



# Resource Development Center Provider Training Newsletter

Southern Kennebec Child Development Corporation

## June & July 2010

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### Child Care Options

Resource Development Center

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## Maine's Infant Toddler Credentials (ITC)

There is a nationwide movement to professionalize the Infant Toddler field in an effort to ensure that babies are given the highest quality care possible. Research shows that caregivers' professional development is key to ensuring quality. Maine has worked with the Zero to Three Learning Community to develop a 3 tiered Infant Toddler Credentialing System to ensure that training is available for caregivers who do not have college experience, as well as for those who do.

### Infant Toddler Credential 1 – recognized by the Office of Head Start as equivalent to the CDA-IT

**ITC 1** No college necessary. The four trainings that are necessary can be taken through any of the Child Care Resource and Development Centers. They are:

- Caring for Infants, Toddlers and Their Families
- Foundations in Health, Wellness and Safety
- Supporting Maine's Infants & Toddlers: Guidelines for Learning & Development
- Introduction to Infant Mental Health: Issues and Practice.

Following the completion of these trainings, a portfolio is developed by the applicant and reviewed by Maine Roads to Quality to determine if competencies have been met. Then, a packet of parent surveys will be sent out, and a Credential Observer will do an observation, both of which will be reviewed, and the award will be made or recommendations for technical assistance will be suggested. Cost \$25. Application will be on line by June 1, 2010.

### Infant Toddler Credential 2

**ITC 2** An Associate's degree is necessary to pursue this credential. The coursework in the Associate's degree must include specific course equivalents for 3 credit courses in *Introduction to Early Childhood Education, Observing and Recording Children's Behavior, and a course on Infants and Toddlers.*

Then the four specific 3 credit courses to earn the ITC 2 can be taken through Kennebec Valley Community College over ITV on Mondays at 4:00. They will also be offered where there is a group of 12 or more interested throughout the state. The 1 credit seminar course will probably be offered on line. When courses are completed, the award will be made by MRTQ.

The anticipated timeline for this credential is:

Spring 2010 – ECE 265 Infants and Toddlers I: Social Beings & Ability to Communicate  
Summer 2010 – ECE 260 Infant Toddler Seminar – at KVCC  
Fall 2010 – ECE 275 Working in Partnership with Families  
Spring 2011 - ECE 270 Infants and Toddlers II: Strong Healthy Bodies & Curious Minds  
Summer 2011 - ECE 280 Infant Toddler Language and Literacy

### Infant Toddler Credential 3

**ITC 3** A Bachelor's degree will be necessary. This level is under development.

For more information contact Karen White at 333-6450  
or [kwhite@community-concepts.org](mailto:kwhite@community-concepts.org)

Maine Roads Core Knowledge Training / Education Opportunities

**STARTING SOON!!!**

**Fostering the Social-Emotional Development and Competence of Young Children**

This training focuses on helping children, not only the children who fit in well, but those with ‘difficult’ behaviors, develop social skills, self confidence and build their social-emotional intelligence. Participants will take an in-depth look at why children act out and how they can work preventatively to diminish social difficulties. The content covers building relationships, assessing the environments and curriculum, designing strategies to support children to maintain peer relationships, develop skills to improve self regulation and conflict resolution, and identifying community resources when involving other specialists as needed. 30 hrs

Trainer: Marie Bolduc *PS*

Date & Time: Wednesdays: May 12, 19, 26, June 2, 9, 16, 23, 30. Two additional evenings will be scheduled once the training begins and the trainer and participants agree on dates. 6:00-9:00 p.m.

Location: Child Care Options, Farmingdale

Cost: \$15-Quality for ME participants \$20-non Quality for ME participants, pre-registration is required.

**Getting Started in Family Child Care: An Orientation**

This 12 hour training introduces the aspects of opening a family child care business in the home. It covers state certification procedures, health and safety practices, working with families, child development, community and professional resources, business and professional development. The training will fulfill the orientation training required by DHHS for certification. *IT/PS/SA*

Trainer: Sharon Abair

Date & Time: July 8, 12, 13, 19, 6-9:00 p.m.

