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Child Care Resource Development Center
for Kennebec and Somerset Counties
A Program of Southern Kennebec Child Development Corporation

the LINK eNewsletter

Staying Connected and Informed

Issue 12, December 2010

Dear Provider,

Are you in the holiday spirit yet? We hope so! Enjoy this month's edition of *theLink* and look for some special holiday surprises.

The staff at Child Care Options hopes you have a fun and festive holiday season with your family and friends, and we all look forward to working with you in the new year.

As a holiday favor to us, please consider sending this newsletter along to a friend or associate who might benefit from it.

Holiday Greetings!
The Child Care Options Staff (Rita, Kelley, Jill, Pam, Becky)



In This Issue

- News From Raising Readers
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News from Raising Readers



Once again, Raising Readers collaborated with Maine Roads to Quality (MRTQ) to produce the annual Early Literacy Calendar. The 2011 calendar features the books that Raising Readers will give to Maine children at birth, and at well child visits throughout the year. MRTQ staff developed information on each title that supports childcare providers, parents and other caregivers, in effectively using the books with children.

The calendar includes an updated version of the poster showing the books distributed by Raising Readers in the last few years, a list of resources available at www.raisingreaders.org and information on the RR book collections at RDCs and select public libraries. Calendars will be mailed to all licensed childcare

Quick Links

- CCO Home Page
- CCO Newsletter
- CCO Training Calendar
- Fun Days in December**
- Dec. 4th - [Wear Brown Shoes Day](#)
- Dec. 5th - [Bath Tub Party Day](#)
- Dec. 6th - [Mitten Tree Day](#)
- Dec. 7th - [Letter Writing Day](#)
- Dec. 8th - [National Brownie Day](#)
- Dec. 12th - [International Children's Day](#)
- Dec. 16th - [Chocolate Covered Anything Day](#)

providers in Maine in December.

FMI: Anne Quirion @ 661-7561 or Kate Bartley @ 299-7322

2011 Maine Roads to Quality Trainings (MRTQ)

- Pam Soucy, Training Coordinator

Maine Roads to Quality Trainings 2011/Location:

January 2011

Caring For Infants, Toddlers and their Families/Farmingdale
Getting Started in Family Child Care/Farmingdale

February 2011

Foundations in Health, Wellness & Safety/Online
Partners in Caring, Families & Caregivers/Online
Maine's Early Childhood Learning Guidelines/Skowhegan

March 2011

Maine's Early Childhood Learning Guidelines/Farmingdale

April 2011

Maine's Early Childhood Learning Guidelines/Pittsfield
Getting Started in Family Child Care/Fairfield

May 2011

Caring For The Abuse Affected Child/Augusta

June 2011

Introduction to Infant Mental Health/Farmingdale
Supporting Maine's Infant/Toddlers Guidelines for Learning & Development/Fairfield

August 2011

Getting Started in Family Child Care/Farmingdale
Inclusive Child Care/Farmingdale

September 2011

Partners in Caring, Families & Caregivers/Farmingdale
Introduction to Early Childhood Education/Farmingdale
Weaving Diversity Into Our Work with Children & Families/Fairfield

Tips for De-Stressing During the Holidays

- Kelley Bowley, Resource Development and Referral Specialist

This is time of year that the calendar tends to fill up quickly. Remember that the stress, excitement, and "go, go, go" feeling of the holiday season not only takes its toll on you, but also on the children in your care. Children will notice when you're stressed or tired. If you're not feeling your best, the children may pick up this. If you're feeling irritable, chances are the children may get a case of their own "grumpies".

Here are some tips that may be able to help you & your program ease through the extra stress of the season:

Dec. 17th - [National Maple Syrup Day](#)

Dec. 18th - [Bake Cookies Day](#)

Dec. 21st - [National Flashlight Day](#)

Save 50%!

Sign up for a MRTQ training offered in January, February or March and save 50%.

Attach this coupon to the Training Registration Form and indicate which training you are using the coupon for.

Only one coupon per registration form.

**Offer Expires:
December 31, 2010**

There is still time! Join the Pilot to earn Maine's Infant Toddler Credential 2!

Are you interested in learning more about infants and toddlers and have completed your Associate's or Bachelor's Degree in Early Childhood Education (or a closely related field)? Have you completed the following courses (or equivalents)?

Introduction to Early Childhood Education (3 credits)
Observing and Recording Children's Behavior (3 credits)
Infants and Toddlers (3 credits)

If you answered "Yes" to all of the above, you are ready to pursue the Maine Infant Toddler Credential 2!

Step 1:

Have limits. Keep in mind, when planning for the holidays, you should have limits or expectations of what will or will not happen.

Don't spread yourself too thin. It's ok for you or the children not to be actively involved in everything the season offers. If there are certain things you enjoy, make a list and plan to do these things.

Keep the end in sight. You may feel like the stress is going to bring your holiday happiness to an end or that it will drag on forever. Keep in mind that all too soon, the season will be behind you and life will return to "normal". Keep an eye on what's important now.

