

# CareLink News

## A Letter From Cheryl

### CareLink Staff:

- **Cheryl O'Neil**  
Program Director
- Michael Sandberg  
Education Specialist
- Bonnie Lambert  
Office Manager
- Heidi Williams  
CCBN/USDA Food  
Program Coordinator
- Staci Fenderson  
Executive Support/  
Customer Relations

Spring 2010

Hello York County,

Would anyone care for some more snow or could I get you a side order of freezing rain to go with that? **On a positive note, this weather is good for Maine and it's economy in the tourist industry.** (Especially for my chiropractor when I am finally able to put my trusty shovel down!) Whew, what a winter! Oh well, we will just make the best of it and look forward to spring and our **'Proud to be an Early Child Care Professional'** conference. In our 11th year of presenting this conference to York County, we offer you a line up of exciting workshops such as; The Life is Good Playmakers, Two Crazy Women, STRONG Fathers and much, much more. With final touches on the brochure still in the works, we are pleased to offer you a chance to pre-register for the May 21, 2011 event. The cost this year is just \$35.00 which includes all your meals & materials. We hope you join us for this day of celebration and networking! This is, without a doubt, an **experience you'll not want to miss!! CareLink's 11th annual Proud to be an Early Child Care Professional Conference!!**

Time is running out for the ARRA (American Recovery and Reinvestment Act) stipend money for providers **who move up on the Quality for ME (QRS) program, but it's not too late to receive this incentive funding.** Providers are eligible for these monies until June 30, 2011. This is available for any program that moves up on the Quality for ME (QRS) program. Family Child Care Providers who move from a Step 1 to a Step 2 receive a \$200.00 stipend; moving to Step 2 to Step 3 would make you eligible for a \$300.00 stipend. Child Care Centers stipend dollars are based on your licensed capacity. Moving from Step 1 to Step 2 Qualifies you for a stipend of \$200.00 - \$300.00; moving from Step 2 to Step 3 the stipend would be \$300.00 - \$400.00. Not sure how it all works or what to do? CareLink RDC is here to guide you through this **process, we are awarding this funding to the programs in our area until the funding runs out! Don't miss out on this tremendous opportunity!!**

**Worried about the economy and the viability of your program? Who isn't these days, really .. Perhaps you** might consider doing a few things different or maybe changing your hours or adding transportation to your program. Have you joined the USDA Food Program? Thought of expanding the age of children you take? Do you need someone to talk about the different options that are available? CareLink RDC is here to give you some suggestions of what maybe needed or lacking in your service area. Since we are a staple in the York County community, and we understand the makeup and challenges of living & working in Southern Maine, we have information that can help you make these changes and decisions. Part of our role as an RDC is to support you with referrals and technical assistance to enhance the quality of your program. We are your leading resource for a *free* lending library, provider training, child care referrals and business consulting.

Are you one of our Community Partners? CareLink can help get your name out through our web of networks. We have data, mailing lists, resource material and more to offer you. We can brainstorm fundraising ideas, resource sharing, and help you by connecting partners who will benefit from one another. Do you know who represents your community partners? They are the schools, non-profit organizations, the law enforcement agencies, United Way, libraries, local child care organizations and etc.

**Call us today and let's work together!**

See you all at the conference on May 21st!

Best wishes,

Cheryl

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### CareLink Resource Development Center

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

Phone: 207.324-0735  
Fax: 207.490.0595  
www.carelinkrdc.com

## From the Desk of Michael Sandberg

I wanted to give you all another reminder. The stimulus funds that are being awarded for programs that move up on the Quality for Maine System will end June 30th, so if you have hopes of getting that money, you will need to have moved up in time to complete the application (available on our website - [www.carelinkrdc.com](http://www.carelinkrdc.com)) and submit your paperwork before then. If any of you have any questions about the stipends or about how to move up, please give us a call so we can help you out.

I also wanted to mention that we are planning on offering the course *“Supporting Infants and Toddlers, Guidelines for Learning”* over the summer, but we wanted to offer it at a location where it was really needed. If you want to hold that course at your site and can promise several staff are interested in enrolling, please get in touch with me.

In addition, because of the high demand, we will be offering the online course *“Partners in Caring; Parents and Caregivers”* It will be offered during the months of July and August, you will have 6-7 weeks to complete the work for the 12 hour class. Please be sure to sign up early as these courses then to fill quickly and are limited to 12 participants.

