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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 16, April 2011**

Dear Recipient,

Happy Spring!

April is National Child Abuse Prevention Month, a time to raise awareness about child abuse and neglect and create strong communities to support children and families.

"Strengthening Maine Families" supports child care providers to help parents become stronger parents. Visit the "Strengthening Maine Families" website to find out how they can support you [www.strengthenme.org](http://www.strengthenme.org). Get involved and make a difference in the life of the children you care for.

I hope you will find time to get outside and enjoy the sights and sounds of spring. It has arrived!

Sincerely,  
Rita Fullerton, Director  
Child Care Options, SKCDC

**Child Abuse Prevention Month Resources**

More information about Child Abuse Prevention Month can be found [here](#) along with tips sheets for parents and caregivers and an activity calendar full of ways to strengthen families and communities.

[Tip Sheets](#)  
[Activity Calendar](#)

Save the dates for these "Family Fun" Activity in April in honor of Child Abuse Prevention Month:

**'Lights' for National Child Abuse Prevention Awareness Month Vigil**

Friday, April 8th  
7:30 PM  
Castonguay Square - Kiosk - Waterville

**6<sup>th</sup> Annual "Skow-pendous Family Fun Night"**

Rain or Shine  
Friday, April 22<sup>nd</sup>



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**Fun Days in April**

April 7<sup>th</sup> - [Caramel Popcorn Day](#)

April 10<sup>th</sup> - [National Siblings Day](#)

April 14<sup>th</sup> - [Look Up at the Sky Day](#)

April 18<sup>th</sup> - [National Animal Cracker Day](#)

April 22<sup>nd</sup> - [National Jelly Bean Day](#)

April 25<sup>th</sup> - [World Penguin Day](#)

Downtown Skowhegan  
Chamber of Commerce Parking Lot

For more information contact:  
Ruth Lessard 859-1514 or Deb Rich 859-1580  
Family Enrichment Council of Kennebec & Somerset Counties  
A program of KVCAP

April 26<sup>th</sup> - [National Pretzel Day](#)

April 27<sup>th</sup> - [Tell A Story Day](#)

## Activity Idea

**Week of the Young Child**  
**April 10 - 16, 2001**

## Week of the Young Child

**Working families need child care and supportive employer policies to be able to meet the needs of their young children throughout the day.**

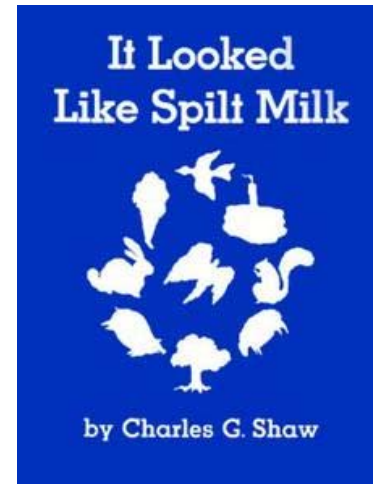
- In the United States the majority of mothers with children under age 18 work, including 59% of those with infants and 74% of those with school-aged children.
- Approximately 13 million infants, toddlers, and preschool children are regularly in non-parental care in the United States, including 45% of children younger than one year.
- The Census Bureau reports that approximately 50% of working families rely on child care providers to help them care for their children while they work; 25% rely on relatives for child care; and nearly 25% arrange work schedules so that no child care is needed (e.g. parents work different hours or days; one parent works during school hours and is home after school).

**Children, especially those from low-income families, need better access to high-quality early childhood programs.**

Research shows that high-quality early childhood programs help children--especially those from families with low-incomes--develop the skills they need to succeed in school. However, most programs in the United States are rated mediocre, and fewer than 10% meet national accreditation standards. Across the nation child care fees average \$4,000 to \$10,000 per year, exceeding the cost of public universities in most states. Yet, nationally only 1 in 7 children who are financially eligible for child care subsidies is being served, and only 41% of 3 and 4 year old children living in poverty are enrolled in preschool, compared to 58% of those whose families have higher incomes.