Get outside and play. Getting active boosts your energy and your mood - so don't slow down just because the holiday routine is a little different. If you're looking for ideas to keep you moving, read "[12 Winter Games to Have Fun Outside!](#)", including snow sculpting, snowshoe races and more.

Remember you. Most importantly this holiday season, don't forget about keeping track of you. If you're feeling run down or irritable, find something to take your mind off of your stress. Take time for a relaxing cup of cocoa, or an hour on the treadmill. What ever you want, treat yourself to your own brand of stress relief.

A Gift for You: Favorite Holiday Recipes from the Child Care Options Staff

Needhams

- Rita Fullerton, RDC Director

Ingredients:

- 3/4 cup mashed potatoes
- 1/2 tsp. salt
- Two 1 lb. packages of confectioner's sugar
- 1 stick margarine
- 1/2 lb. flaked coconut
- 2 tsp. vanilla

1. Pare and cook potatoes to make 3/4 cup mashed potatoes (not seasoned). Add salt.
2. Using a double boiler place stick margarine in it and melt over boiling water. Add potato, confectioner's sugar, flaked coconut, and vanilla.
3. Mix well and turn into buttered jelly roll pan. Place in cool place to harden.
4. When hard, cut into small squares and dip in the following chocolate mixture.

Chocolate Dip:

- One 12 oz. package chocolate bits
- 4 squares unsweetened chocolate
- 1/2 cake paraffin (the same paraffin you use to melt on top of jelly)

Enroll in KVCC's *Advanced Certificate in Infant Toddler Caregiving* program. To fill out the application, go [here](#). To apply, you will need:
High school and all college transcripts
An application fee of \$20

Step 2:

To register for Spring courses or to ask questions, contact Martha Naber at KVCC at 207-453-5198 or email mnaber@kvcc.me.edu. You may also contact the Registrar at 1-800-528-5882, ext. 5119.

Dates for the final 3 courses in the Pilot:

ECE 270 Infants and Toddlers II: Strong & Healthy Bodies and Curious Minds - Mondays, 4:00-6:45 via ITV, begins January 24, 2011 (3 credits)

ECE 260 Infant Toddler Seminar - Saturdays, April 16 & 30, 2011 from 10:00-3:00 in Augusta with 5 hours of online work between classes (1 credit)

ECE 280 Infant Toddler Language and Literacy - Summer 2011 via ITV (3 credits)

FULL FUNDING IS AVAILABLE!

The courses and books are PAID FOR YOU for the ITC2 during the Pilot ONLY. Funding is made possible by ARRA (American Recovery and Reinvestment) funds through the Maine Department of Health and Human Services, Early Childhood Division.

For more information about the IT Credential, please contact Karen White at kwhite@usm.maine.edu or 207-780-4019

Growing Up Wild

1. Use double boiler again. Place paraffin in top over boiling water to melt. Add the two kinds of chocolate and melt.
2. Stir well to mix ingredients. A toothpick or cake tester can be used to dip the needham squares.
3. Hold each square above chocolate mixture after dipping so the square drains well. Place on waxed paper to harden.

Recipe will make 66 good sized Needhams. Enjoy!

Cashew Curry Fruited Rice - Gluten Free

- Pam Soucy, Training Coordinator

Ingredients:

- 1 tbsp. butter
- 1/4 cup raw, unsalted whole cashews, broken in half
- 1 tsp. curry powder
- 1/4 tsp. Korintje Cinnamon
- 1 bay leaf
- 3/4 cup chopped onion
- 1 tsp. finely grated fresh gingerroot
- 1/2 cup uncooked basmati rice
- 1 1/2 cups water
- 1/4 cup dried apricots, chopped
- 1/4 cup sweetened dried cranberries
- 2 tbsp. snipped fresh cilantro

1. Melt butter in a skillet over medium heat. Add cashews and toast about 6-7 minutes or until browned and fragrant, stirring occasionally. Add curry powder, cinnamon and bay leaf; cook 30-45 seconds, stirring constantly to coat cashews. Remove cashews from skillet and set aside.
2. In same skillet, cook onion and gingerroot over medium heat 2-3 minutes or until onion is tender. Add rice, stirring to coat. Add water, apricots and cranberries; stir and cover. Reduce heat to low; simmer 18-20 minutes or until liquid is absorbed and rice is tender. Remove from heat and let stand 5 minutes.
3. Carefully remove lid; fluff rice with fork and discard bay leaf. Sprinkle cilantro and cashews over rice.

If you have any questions about gluten free cooking, please call Pam at 582-3110 ext. 25.

Philadelphia 3 Step Peppermint Cheesecake

- Jill Moody, Education Specialist

Workshop

When: February 12, 2011
(snow date, Feb. 19th)

Where: Child Care Options
347 Maine Avenue
Farmingdale, ME 04344

Facilitator: Toni Pied

Time: 9:00 am. - 1:00 p.m.

Cost: \$25.00 per person

Register by Feb. 4th

with: Pam Soucy, Training Coordinator Child Care Options Resource Development Center training@skcdc.org or call 582-3110 ext. 25 **This workshop fills up fast so call today!**

Participants will receive the BIG Brand NEW 2009 *Growing Up Wild Curriculum and Resource Guide (Exploring Nature with Young Children Ages 3-7)* correlated to the National Association for the Education of Young children (NAEYC) Standards and the Head Start Domains. Also you will get other handouts and door prizes!!