Lastly, any programs wanting on-site assistance should feel free to give me a call. I am always glad to work with you on any issue related to improving the quality of your program for children and families! I can also work with any child care staff person who wants to talk about developing professionally. We can explore the options and plan a route toward improving your skills and/or credentials. Keep in mind that financial assistance is often a possibility.

Anyone looking forward to the day when snow suits are no longer needed?? I know I am!

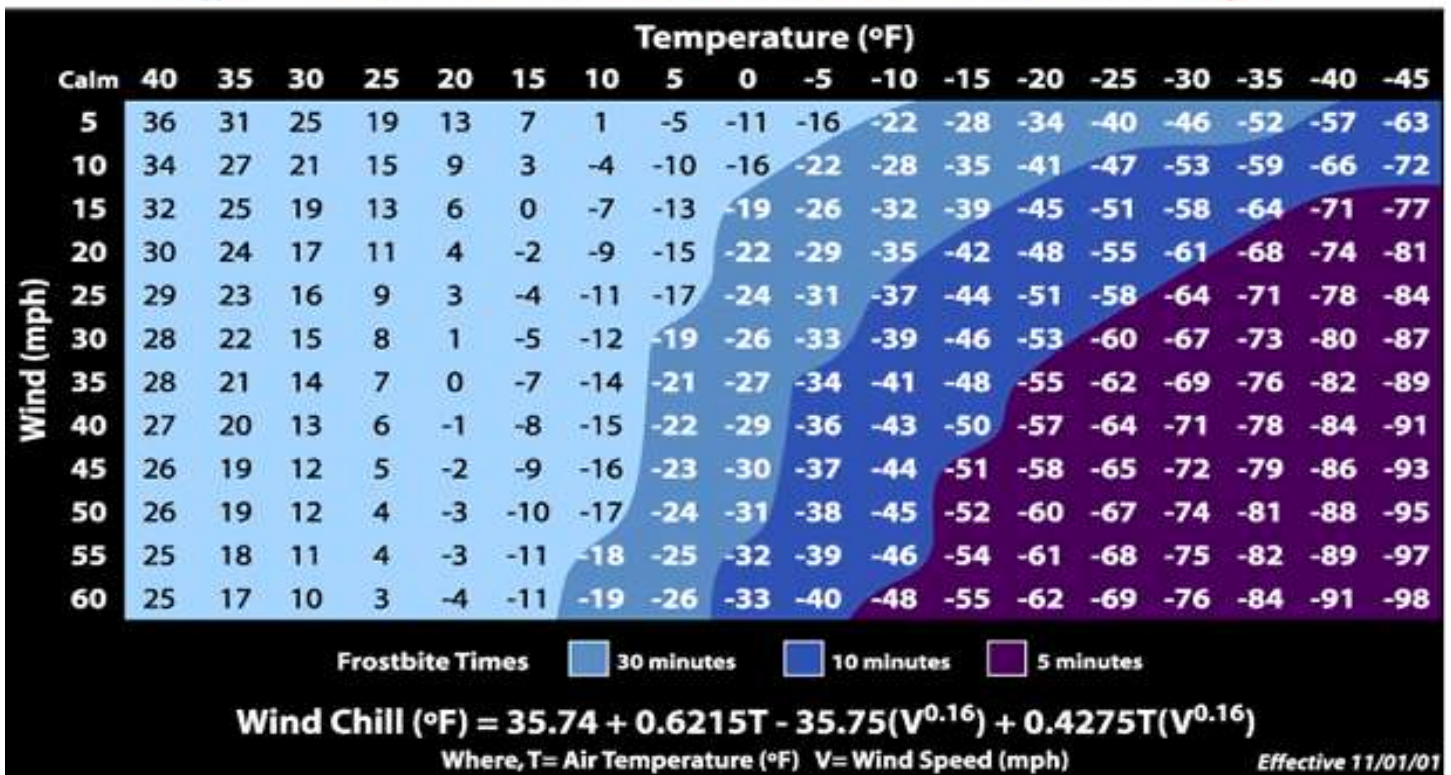
Best Regards,

Michael

## Get Outside & Play - Weather Guidelines for Daycares
















### NWS Windchill Chart



<http://www.nws.noaa.gov/om/windchill/>

# Beaufort Scale

Beaufort number	Wind Speed (mph)	Seaman's term		Effects on Land
0	Under 1	Calm		Calm; smoke rises vertically.
1	1-3	Light Air		Smoke drift indicates wind direction; vanes do not move.
2	4-7	Light Breeze		Wind felt on face; leaves rustle; vanes begin to move.
3	8-12	Gentle Breeze		Leaves, small twigs in constant motion; light flags extended.
4	13-18	Moderate Breeze		Dust, leaves and loose paper raised up; small branches move.
5	19-24	Fresh Breeze		Small trees begin to sway.
6	25-31	Strong Breeze		Large branches of trees in motion; whistling heard in wires.
7	32-38	Moderate Gale		Whole trees in motion; resistance felt in walking against the wind.
8	39-46	Fresh Gale		Twigs and small branches broken off trees.
9	47-54	Strong Gale		Slight structural damage occurs; slate blown from roofs.
10	55-63	Whole Gale		Seldom experienced on land; trees broken; structural damage occurs.
11	64-72	Storm		Very rarely experienced on land; usually with widespread damage.
12	73 or higher	Hurricane Force		Violence and destruction.

*Wind Chill* (see chart on page 2) estimates the effects of cold temperatures and various wind speed values on the human body. Use the *Beaufort Scale* (above) to estimate the current wind speed. Determine the temperature. With those values, use the *Wind Chill Chart* to assess the wind chill factor.

If the temperature including wind chill is 20 degrees F. or warmer, the weather is appropriate for outdoor play. PLEASE NOTE: Common sense should be used regarding icy or other hazardous weather-related conditions. You may also check with your local public school system and follow the weather guidelines they use for outdoor play.

*The Beaufort Scale* is a way to estimate how fast the wind is blowing without any fancy instruments. It was originally developed in 1806 by Admiral Sir Francis Beaufort. The Beaufort Scale is divided into a series of speeds, from 0 for calm to 12 and above for hurricanes. Each value represents a range of wind speeds with descriptions of the effects on surface features. Above is a version of the Beaufort Scale for you to print out. Use this one to look at things around your neighborhood.