Communities are becoming increasingly diverse and in order for early childhood educators to be effective they must be sensitive and responsive to children's cultural and linguistic backgrounds. If current population trends continue, by the year 2010 55% of America's children will be white, 22% will be Hispanic, 16% will be black, and 6% will be Asian or Pacific Islander.

**What can be done?**



On "Look Up At the Sky Day" (April 14th) why not observe some clouds?

"It Looked Like Spilt Milk" is a great children's book about cloud shapes that keep changing into something new. It's a perfect book to use along with a unit on weather, clouds or springtime.

Here are some sites with activities to do with children after reading "It Looked Like Spilt Milk".

- [Activity #1](#)
- [Activity #2](#)
- [Activity #3](#)
- [Activity #4](#)

"It Looked Like Spilt Milk" is available for borrowing from CCO's Resource Library.

## Upcoming Trainings

Maine Early Childhood  
Learning Guidelines  
Trainer: Marie Bolduc  
Date: Wednesday evenings,

Federal, state and local government, communities, parents, and the private sector must share in the responsibility of ensuring the well-being of children and families. We can and must do more to create opportunities that help all children and families succeed. We can invest now in our children and families and enjoy long-term savings, with a more vibrant nation of healthy, achieving children and more stable families. Or we can fail to make the investment and pay the price: increased delinquency, greater educational failures, lowered productivity, less economic competitiveness, and fewer adults prepared to be effective, loving parents to the next generation of children.

The Week of the Young Child is an opportunity for programs, NAEYC Affiliates, related organizations, communities, and states to focus on the needs of young children and their families. There are countless ways to celebrate the week, which is first and foremost a grassroots effort. Use the online Event Planning Handbook to WOYC Celebrations for suggested strategies for involving community partners, activity ideas, resources, and groups to contact.

#### **Resources for state and local data on children and families:**

Annie E. Casey Foundation: the annual *Kids Count* report provides state-by-state data on key indicators of children's well being. Visit their web site at <http://www.kidscount.org/sld/compare.jsp> or call 410-223-2852.

Children's Defense Fund: produces a number of reports about children and how states are meeting their needs. Visit their web site at <http://www.childrensdefense.org> or call 202-628-8787

Federal Interagency Forum on Child and Family Statistics: releases an annual report entitled, *America's Children: Key National Indicators of Well-Being*. Visit their web site at <http://www.childstats.gov> or call the National Maternal Child Health Clearinghouse at 703-356-1964.

National Center for Education Statistics: provides online access to education databases and updates national statistics on an annual basis in reports, such as *The Condition of Education*. Visit their Web site at <http://nces.ed.gov/> or call 202-502-7300.

National Child Care Information Center: provides links to child care research, state child care profiles and a searchable, online database with state-by-state information about children and child care. Visit their Web site at <http://nccic.org> or call 800-616-2242.

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### **Provider Appreciation Day**

- Pam Soucy, Training Coordinator

Provider Appreciation Day is May 6, 2011, a special day to recognize child care providers, teachers and other educators of young children everywhere. Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's

April 13, 20, 27,  
May 4, 11, 18, 25, June 1  
Time: 6:00-9:00 P.M  
Location: Pittsfield, Warsaw  
Middle School

Getting Started in Family Child  
Care: An Orientation  
Trainer: Jill Moody  
Date & Time: April 19, 20, 26,  
27, 6:00-9:00  
Location: To Be Announced

Caring For The Abuse  
Affected Child  
Trainer: Kennebec/ Somerset  
Team  
Date: May 5, 12, 19, 26 June  
2, 9  
Time: 6:00-9:00 pm  
Location: Child Care Options,  
Farmingdale

To view a description of the  
trainings click [here](#).

