



# CARE LINK

## Resource Development Center A Program of Child Care Services of York County

Summer 2010

### CARE LINK STAFF

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Hello York County Childcare Community,

We have important news to share with you regarding CareLink RDC. In order to continue to support you and the valuable work that you do, we want to give you an update on some of the changes that may affect the services we provide to you. These changes are effective October 1, 2011 and are due to the finalized State budget and the uncertainty at the federal level with funding to the states.

All "Quality Initiative" programs which include Resource Development Centers (RDC's), Maine Roads to Quality (MRTQ), Child Care Plus ME, Infant Toddler Initiative, Afterschool Network, and the University of Maine and Muskie School for Public Service Research Project, which are funded through the Early Childhood Division of the Department of Health and Human Services (DHHS) have had their budgets reduced. By these programs making this sacrifice, DHHS will be able to keep the current program structure in place as best they can in order to serve providers, children, families and communities throughout the State of Maine.

The budget reduction will limit the number of training activities that all eight regional RDC's can make available after October 1, 2011; therefore we will be offering fewer trainings than we have offered in the past. All eight RDC's are working together to provide a variety of trainings. If we are not offering a specific training you may be able to access it through the state wide training calendar at <http://ecetrainingcalendar.muskie.usm.maine.edu/public/main.aspx>.

Another change due to Maine law requires that all programs contracted by the state, which we are, be periodically put out for bid in an RFP (Request for Proposal). The RDC's were last put out for RFP in 2004, therefore, an RFP will be out in the fall, possibly October and the new contracts for this work will then be awarded to begin April 1, 2012. This means to you that CareLink RDC will only be issued a six-month (October 1, 2011 to March 21, 2012) contract by DHHS. Due to these changes CareLink regretfully also wants to inform you we will not be doing our annual conference "Proud to Be an Early Childcare Professional". So please keep that in mind when planning your training hours.

Services available after April 1, 2012 will be based on the requirements of the RFP mentioned above and will be delivered by the entity or entities who are awarded the new contract and those services will conform to the requirements of the new contract. That is all the information we have at this point. In the meantime, we here at CareLink will continue to be here for you and the families of York County to provide technical assistance, professional development, training, the resource library, parent referrals, and community resources as we have for the last 20 years.

We will keep you updated as we learn more but should you have questions regarding these changes or would like more information please contact me at 324-0735 ext. 110 or [Cheryl@carelinkrdc.com](mailto:Cheryl@carelinkrdc.com). Thank you for all the wonderful work you do for children and families. What more important work could there be than enriching a child's life.

*Cheryl O'Neil RDC Director*

## THE MAINE MAVENS PROJECT

### "A Peer-to-Peer Network for *Quality for ME*"

A "Maven" is a "trusted expert in a particular field who seeks to pass knowledge to others."

In addition to the work done by Education Specialists at the Resource Development Centers that supports *Quality for ME*, another resource is available for providers called **The Maine Mavens Project**. This system was established as a peer network to support early childhood providers and programs with Maine's Quality Rating System, *Quality for ME*. Mavens are available to share their experiences and resources about *Quality for ME*, and can be contacted in a variety of ways:

- The Maine Maven Facebook Page – *soon to be published*
- E-mail
- Phone
- Face to Face meetings if possible

Facebook page available at :

<http://www.facebook.com/pages/The-Maine-Mavens-Project/227735827243291?sk=wall>

Mavens are family child care providers, center based directors, and school age directors. Their programs are in urban and rural areas. They may not have all the answers, but can listen and offer referrals to those who can guide you to the next step in *Quality for ME*

## Mini Stars building sets recalled:



**Hazard:** Plastic knobs can break from the center of the stars, posing a choking hazard to young children.

**Description:** This recall involves Mini Stars building sets. The Mini Stars measure three inches in diameter and are made of opaque plastic. Each star has six circular knobs protruding from a ring-shaped center. Edushape only makes Mini Stars in red, green, yellow or blue colors which are included in this recall. The Mini Stars do not have any markings, codes or logos stamped into the plastic. They were sold in sets of 12, 24, 36, 48 and 72 pieces.

**Sold at:** Small retail stores nationwide, online at Toys R Us.com, Amazon.com and CSN on walmart.com from January 2007 through December 2009 for between \$10 and \$50.

**Manufactured in:** China

**Remedy:** Consumers should immediately take the recalled Mini Star building sets away from children and contact Edushape for a free replacement set or credit towards another Edushape product of equal or lesser value.