Location: Fairfield

Cost: \$15.00, pre-registration is required.

**Weaving Diversity into Our Work with Children & Families Plus Many Eyes, Many Voices**

Throughout Weaving Diversity participants will explore personal memories, be introduced to concepts of the cultural lens and anti-bias approach, and practice responses using work-based scenarios. Many Eyes, Many Voices offers high quality children’s books accompanied by a activity guide designed to stimulate meaningful conversations about differences. Participants read and discuss books, and take part in related exercise and activities in preparation for using the materials with young children.12 hrs *PS*

Trainer: Marie Bolduc 2 evenings, Sharon Abair 2 evenings.

Date & Time: June 7, 14, 21, 28, 6-9:00 p.m.

Location: Child Care Options, Farmingdale

Cost: \$10-Quality for ME participants, \$15-non Quality for ME participants, pre-registration is required.

**Introduction to Infant Mental Health**

Infant mental health is an inter-disciplinary field concerned with maximizing the emotional, physical, social and cognitive well-being of zero to five year old children and their caregivers. This course will give an overview of the field while also providing specific information on attachments, temperament, relationship building, use of self, principles of infant mental health practice, assessment, identifying and supporting family strengths. Anyone who works with young children will find it particularly enlightening and useful. This is a requirement for the Infant Toddler Credential. 18 hours

Trainer: Michael Sandberg *IT/PS*

Date & Time: Saturday August 7 9:00 am-3:30 pm, breakfast and lunch included, Wednesday evenings August 11, 18, 25, September 1 6:00-9:00 p.m.

Location: Maine Children’s Home, Waterville

Cost: \$10-Quality for ME participants, \$15-non Quality for ME participants, pre-registration is required.

**Please Note**

◇ Class one is critical for all trainings, if you miss this important evening the remainder of the curriculum will be forfeited.

CODE: Indicates what age groups this training is appropriate for:

*IT/PS/SA*

*IT: Infant & Toddler, PS: Preschool, SA: School Age*

## Maine Roads Core Knowledge Training / Education Opportunities

### Maine Early Childhood Learning Guidelines

For those working with ages 3-5, Maine's Early Childhood Learning Guidelines is the only required training for the Quality Rating System. Eight sessions will orient you to the Guidelines, demonstrate how you are already using them in your planning and if you are not, these sessions will help you integrate them into your current curriculum and adapt them to children with special needs. Key to using the guidelines is sharpening your skills around observation and assessment of young children. Participants will be guided in the creation of a portfolio/case study of one preschool child that utilizes concepts and strategies introduced in this training. There are expectations of homework between classes awarding an additional 6 hr. certificate, for a total of 30hrs.

Trainer: Rhonda Conway

*PS*

Date: Tuesday evenings, August 24, 31, September 7, 14, 21, 28, October 5, 12, 6:00-9:00 p.m.

Location: Child Care Options, Farmingdale

Cost: \$15-Quality for ME participants \$20-non Quality for ME participants, pre-registration is required.

### Operating a Family Child Care Business

This eight part curriculum is designed to develop and improve basic business management skills. Learning activities and take home action steps encourage participants to practice what they learn to improve the bottom line. Some of the topics are: Balancing Work and Family, Tips on Writing Contracts and Policies, Creative Marketing Ideas, Recordkeeping, Increasing Business Profits, and Growing the Business.

24 hours

*IT/PS/SA*

Trainer: Sharon Abair

Date: This training is part face-to-face meetings and part online training.

The first meeting date is August 9, second date to be determined. Online work needs to be completed between meetings with a final meeting and completion of September 20.

Time: 6:00-9:00, with online work on your own time.

Location: Child Care Options, Farmingdale

Cost: \$10-Quality for ME participants, \$15-non Quality for ME participants, pre-registration is required.



## Elective Training / Education Opportunities

### **Winslow Child Care Provider hosts Basic Water Safety Course Presented by Safety Educators of Maine, LLC.**

This course is designed to teach basic water safety and rescue to child care providers. The emphasis is on prevention and safety around an aquatic structure with a wading for swimming pool. This course is in compliance with the Division of licensing and Regulatory Emergency Rules on the training needed for a water safety attendant certificate.