To download a registration  
form for any of these trainings  
click [here](#).

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

Click [here](#).

#### **LAST CALL!**

You can still be a part of the  
Maine Infant Toddler 2  
Credential Pilot!

Due to high demand, there is  
now an additional *ECE 260  
Infant Toddler Seminar* being  
offered in Augusta this  
summer.

The final class in the pilot *ECE  
230 Infant Toddler Language  
and Literacy* will also be held  
this summer.

**FULL FUNDING STILL  
AVAILABLE!**

Please contact Martha Naber  
at KVCC at 453-5198 or  
[mnaber@kvcc.me.edu](mailto:mnaber@kvcc.me.edu) to ask  
questions or register for

Day. The founding organization saw the need to recognize the tireless efforts of providers who care for children of working parents. Momentum and support of this event has grown each year throughout the United States. Child Care Options thanks you for your dedication for working with children and families. We are offering two events free of charge to providers in Kennebec and Somerset county. You can come to one or both events.

### **Making Moments Matter**

presented by Lee Ann Szelog

Tuesday May 3rd from 6-8 p.m. , Educare in Waterville.

Lee Ann's infectious talk is all about you! You give much of yourself, your talents and your resources to the children and families you serve. This program will help you refresh and re-energize by providing easy-to-use techniques in order to recharge your batteries to make every moment matter. Best of all, you can utilize the skills and insight shared during this program in all facets of your life; at home, at work, in the community, and beyond, enhancing not only your professional life, but also your personal life.

Kennebec Valley YMCA staff will pick up where Lee Ann leaves off in putting words into action, 'Taking Care of You'. Have you ever tried Zumba? Why not, what better place to try something new than amongst our peers. How about nutrition, when is the last time you heard the latest and greatest information about the food that fuels our bodies. We will have healthy foods for snacking & a 2 hour training certificate.

### **Provider Appreciation Evening 2**

Thursday May 5, 6:30-8:30, Kennebec Valley YMCA, Augusta

On the same theme of re-charging our batteries, KVYMCA Augusta campus will open their doors to all child care providers offering a tour of their facility, social hour filled with fun activities, healthy snack, and a choice of a fitness activity:

*Introduction to Aqua Fitness*

*Introduction to Low Impact Aerobics*

Come prepared to have FUN! 2 hour training certificate available.

Pre-register for either or both events, if you would like to join us and are not from Kennebec or Somerset county please pre-pay a \$10 fee for each evening.

Please pre-register with Pam Soucy 582-3110 ext. 25

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### **How Much Information Is Too Much?**

*- Kelley Bowley, Resource Development & Referral Specialist*

Our televisions, newspapers, and computers are filled with news events every day. Sometimes heartwarming stories & sometimes, more often than not, stories about tragedies. How much information is too much for children?

Even if the children in your care don't sit down and watch the news or read the newspaper there is a good chance they hear about major events just from overheard conversations. Hearing about natural disasters can spark fear for their family's safety.

summer courses.

For more information about the IT Credential, please contact Karen White at [kwhite@usm.maine.edu](mailto:kwhite@usm.maine.edu) or 780-4019

### **Imbedding Sensory Strategies into Early Childhood Experiences**

From using straws to Row Row Row Your Boat, you will learn the basics of sensory processing. Using knowledge of calming/organizing strategies as well as excitatory strategies, you too will be able to imbed sensory strategies into your early childhood classroom or home visit. Bring your questions; you are your student's best sensory tool!

**Presenter:** Danielle Pettengill

**When:** April 13th; 6:30-8:00

**Where:** Educare Central Maine, Waterville.

**Cost:** FREE!

To pre-register, call: Nikki Hill at 680-7200.