**Consumer Contact:** For additional information, contact Edushape at (800) 404-4744 between 9 a.m. and 4 p.m. or visit the company's website at [www.edushape.com](http://www.edushape.com)

### New Resource

PBS has a website where you can view developmental milestones by each domain for children 0-5 years of age. Check it out at:

<http://www.pbs.org/wholechild/abc/index.html>

## New draft rules for the Child Care Subsidy Program Voucher are out!

The new State of Maine Rules for Child Care Subsidies (vouchers) have been published, even though the period for input will have passed by the time you get this, It is important to know that these new rules are being finalized. The implications of the draft rules as they are written are as summarized by ACCESS is available on the Maine Public Policy Page of their Web Site.

<http://www.mainechildcare.org/mainestatepublicpolicy.html>

These **ARE** really important if you are a provider who enrolls children who are paid for by a Child Care Voucher or if you yourself are a parent who needs a child care voucher.

These rules **ARE NOT BINDING** for children who are paid for by the TANF program (ASPIRE and TANF Transitional Families.) The Rules **DO** apply all other children being paid for by a "CCDF" child care voucher.

These rules **ARE NOT** the same as the Child Care Block plan that had a public hearing earlier this summer, these are an extension of that plan and these rules **DO** reflect many of the changes that were referred to in that Plan.

The Maine Afterschool Network, together with their partners, are sponsoring their annual "Lights on" event. This is an event to celebrate the value of Afterschool programming for kids and their communities and to advocate for continued and expanded funding and appreciation-

Join them for this statewide "Lights On Event."

**October 20th, 2011 at the Festival Park in Auburn from 3:30 PM—5:30 PM**

This year's event will feature performances, exemplary program awards, exhibits, visiting dignitaries, and much, much more. The event is designed for programs to attend with program participants. Come and have fun!

For more information and to enroll contact Deb Chase, Director, Maine Afterschool Network

186 High St., Farmington, ME 04938 Tel. 207-778-7575 Fax. 207-778-7157  
[deborah.chase@maine.edu](mailto:deborah.chase@maine.edu) [www.maineafterschool.net](http://www.maineafterschool.net)



You are worried about seeing him spend his early years in doing nothing. What! Is it nothing to be happy? Nothing to skip, play, and run around all day long? Never in his life will he be so busy again. ~Jean-Jacques Rousseau, *Emile*, 1762

The Friends School of Portland, located on Mackworth Island, is offering their Fall Educators' Workshop. The cost is \$25.00, including dinner. Registration is available online or by mail. Either go to the website mentioned below or call them for an application to mail in.

Their Fall Educators' Workshop is titled Mirrors and Lenses : Racial Identity Formation in the Classroom and will provide participants with the opportunity to explore personal and collective ideas about how to best talk about race in the classroom. Anne Sibley O'Brien, author-illustrator and anti-racism educator, will lead this work (learn more about her thinking from her blog: Coloring Between the Lines).

Their free evening program is titled Books as Bridges : Children's Literature in Anti-Racist Education and will feature Anne and Professor Krista Aronson, director of the Story Book Project, a violence prevention project that uses books to increase children's positive attitudes about interracial interactions. They will share insights about how to use books to engage kids in developmentally appropriate conversations about race, and to increase exposure to positive interracial representations (and why that matters). A book sale and signing will accompany this program.

[www.friendsschoolofportland.org](http://www.friendsschoolofportland.org) ~ 207-781-6321 ~ 1 Mackworth Island, Falmouth, ME 04105

The Professional Development Center of the University of Southern Maine is offering two online graduate courses. **EPS 522: Responding to Young Learners: Applying Scientifically-based Research to Promote Language, Literacy, Numeracy, and Social-Emotional Development in Preschool Children** and **EPS 523: Care and Communication: Applying Evidence-based Practice to Promote Infant Toddler Language, Literacy, Numeracy and Social/Emotional Development**. The first course qualifies for both 282 and 081 endorsement, while the second can be applied toward special education certification. The courses start October 3 and run through December 16, 2011.

For more information contact the Professional Development Center, School of Education and Human Development, University of Southern Maine, 37 College Avenue, 8 Bailey Hall, Gorham, ME 04038. Phone- (207) 780-5055.

Child Care Options is offering a 1/2 day Saturday session (9 - Noon)

The Developing Child: How to Help them, How to Heal Them and How to Avoid Causing Harm

Presented by Dr. Stephen Greene, Licensed clinical Psychologist

November 5, 2011 at Educare, 56 Drummond Avenue in Waterville.

Cost= \$20 (.3 CEU's add \$13)

Preregistration is required! For more information or to register contact:

Pam Soucy, Training Coordinator, Child Care Options, 337 Maine Avenue, Farmingdale, ME 04344.