Monday June 7 @ 6:00 p.m., @ Elaine Manzo's in Winslow, 873-4363, \$60 fee.

### Sources for First Aid & CPR Training

Beth Bell, Class time & locations are flexible 547-4211

Mid Maine Chapter, Waterville 872-5642

Jessica Shaw, Fairfield 453-4365 or 877-5481

Deb & Dale Waldron, 445-2264 or 215-4453

### American Red Cross

First Aid & Pediatric CPR through Child Care Options

Saturday, May 15, 2010 Time: 8-5 Fee: \$30.00

Location: Child Care Options, Farmingdale

Pre-pay and register with the enclosed yellow registration form to Child Care Options.

No refunds or transfers.

### **Skowhegan Area Child Care Providers**

Skowhegan area child care providers meet on the last Monday of the month and are inviting all to join them. To join the fun contact Lynn Merrick @ 474-6786 for info.

## Lunch & Learn

For center-based directors and/or staff: Child Care Options will sponsor “Lunch and Learn” sessions on the third Wednesday of the month. May will focus on enhancing your science areas. June will describe RELATE: Early Childhood Mental Health Consultation. ECMHC goals are to promote, sustain, and restore healthy social and emotional development of children through providing both programmatic and child-specific consultation to early care and education programs. These sessions are free and training certificates will be available. Bring your lunch and we will bring the dessert.

*IT/PS/SA*

May 19, 11:30-1:30, presented by Sharon Abair, Education Specialist

June 16, 11:30-1:00, presented by Deb Rainey and Billie Jo Taylor, CCIDS

Location: Child Care Options, Farmingdale

Cost: Free, pre-registration is required.

### CDA Information Meeting

Everything you ever wanted to know about a CDA. Hours of training needed and how you can achieve it through the Core Knowledge training and more. Sharon will outline the steps to working on a CDA.

Trainer: Sharon Abair

*IT/PS/SA*

Date & Time: **May 11**, 6:00-8:00 p.m.

Location: Child Care Options, Farmingdale

Date & Time: **May 25**, 6:00-8:00 p.m.

Location: Kennebec Valley Community College, Fairfield

Cost: Free, pre-registration is required.

### Developing Parent Handbooks

If you have thought about developing a policy handbook for your parents and don't know where to start, you should think about attending this quick, informative working session on the whys and how's. We will give you ideas and suggestions that will get the job done!

Trainer: Sharon Abair

*IT/PS/SA*

Date & Time: July 27 & August 3, 6:00-8:00 p.m.

Location: Child Care Options, Farmingdale

Cost: \$10, pre-registration is required.

### Science? ME? What Do I Know?

If we were to eliminate the name “science” and call it something else like “messing around with the world”, all of us would feel much more comfortable presenting it to young children. So come and “mess around with the world” and learn lots of new ways to make your program come alive!

Trainer: Sharon Abair

*IT/PS/SA*

Date & Time: **May 13**, 6:00-8:00 p.m.

Location: Child Care Options, Farmingdale

Date & Time: June 29, 6:00-8:00 p.m.

Location: Skowhegan, Somerset County Extension Office

Cost: \$10, pre-registration is required.

### Parent Engagement Made Easy

In this workshop you will identify ways in which you can increase parent involvement in your childcare setting. You will be given tools to help identify areas of strength and areas for improvement. You will learn easy and time/cost efficient ways to improve parent involvement. All strategies are proven through research by the Strengthening Families project.

Trainer: Sharon Abair

*IT/PS/SA*

Date & Time: May 26, 6:00-8:00 p.m.

Location: Child Care Options, Farmingdale

Date & Time: June 2, 6:00-8:00 p.m.

Location: Maine Children's Home, Waterville

Cost: \$10, pre-registration is required.

### Gluten Intolerance ~ Celiac Disease

Do you have any children in your program with these sensitivities? The intolerance of foods is a growing problem amongst children and adults. This workshop will enlighten you on where gluten is found, all those other names for gluten, how to eliminate it from everyday foods, cross contaminations, food substitutions, where to find products, and how to keep the gluten intolerant child healthy will also be covered. Ample time for questions and answers.