### **Bullying Prevention and Intervention for Early Childhood and School Age Care Providers**

This workshop is designed to help early childhood and school age care providers (birth to age 12) understand how our culture, language and media models affect a child's view of the world and ideas about bullying and violence. We will cover issues of brain development, prevention and intervention relevant to bullying in early childhood and what parents, teachers and caregivers can do to help

Here are some links with tips and advice on how to talk to kids on their level about natural disasters & the news, how to be open to their questions and give honest answers & when to turn the news off.

<http://www.scholastic.com/resources/article/talking-to-your-kids-about-natural-disasters-war-and-violence>

<http://www.thechildrenshospital.org/news/pr/2011/talking-to-kids-about-japan.aspx>

<http://maria.redblok.com/?p=32>

<http://www.pbs.org/parents/talkingwithkids/news/>

<http://kidshealth.org/parent/positive/talk/news.html>

[http://www.childrennow.org/index.php/learn/twk\\_news](http://www.childrennow.org/index.php/learn/twk_news)

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## What Is The New Standard For Cribs?

Beginning June 28, 2011, all cribs manufactured and sold (including resale) must comply with new and improved federal safety standards. The new rules, which apply to full-size and non full-size cribs, prohibit the manufacture or sale of traditional drop-side rail cribs, strengthen crib slats and mattress supports, improve the quality of hardware and require more rigorous testing. The details of the rule are available on CPSC's website [here](#).

The new rules also apply to cribs currently in use at child care centers and places of public accommodation. By December 28, 2012, these facilities must use only compliant cribs that meet the new federal safety standards.

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## It Takes a Partnership Training

*- Strengthening Maine Families*

Children are part of a family system and the stronger that system is the greater chance a child has to grow up safe. Partnering effectively with parents can sometimes be a challenge, through an online assessment you will identify areas of parent engagement that need improvement. Once you have identified areas of growth, you will develop an action plan to begin working on one area of concern. The strategies are strength based approaches to improving family outcomes. Some strategies can be found on the Strengthening Maine Families website. [www.strengthenme.org](http://www.strengthenme.org)

- Register with Child Care Options
- We will send you a user name and login
- Go to Strengthening Maine Families website's self assessment
- Login to self assessment and complete
- Centers should do the assessment as a team; one person completes it online, each person in the center needs to register individually.
- Once the assessment is done pick one thing to work on and write an action plan

children avoid being victimized or becoming too aggressive.

**Trainer:** Chuck Saufler

**Date & Time:** May 16, 6-9 PM

**Location:** Educare, Waterville

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

## EChO Scholars Project

The Center for Community Inclusion and Disability Studies and the College of Education and Human Development are pleased to announce an exciting opportunity for early childhood professionals to pursue continued studies in the field of early intervention: Early Childhood Opportunities: EChO Scholars.

The U.S. Department of Education, Office of Special Education Programs, has awarded the University of Maine Center for Community Inclusion and Disability Studies, and the College of Education and Human Development, a grant to support the preparation of highly qualified early intervention professionals serving children with disabilities in Maine. Sixty-five percent (65%) of the total annual funding is designated for student stipends and will fully support students' tuition. The project represents Maine's only graduate study designed with an emphasis on young children ages birth-5 with disabilities and their families, including children who live in poverty, are homeless, are in foster care, are English language learners, or who reside in rural, remote, and sparsely populated areas with limited access to resources. The final round of applications for students to begin the Masters program this year will be April 22.

- Once the action plan is complete and reviewed you will receive your 2 hour certificate
- You have 3 months from registering to complete the survey.

Facilitator: Amanda Lonsdale

When, Time & Location: Online, Anytime.

Cost: \$10.00, pre-registration is required

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For more information, please contact:

Deborah Rooks-Ellis, Ph.D.

EChO Scholars Project

Coordinator

University of Maine

Center for Community Inclusion

and Disability Studies

1-800-203-6957 (V/TTY) or

[deborah.l.rooks@maine.edu](mailto:deborah.l.rooks@maine.edu)



No matter how long the winter,  
spring is sure to follow.

*~Proverb*

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