Phone 583-3110 ext. 25 email: [training@skcdc.org](mailto:training@skcdc.org)



**It is easier to build strong children than to repair broken men. ~Frederick Douglass**

**CARELINK TRAINING SCHEDULED THROUGH  
DECEMBER 31, 2011- PAGE #1**

| Location  | Course Title  | Course Dates  | Course Times           | Contact Hours | Presenters       | Cost                         |
|---|---|---|------------------------|---------------|------------------|------------------------------|
| Biddeford<br>St. Louis CDC  | Maine's Early Childhood Learning Guidelines             | 10/4/11, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15. & 11/29/11 | 6:00pm<br>to<br>9:00pm | 30            | Michael Sandberg | QRS - \$15<br>Non QRS - \$20 |
| <p>Maine's Early Childhood Learning Guidelines have been approved by Maine's Department of Education and Department of Health &amp; Human Services. They were drafted to describe what young children, 3-5, should learn before they go to kindergarten. Instead of describing what facts children should know, they talk about the skills those children should develop. They can be used as a way of charting progress and/or a tool for designing curriculum. This training introduces you to the tool and has you practice using it. This course involves homework and you will get 6 hours credit for completing it.</p> |   |   |                        |               |                  |                              |
| Online  | Foundations of Health, Wellness and Safety              | Beginning 10/5/11   | NA                     | 18            | Michael Sandberg | QRS - \$10<br>Non QRS - \$15 |
| <p>This course explores how personal care routines, nutrition education, and an awareness of environmental hazards that could impact the health of children and families can be used to support the health, wellness and safety of children and their families. Meeting the health care needs of children with chronic conditions will also be addressed. This training is a must for all child care staff!</p>   |   |   |                        |               |                  |                              |
| Biddeford<br>St. Louis CDC  | QRS: Developing a Staff Handbook                        | 10/13/2011  | 6:00pm<br>to<br>8:30pm | 2.5           | Bill Hager       | \$10                         |
| <p>From Step 2 on of the QRS, programs with any staff are required to have a staff handbook detailing policies related to the staff person's employment. This workshop will help you develop policies or polish them if you already have them. Come and bring any relevant documents from your program.</p>   |   |   |                        |               |                  |                              |
| Biddeford<br>St. Louis CDC  | The Language of Money and Family Child Care             | 10/24/2011  | 6:00pm<br>to<br>8:30pm | 2.5           | Kay Mishkin      | \$10                         |
| <p>In this session, issues around money are highlighted, including examining our personal attitudes and fears about money, why it is hard to talk children and money in the same breath, how to be fair to ourselves, making a financial plan, talking to parent clients about money matters.</p>   |   |   |                        |               |                  |                              |
| Sanford<br>Southern Maine<br>Parent<br>Awareness  | QRS: Supporting Families in Need                        | 11/2/2011   | 6:00pm<br>to<br>8:30pm | 2.5           | Michael Sandberg | \$10                         |
| <p>The families we serve are often under extreme stress and they come to us looking for some kind of support. How can we help them find the support they need while maintaining our limits?</p>   |   |   |                        |               |                  |                              |
| Sanford<br>Southern Maine<br>Parent<br>Awareness  | Building Peaceable, Nonviolent Early Childhood Settings | 11/9/11 & 11/16/11  | 6:00pm<br>to<br>9:00pm | 6             | Margaret Cushing | QRS - \$5<br>Non QRS -- \$10 |
| <p>Do you have anything non-peaceable happening in your childcare right now? Most of us do! This invaluable training considers the impact of violence on children's lives today and investigates ways we can work to build the skills and attitudes that will lead to healthier play and more appropriate ways of resolving conflicts.</p>  |   |   |                        |               |                  |                              |