*IT/PS/SA*

Trainer: Rustie McDonald

Date & Time: June 29, 6:00-8:00 p.m.

Location: Child Care Options, Farmingdale

Cost: \$10, pre-registration is required.

### Employment Opportunities

#### Part Time position in Family Child Care in Augusta

Candidate must be able to work independently, possess excellent child care skills, and communicate effectively with provider, parents and children. Need to have current first aid & CPR certificates and pass background checks.

Please contact: Holly Foster @ 521-4361.

CODE: Indicates what age groups this training is appropriate for:

*IT/PS/SA*

*IT: Infant & Toddler, PS: Preschool, SA: School Age*

# What Does Trauma Have To Do With It?

Presented by Dr. Stephen Greene, Licensed Clinical Psychologist

*Saturday June 5, 9:00 - noon*

*Sponsored by Child Care Options RDC and Mid-Coast RDC*

*Location: Sportsman's Alliance of Maine, Rt. 3, Augusta*

*\$20 registration fee*

*CEU applications will be available the day of the training, \$13 fee.*

The focus will be on practical knowledge, skills, and tools useful in supporting healthy child/brain development. Dr. Greene will review the information about basic brain functioning and normal brain development as well as the effects of attachment and trauma on brain development. Specific skills and strategies for problems of dysregulation, arousal, sensory issues, and trauma activation will be discussed. The importance of the development of mindfulness and self regulation skills for the provider will be discussed.

Dr. Stephen Greene is a licensed clinical psychologist in private practice with offices in Augusta and Westbrook Maine. He has been providing clinical services in a variety of inpatient and outpatient settings for more than 30 years. His areas of clinical specialty include trauma, attachment, deafness, developmental disorders, medical psychology, systems, and wrap-around treatment. He has specialized in treating severe childhood trauma, attachment, and dissociative disorders for the past 8 years. He provides therapy and consultation services to individuals, couples, families, teams, organizations and schools. Limited seating, registration deadline May 21, 2010

Pre-registration is required, mail in yellow registration form and fee to Child Care Options.

## R3 Conference ~ Relationships, Relationships, Relationships

The Key to Success in Schools and Communities ~ Beyond Drop-Out Prevention

With Peter Benson, President of SEARCH Institute

July 26, 27, 28 2010, University of Maine at Orono

For All Who Work With School-Age Youth, Day-Time Educators and Out-of-School-Time Practitioners  
Workshops will focus on real-world, real-life strategies for engaging youth in their learning experiences in the day-time classroom and in out-of-school time.

*Learn Effective...*

- *Strategies to develop positive, powerful relationships in schools and communities*
- *Research-informed practices to inspire youth and adult relationships*
- *Approaches that enhance school and community climate and culture*
- *Youth centered learning and youth driven planning for success*

For More Information contact The Maine AfterSchool Network, Deborah.chase@maine.edu or 1207-778-7575

CEU's and training hours available

Co-sponsored by: The Maine AfterSchool Network, Maine's 21st Century Community Learning Centers, Maine Department of Education, University of Maine Cooperative Extension, Communities for Children and Youth, University of Maine

## **Change the Future of Our Community: Care for ALL Children Together**

### **Introduction to Working with Children with Special Needs – Thursday, July 8<sup>th</sup> 6:00-8:00 pm**

This introductory workshop will provide child care providers with encouragement to work with children of all abilities. Basic child development will be reviewed, and examples will show that, special needs or not, children are children. The workshop will provide an overview of community supports available and an opportunity to voice specific concerns and learn how to address them.

### **Curriculum and Play Environments – Thursday, July 15<sup>th</sup> 6:00-8:00 pm**

People may be surprised when they learn how many of the challenging behaviors that children exhibit can be prevented by rearranging the environment and adding structure to the day. Tips for building on consistency, predictability, visual cues, and clear expectations and consequences will be discussed. Making simple changes to physical space and daily routine will make the day easier for all children with special needs and without, and will foster their ability to be successful.