Growing Up Wild is a program of the Council for Environmental Education (CEE).

Watch for these trainings coming in January: Behaviors & Communication of School Age Children, Observation & Assessments, CDA Support.

Save The Date:

For Our Annual Conference
Kids, Kids, Kids
April 16, 2011

Maine Early Care and Education Training Calendar is now available online.

Click [here.](#)

Resource Sharing from NACCRRRA (National Association of Resource and

Ingredients:

- 2 pkg. (8 oz. each) Philadelphia Cream Cheese, softened
- 1/2 cup sugar
- 1/2 tsp. vanilla
- 2 eggs
- 2 cups finely crushed starlight mints, divided
- 1 Honey Maid Graham Pie Crust (6 oz.)
- 1 cup thawed Cool Whip Whipped Topping

Directions:

1. Preheat oven to 350 F. Beat cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended. Stir in 1/2 cup of the crushed mints.
2. Pour into crust; sprinkle with 1/4 cup of the remaining crushed mints.
3. Bake 40 minutes or until center is almost set. Cool. Refrigerate several hours or overnight. Top with whipped topping and the remaining 1/4 crushed mints just before serving.

Kraft Foods

Invisible Pops

- *Rebecca Hanscom, Resource Development Center Assistant*

Ingredients:

- 2 cups sugar
- 2/3 cup light corn syrup
- 1/4 water
- Assorted candies such as black/red licorice whips, red hots, etc.

Directions:

1. Line 3 cookie sheets with waxed paper.
2. Prepare an ice-water bath - set aside.
3. Bring sugar, water & corn syrup to a boil in a sauce pan, stirring until sugar is dissolved.
4. Don't stir, but wash down sides of saucepan with a pastry brush dipped in cold water to prevent sides from getting hard. Boil until mixture turns golden and is at 300 to 310 degrees on a candy thermometer - 5 to 7 minutes.
5. Set pan in cold water bath to stop cooking, let sit 20 seconds then swirl pan 2 minutes to cool.
6. Working quickly and carefully pour syrup onto baking sheets, forming circles 3 to 3 1/2 inches. Space pours about 4 inches apart. Press in lollipop sticks and lightly press candies into syrup. Let stand until completely cooled.

Martha Stewart, 2004

Referral Agencies)

National Governor's Association
Center for Best Practices
["Building Ready States: A Governor's Guide to Supporting a Comprehensive High-Quality Early Childhood State System"](#)

New America Foundation Early Ed Watch Blog: ["New Report Highlights Teacher Development as Key Strategy for Boosting Pre-K Quality"](#)

Coming Together Around Military Families Kit

ZERO TO THREE is pleased to introduce the [Coming Together Around Military Families Kit](#). This kit is a comprehensive packet of materials for parents, caregivers, and professionals who work to meet the needs of young children challenged by the stressors of military life.

Each kit contains:

- Seven posters addressing significant topics.
- Seven Flyers addressing the same topics as the posters but in greater depth.
- Two copies of the children's book - **Over There**. 1 for a family with a deployed father and 1 for a family with a deployed mother.
- A copy of the children's book **Home Again**.
- A copy of the children's book **I'm Here for You Now**.
- Five camera ready activities.
- and a DVD: **Young Children on the Homefront: Family Stories, Family Strengths**.

The materials included in the kit can be used as tools for creating

Perfect Popcorn Balls

- Kelley Bowley, Resource Development & Referral Specialist

Ingredients:

- 2 cups white sugar
- 1 1/2 cups water
- 1/2 cup light corn syrup
- 1 teaspoon vanilla extract
- 5 quarts popped popcorn
- 1 teaspoon distilled white vinegar
- 1/2 teaspoon salt

Directions:

1. Butter sides of a large saucepan. In the sauce pan combine the sugar, water, salt, corn syrup and vinegar. Cook over medium high heat to the hard ball stage (250 degrees F - be patient). Stir in the vanilla and slowly pour the hot mixture over popped corn, stirring just to mix well.
2. Butter hands lightly, when mixture is cool enough to handle, quickly shape into balls. Place on waxed paper to cool.

awareness and expertise around the issues facing military families and children.

You may borrow this kit from the Child Care Options Resource Library.

If you are interested in a copy of this kit for your program, please contact Jill Moody, Education Specialist at 582-3110 ext 13 or edspec@skcdc.org .



Resource & Referral Corner

Do you ever wonder how parents find out about Child Care Options resource and referral services??

Here are the most common ways that parents get our name and number.

Of the 506 referrals done in the last fiscal year:

- 84 were referred by providers
- 69 called for SKCDC services and were referred to us for additional options.
- 54 had used our services in the past
- 54 found out about Child Care Options on the internet
- 49 got our name from a friend or relative
- 19 were given our name by a social service agency
- 14 were referred by a co-worker

Thank you to all our providers

for letting parents know about
Child Care Options!

We greatly appreciate your help
in serving children and families in
Kennebec and Somerset
counties.

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