| Location   | Course Title  | Course Dates              | Course Times           | Contact Hours | Presenters            | Cost |
|--|---|---------------------------|------------------------|---------------|-----------------------|------|
| Sanford<br>Southern Maine<br>Parent<br>Awareness   | Positive Behavior Guidance:<br>Guidelines and Techniques for<br>Throughout the Early Childhood<br>Years | 11/30/2011                | 6:00pm<br>to<br>8:30pm | 2.5           | Nicole<br>Kaszubinski | \$10 |
| This training is designed to assist child care professionals develop techniques for dealing with difficult behaviors and creating stronger program management skills. It is open to all providers; from infants through school age programs. We will discuss real-life everyday situations that you are dealing with and techniques that can help in reducing your stress.   |   |                           |                        |               |                       |      |
| Biddeford<br>St. Louis CDC   | QRS: Creating Portfolios for<br>Children  | 12/1/2011                 | 6:00pm<br>to<br>8:30pm | 2.5           | Michael<br>Sandberg   | \$10 |
| The courses on using the Early Childhood and Infant/Toddler Learning Guidelines have you practice developing a portfolio for a child, This workshop will follow up with ideas for integrating portfolios into your record keeping and using them as a source of curriculum in a way that works for you and your program.   |   |                           |                        |               |                       |      |
| Sanford<br>Southern Maine<br>Parent<br>Awareness   | Peaceable Stories   | 12/7/2011 &<br>12/14/2011 | 6:00pm<br>to<br>9:00pm | 6             | TBA                   | \$10 |
| The Peaceable Stories workshop, a Maine Humanities Council's Born to Read program, is designed to help preschool educators use books and conversation to introduce children to peaceful co-existence, conflict resolution, and nonviolent communication. You will use a carefully selected set of children's books to explore how to use books to nurture empathy, cooperative play and effective communication. All participants will receive a set of books and an Activity and Resource Guide.  |   |                           |                        |               |                       |      |
| Biddeford<br>St. Louis CDC   | Raising Readers: Building a<br>Bridge Between Books in the<br>Home and at Childcare                     | 12/13/2011                | 6:00pm<br>to<br>8:30pm | 2.5           | Anne Quiron           | \$10 |
| Raising Readers provides books to Maine children at birth and at well child visits through age 5. These books are a resource that childcare providers can also use. For example, most 2 year olds in Maine now have a book called Little Blue Truck. You could feature that book at your childcare and build a bridge between the child's experience with the book at home and with you. You wouldn't even have to buy the book. Ask families to send in their copy or borrow it from your local RDC. Each RDC across Maine has the complete 2009, 2010 and 2011 book collections for you to borrow. We've even developed extension activities for many books that you can put to use right away. Learn more about the program and additional resources such as bookmarks, brochures, posters, and more. |   |                           |                        |               |                       |      |

### CPR/First Aid Training

CareLink's CPR & FirstAid classes are instructed by Kim Field. The adult, infant and child CPR portion runs select Saturdays from 9:00 am to 11:30 am and costs \$35. First Aid runs directly following the CPR section from 11:30 am to 2:30 pm and also costs \$35. If you register for both the total cost is \$50.

†Please note that these are American Heart Association courses and are good 2 years.

|                                 |          |                                      |
|---------------------------------|----------|--------------------------------------|
| Sanford - The Children's Center | 9/24/11  | Adult, Infant, Child CPR & First Aid |
| Biddeford - St. Louis CDC       | 10/29/11 | Adult, Infant, Child CPR & First Aid |
| Sanford - SMPA                  | 12/3/11  | Adult, Infant, Child CPR & First Aid |

## Training Registration Form

### CareLink Resource Development Center

26 Amherst Street \* PO Box 1389 \* Sanford, ME 04073 [www.carelinkrdc.com](http://www.carelinkrdc.com)  
(207) 324-0735 or 1-888-917-1100 from within York County

Please fill out this form completely.

**One form per participant please.**

**Please note that payment is due at the time of registration.**

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Are you a member of the MRTQ Registry? Yes/No    Are you a member of Quality for Maine System? Yes/No

If you require any special supports for your training please describe: \_\_\_\_\_

Name of facility where you work: \_\_\_\_\_

Type of facility    CTR    Small Facility    Family    Head Start    Preschool    LUH    Other

Payment Method:    Cash    Check    Money Order    Credit/Debit Card (you will be contact for your card information)

| Training(s) for which you want to register: | Location | Start Date | Fee |
|---|----------|------------|-----|
|   |          |            |     |
|   |          |            |     |
|   |          |            |     |
|   |          |            |     |

**Registration is due a *minimum* of one week prior to class start date.**

- It is important we have contact numbers for you during the winter months in case of inclement weather
- 1 to 2 weeks notice is given if a class is going to cancel (except in times of inclement weather)
- Payment is due at the time of registration
- If you have any questions please call or email Bonnie
- ALL TRAININGS ARE NON-REFUNDABLE with the exception of emergencies. Requests for refund under these circumstances must be authorized by and are at the discretion of the CareLink Program Director. Please email [cheryl@carelinkrdc.com](mailto:cheryl@carelinkrdc.com).



NON PROFIT ORG  
PRESORTED STANDARD  
U.S. POSTAGE PAID  
SANFORD, MAINE  
PERMIT # 128

CARELINK  
RESOURCE  
DEVELOPMENT  
CENTER

P.O. Box 1389  
26 Amherst Street  
Sanford, Maine 04073

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www.carelinkrdc.com

We build bridges and  
relationships to meet the  
needs of the community

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[www.carelinkrdc.com](http://www.carelinkrdc.com)

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A winning entry in the sun wise poster contest sponsored by the EPA's Sun Wise Program, a special sun safety program for educators. The child is a third grader from New York State.

