (for Fundamentals course participants) **CDA # 6**



VAEYC Conference
Thursday, Friday, & Saturday, OCTOBER 18–19–20
Dudley H. Davis Center
University of Vermont
Burlington, VT

For 2012, in collaboration with Vermont Birth to Three, VAEYC is extending our conference and adding Saturday as a third day with a home-based childcare provider focus.

Saturdays offering—The Ooey Goey Lady!
go to www.vaeyc.org for more info and to register

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**.

DO YOU KNOW?! You can use your EBT card at area Farmers' Markets and double your value with Harvest Coupons. 3SquaresVT recipients are awarded Harvest Health Coupons through the EBT stands at participating farmers' markets. For every two dollars in 3squaresVT/SNAP withdrawn at the market, a two dollar coupon is granted, with a maximum value of \$10 per market visit.

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. 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 @ the Baptist Church

Hancock: Wednesdays from 9-11 at the former Hancock elementary school

Middlebury Tuesdays 9:30-11:00 Memorial Baptist Church

Vergennes: Wednesdays 9:30-11:00 Congregational Church

MIDDLEBURY—AUTISM SUPPORT GROUP will meet on the 2nd Thursday of the month, from 7—9 pm, at the Sapphire Center, 87 Rivers Bend Rd in New Haven. This low-key support group for parents and caregivers of children on the autism spectrum offers support and sharing of resources. The focus of September's meeting (Sept. 13) will be Health and Nutrition. This will be an open sharing and discussion. For more information call 388-3887.

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

www.autismsupportdaily.com

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

The 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 Services
81 Water Street
Middlebury, VT 05753

Please call 388-4304 or email resource@mjcvt.org if you no longer wish to receive this newsletter



INFANT/CHILD/ADULT CPR AND FIRST AID

Saturdays: September 8 January 19 March 23 May

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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