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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 7, July 2010

Dear Provider,

The beautiful July weather is here and I hope you are enjoying it. I took some time recently to visit the Boothbay Harbor Botanical Gardens again. I just can't get enough of the gorgeous gardens and miles of trails. If you haven't been there, please put it on your list of "to dos" this summer. [The Bibby and Harold Alfond Children's Garden](#) opens today, July 8th and every member of your family will delight in this imaginative garden full of features inspired by beloved children's literature with a Maine accent.

Until the next time, take a moment to enjoy the beauty of Maine in the summer.

Sincerely,
Rita Fullerton, Director
Child Care Options, SKCDC

I welcome your feedback, thoughts, comments, and suggestions on how we can improve our services to you at rita@skcdc.org.



"Quality for ME"

- Sharon Abair, Education Specialist

Early Care programs in our state are fortunate to have a system of professional development and assessment that offers them the opportunity to market the quality of their services in a very real way. In many states, early care has two levels- a program can become accredited and market themselves as quality but if the program does not have the financial capability to do that, they must fall back on being licensed.

In Maine, programs can enroll in "Quality for ME" and have the



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Fun Days In July

9th - [National Sugar Cookie Day](#)

10th- [Teddy Bear Picnic Day](#)

15th - [Cow Appreciation Day](#)

18th - [National Ice Cream Day](#)

20th - [Moon Day](#)

25th - [Parents Day](#)

Upcoming Trainings

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

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

opportunity to market themselves as Step 1, 2, 3 or 4. Step 1 is basic licensing and good compliant care while Step 4 is full accreditation from [National Association for the Education of Young Children | NAEYC](#) for centers or [National Association for Family Child Care](#) for family child care. If accreditation is too much of a challenge for any program, they have the choice to make improvements and move up to Step 2 or Step 3- both of which are high level quality care.

As an Early Care provider for many years I remember the frustration over wanting to market myself as a quality program but not being able to afford the costs of accreditation, so I know the relief that many of you are feeling now that you can post your "Quality for ME" certificates and feel good about being part of this system.

In Kennebec and Somerset counties alone we have well over 100 child care programs who have joined the system. If you are thinking about it and not sure of where to start, believe me when I say that it is simple! The process is a two-stepper, unless you are already a Maine Roads to Quality (MRTQ) Registry member. For you it is one step!

1. Join MRTQ Registry (this will cost \$10)-call me for an application or go to <http://mrtq.musk.usm.maine.edu> and complete the application online. YOU MUST PRINT AND SIGN THE APPLICATION AND MAIL IT TO MRTQ WHEN YOU FINISH!
2. After you get your MRTQ certificate, you are then able to join "Quality for ME". You can do this either in paper copy (call Barbara Sousa-6247909 or Barbara.d.sousa@maine.gov for a paper copy) or go to <http://www.qualityforme.org>. Once you enter your licensing number you can walk through the application in about 15 minutes. BE SURE TO HIT 'SUBMIT' WHEN YOU FINISH!

And that is all there is to it! Yes, you may be chosen for a lengthy observation as part of a research project to validate the state of Maine's "Quality for ME" tool, but many programs are eager to showcase their skills and build their marketing profile.

Congratulations to our newly enrolled "Quality for ME" programs:

Lori Abbott, "Lori's Daycare", Farmingdale

Kristen Nichols, Farmingdale

Kelsey Bean, "Bean Sprout Child Care", Sidney

Also, Congratulations to Pam Berry for receiving Accreditation from NAFCC.

Raising Readers Books at Your Local RDC and Select Libraries across the State

A Resource for Childcare Providers

The books Maine children receive at birth and well child visits through age 5 provide families with the opportunity to enjoy books together. Childcare providers can also tap into these books as a resource.

12 hour training
Location: Farmingdale

Introduction to Infant Mental Health

Date & Time: August 7
9:00 am-3:30 pm (Sat.)

Wednesday evenings:

August 11, 18, 25 &
September 1, 6:00-9:00 p.m.

18 hour training
Location: Waterville

Developing Parent Handbooks

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

4 hour training
Location: Farmingdale

To register online click [here](#).

Maine Early Care
and Education
Training Calendar is now
available online.
Click [here](#).

Resource Sharing from NACCRRRA (National Association of Resource and Referral Agencies)

National Center for Children in Poverty (NCCP) Policy Brief
"Promoting the Social-emotional Wellbeing of Infants and Toddlers in Early Intervention Programs"

Pew Research Center "The New Demography of American Motherhood"

New America Foundation Early Ed Watch: "Can Obama and Congress Repair their Broken Promises on Early Ed"

New America Foundation Early Ed Watch: "All in One Classroom: Blending Head Start and Non-Head Start Students"

New America Foundation Early Ed Watch: "How the Great

Two new collaborations provide expanded access to the Raising Readers (RR) Collections so childcare providers and others can use the books in their curriculum. Annually, the program will send the new collection to each of the eight Resource Development Centers across the state.

Additional access to the books is provided through a partnership with public libraries in the eight counties in which RDCs are not physically located.