### **Observing and Recording Behaviors – Thursday, July 22<sup>nd</sup> 6:00-8:00 pm**

This workshop will focus on collecting data to track behaviors that you seek to decrease. Human emotions can obscure a caregiver's perception of a child's behavior, magnifying an event that happened recently and ignoring the days of good behavior that preceded it. Learning how to clearly define a behavior (what does "tantrum" mean?) and tracking the behavior carefully can help providers see antecedents and consequences more clearly, and can help them determine whether an intervention is working.

### **Strategies for Working with Challenging Behaviors – Thursday, July 29<sup>th</sup> 6:00-8:00 pm**

At this workshop, child care providers will learn the importance of discovering why a challenging behavior is occurring, and then brainstorm strategies to address the behavior. Tools such as an ABC chart can help caregivers determine what the child is getting from the behavior, and other measurement tools can help accurately document the severity of the problem. Strategies to teach the child an alternative behavior to accomplish the same thing, and positive reinforcement of that alternative will be discussed.

### **Working with Families and Children: Strength Based Approaches – Thursday, August 5<sup>th</sup> 6:00-8:00 pm**

To care for children with special needs, it is important to recognize that parents are the experts on their child's abilities and needs. Open and supportive communication between parents and child care providers is essential for the success of any child care placement, and this workshop will teach strategies to maximize the effectiveness of this relationship. Talking to parents about your concerns without implying blame or hopelessness will be addressed, as will coaching and supporting parents to carry over strategies from your child care into their home.

### **The Tool Box: Make and Take – Thursday, August 12<sup>th</sup>, 6:00-8:00 pm**

The final session of the Children's Center series will give child care providers an opportunity to use Boardmaker software, a laminator, and Velcro to create a wide array of tools for use during child care. The impact of picture schedules, token boards, reward charts, first/then visual reminders, and social stories will be the topic of discussion. Providers will then create tools that will be most helpful among the individual children for whom they provide care, and may keep those tools.

**All workshops will be held at the Children's Center at 1 Alden Avenue in Augusta. Attendance is \$25 per session, or \$100 for the entire series. Certificates for elective contact hours will be given. To register, call Renee Randazzo at 626-3497 extension 130.**

## **University of Maine at Farmington Accepts Applications for the Early Childhood Education Off-Campus Programs**

The University of Maine at Farmington is accepting applications for two new groups of students for the UMF Early Childhood Education Off-Campus sites - one in the Bath/ Brunswick area and the other in the Fairfield/Waterville area. This unique program provides an opportunity for working professionals to complete a Bachelor's degree in Early Childhood Education. This program is being offered to professionals in Maine who would like to continue their studies in Early Childhood Education in the University of Maine System but cannot commute to Farmington on a regular basis.

University of Maine at Farmington faculty teach the Early Childhood Education courses at the Bath and Fairfield sites on weekends and evenings. The program is aimed at individuals who would like live courses with an instructor on site. Current cohort students have said that the courses are stimulating and have helped tremendously with their work. Coursework will also prepare students for the new Maine Birth-to-Five (081) endorsement on your Maine Department of Education teaching certificate.

Applicants must hold an Associate Degree in Early Childhood Education or an equivalent. Special applications for this program can be downloaded at [www.farmington.edu/cohort/](http://www.farmington.edu/cohort/) Contact Chris Yardley at [Yardley@maine.edu](mailto:Yardley@maine.edu) or by phone at 778-7065 for more information.

Registration for courses for Summer 2010 and Fall 2010 is ongoing. To request information about courses available and the Early Childhood Education Off-Campus program, please contact Carolyn Drugge at [Carolyn.drugge@maine.edu](mailto:Carolyn.drugge@maine.edu) or call 778-7274.



## Did You Know?

The Care for ME program is now doing annual updates by phone! Completing an annual update is a requirement of the

*Supporting Family  
Friend and Neighbor  
Child Caregivers*

Care for ME program, and necessary to stay active with the program. So keep an ear out for those calls and related messages!

On that note, many households have been canceling their landline phones and relying solely on their cell phones. Are you? If so, please be sure to update the Care for ME program with your new number. We need your correct number on file to contact you and to send potential clients your way!