Find the Raising Readers Collections at:

Belfast Free Library
Camden Public Library
Cherryfield Public Library
Paris Public Library
Skowhegan Free Public Library
Strong Public Library
Thompson Free Library (Dover-Foxcroft)
Waldoboro Public Library

The 2009 and 2010 Raising Readers Collections are now available at the eight RDCs and these eight libraries. The Featured Links section at www.raisingreaders.org has information using RR books in your childcare.

Great Saturday Morning Experience!

-*Sharon Abair, Education Specialist*

How do you attach to others? Can it be described as anxiously attached, avoidantly attached, or attached but in a disorganized way? Why is this important to think about? It is a key to helping you understand why and how children react to situations. We all know that behavior is communication. What is this child telling you? On June 5 Dr. Stephen Greene presented an enlightening training entitled "What Does Trauma Have to Do with It?". This three hour workshop was a collaborative effort between Mid-Coast RDC and Child Care Options. Through the use of humor, concrete examples, and clear, honest communication, participants learned how trauma affects brain development and attachment. Those attending engaged in activities that set the stage for understanding what it means to be mindful in our care of young children. If we can be calm, curious, and thoughtful about children's behavior and emotions, we can have a clearer understanding of their needs. Enhanced understanding invites high quality attachments which make for healthier children-for life!

Some comments from participants:

"Wonderful presentation, charismatic speaker"

"Great personality, knows his stuff"

Websites of interest:

www.infantmentalhealth.org

www.developingchild.net

www.zerotothree.org

Texts of interest:

[The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are](#) Daniel Seigel, 1999

[The Mindful Brain: Reflection and Attunement in the Cultivation of](#)

[Recession is Affecting Kids"](#)

Foundation for Child Development Brief "[Pre-K-3rd: Putting Full Day Kindergarten in the Middle"](#)

A Sad Farewell

The staff at Child Care Options bids a sad farewell to Vanessa Leigh. Vanessa has left her position as Resource and Referral Specialist and will be staying home with her new baby who should be arriving soon! We are very happy for Vanessa and her family and wish them the best. We thank Vanessa for her 5 years of dedication and contributions to the work that we do at Child Care Options in serving families, child care professionals and communities in Kennebec and Somerset counties.

A Warm Welcome

Kelley Bowley is our new Resource and Referral Specialist. You may have received calls or emails from her over the past month or two, as she has been transitioning into the role. Kelley taught Kindergarten for 6 years in a private setting while living in California. At that time she also received her Master's Degree and became a Site Supervisor for a before and after school program serving 150 children. Upon her return to Maine in 2006 she began working at the Children's Center in Augusta as the Early Intervention Coordinator, then the Director of Therapy Services providing early intervention and childcare services to children of all abilities. Kelley is a Maine native and grew up "Down East". She has an almost 4

Well-Being, Daniel Siegel, 2007

Healing Trauma: Attachment, Body, Brain. Daniel Siegel and Marion Solomon, 2003

SunWise Sun Safety Policy

- Pam Soucy, Training Coordinator

You recognize that playing outdoors is an important part of a growing child's physical, mental, and social health. However, did you know too much exposure to the sun's dangerous UV rays during early childhood can greatly increase a child's risk of developing skin cancer later in life? While individuals of all ages benefit from protecting their skin from the sun, young children have the potential to gain the most from learning and practicing sun safety, not only because it can reduce early childhood UV exposure, but also because it may lead to the development of healthy, life-long sun protection habits. The sun safety guidelines outlined below will give children in your care a healthy and safe environment to play. By working together with parents on these guidelines, parents and staff members can make sure that children enjoy their valuable time in the sun in the safest way possible.

1. Encourage children to wear wide-brimmed hats when playing outdoors, especially between the hours of 10:00 a.m. and 4:00 p.m.
2. Encourage children to wear broad-spectrum sunglasses that reflect 100% of UV rays when playing outdoors, especially between the hours of 10:00 a.m. and 4:00 p.m.
3. Encourage children to wear sun-protective clothing including long pants/long shorts and long-sleeved/sleeved shirts when playing outdoors, especially between the hours of 10:00 a.m. and 4:00 p.m. (weather permitting).
4. Identify shade in outdoor play areas and encourage children to play in these areas, especially if a child is not wearing other forms of sun protection.
5. Thirty minutes prior to allowing children to play outdoors, apply sunscreen SPF15 or greater to exposed skin of all children whose parents have signed a sunscreen agreement.
6. Make an effort to reduce exposure to sunlight from 10:00 a.m. to 4:00 p.m. whenever possible (10 a.m. to 3:00 p.m. during the winter months).
7. Incorporate sun safety and skin protection into activities and/or lessons.
8. Distribute sun safety information and materials to parents/guardians of children.
9. Serve as role models for children under your care by personally practicing sun protection (wearing hats, sunglasses, sunscreen).

For curriculum plans, a sample policy for your site, and children

year old son and can appreciate the need for quality childcare and resources for parents. Kelley looks forward to assisting in meeting those needs.

You can contact Kelley at 582-3110, ext. 23. Her personal email is kelleyb@skcdc.org and any emails sent to rr@skcdc.org will be directed to her for a time as well.

certificates follow the links below:

- [Teaching Plans](#)
- [Certificate](#)
- [Parent Packet](#)

[Forward theLINK eNewsletter](#)

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