Vanessa Leigh, Resource & Referral Specialist/  
Care for ME,  
Southern Kennebec Child Development Corp.  
1-866-638-7878 207-582-3110 ext. 29

## Resource & Referral Data Corner

### Child Care Center and Family Child Care Owners/Operators

Do you have one or more people working with you in your child care? If yes, who answers the phone? Is it you? Who answers the phone when you step out? If operating out of your home, who answers evenings or weekends?

When calling for vacancy checks we've found that if a non-owner answers the phone they are, at times, unsure if there is any availability in the program. During these tough times when referrals are slow, every call is important. If a parent calls and can't get the information they need, will they wait to hear back from you, or will they move on to the next provider on their list? Can you afford to lose their business?

One possible solution is to keep a small write-on board or bulletin board by your phone. Along with having some basic information about your program on hand to refer to when answering the phone, you could jot a brief daily update on openings for your staff and/or family members to refer to. A note like "No openings right now - 4/9/10" or "We could take a kiddo over age 3" or "Could take a part-time child on Mon & Wed" can be a great way to make sure that any potential clients know right off the bat if you can serve their needs.

Do you often let calls go to your answering machine? Along with having a professional greeting, you could include the information "We are now accepting new children into our program!" or "We are currently adding families to our waiting list." This could potentially make the difference between a parent deciding whether to leave a message and follow-up with you or not!

## CONGRATULATIONS!

For successful participation in the following Maine Roads to Quality Core Knowledge Training

### Supporting Maine's Infants & Toddlers: Guidelines for Learning & Development

Rose Adams	Sarah Burden	Nancy DeBlois
Ann Elliott	Janie Gatcomb	Jessica Huff
Karen Littlefield	Melissa Luce	Kim MacDonald
Cindy Pease	Krista Smith	Jennifer McKendry

### Caring For Infants, Toddlers, and their Families

Brenda Lee Beard	Maria Bolduc	Mike Fletcher
Kim Grant	Emily Leavitt	Peg Siebert
Traci White		

### Building Peaceable Nonviolent EC Settings

Kristin Coulombe	Sarah Davis	Stephanie Dickinson
Carie Ludden	Marie Osborne	Cassandra Peterson
Brittany Ross	Danielle Saucier	Rebecca Vogel
Sandra Winslow		

### Inclusive Child Care

Melissa DeRouche	Nancy Doore	Krysten Mayo
Michelle Poulin	Cheryl Reid	Jennifer Roberts
Jessica Sargent		

### Curriculum & Development for Preschool

#### Aged Children

Shauna Burke	Rae Downs	Ruth Hamlin
Isla Hamlin	Nancy Peterson	Nikole Stuart
Mike Trombley		

Child Care Options ~ RDC will be closed Memorial Day May 31 & July 5.

Southern Kennebec Child Development Corporation  
Child Care Options: Resource Development Center  
337 Maine Avenue  
Farmingdale, Maine 04344

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Hello friends! Just a moment to update you on the number of providers in our two county area who are now registered on the Quality Rating System - we have 115 programs registered! What this demonstrates is that almost one third of our providers have committed to their profession. Every month that goes by I find more and more providers have made the leap and I cannot tell you what this commitment says about your approach to your profession. I look around at various professions and businesses - campgrounds, hotels, hairdressers, teachers, lifeguards, etc. and how all have demonstrated their commitment to training and excellent service by joining the professional organization that supports their type of service. Early care and education is no different - except that the service we provide is to young children! That makes it even more important than many other professions! We are preparing young children for life! That takes great and varied skills - organization, patience, compassion, understanding of how children grow and learn, the willingness to accept that young children must be in a relationship with the significant adults in their lives in order to feel safe enough to relax and learn, and a commitment to our own professional development to keep us knowledgeable about the latest trends in our field. Quality for ME (QRS) gives us the perfect venue to "go public" with our professional commitment! For those of you who have made the commitment - Thanks! We look forward to even more of you stepping up to the plate!

*Sharon Abair*, Education Specialist at Child Care Options