Indoor temperature guidelines - a minimum temperature of at least 68 degrees F. measured within two feet of the floor must be maintained for children's playrooms, and if indoor temperatures exceed 82 degrees F., then measures must be taken to cool the children.



## Quality For ME

### FAQ's

Who is eligible to join Quality for ME?

- \* In order to join Quality for ME at a Step 1 rating, programs must have:
  - \* Been licensed for at least 12 months
  - \* Been without any serious licensing violations in the past 12 months
  - \* 100% of staff enrolled in the Maine Roads to Quality (MRTQ) Provider Registry

Who is required to join?

- \* Licensed child care providers that accept CCDF subsidy vouchers are required to join Quality for ME. All Head start programs in Maine are also required to join.

How do providers enroll?

- \* Make sure all program staff enroll in MRTQ Providers Registry. For more info call Priscilla Armstrong at 207-780-5846 or Eric Norgarrd at 207-780-4367 or visit <https://mrtq.mjus.usm.maine.edu>
- \* Once enrolled in the MRTQ Provider Registry, apply for Quality for ME at <http://www.qualityforme.org/qcare/login.aspx>. Paper based applications may be requested by calling 207-624-7909

### **What's required of a program once it enrolls?**

- \* All programs may be visited by an observer from the University of Southern Maine, who will utilize an Environmental Rating Scale tool for research purposes. This observation is not linked with a **program's rating.**
- \* Programs receiving a Step 2, 3 or 4 rating are asked to keep a notebook or folder of documentation to support their answers on the application. Programs are randomly selected for documentation reviews. Please see the application manual for documentation required at each step.

What about programs not eligible for Quality for ME who would like to accept vouchers?

- \* New programs are typically granted a waiver during their first 12 months of operation.
- \* Programs with licensing violations can submit an application to waive the Quality for ME requirement for vouchers.
- \* In both cases, providers should contact Barbara Sousa at 207-624-7909 or [barbara.d.sousa@maine.gov](mailto:barbara.d.sousa@maine.gov) for more information.

How do Quality Certificates fit in?

- \* Programs reaching a Step 4 rating in the Quality for ME systems will be awarded a Certificate of Quality.
- \* Programs with a current Quality Certificate will continue to receive the 10% quality bump for children with vouchers until its expiration, regardless of Quality for ME Step rating.
- \* All programs accepting subsidy vouchers must join Quality for ME even if they have a current Quality Certificates.

Who is available to answer questions about Quality for ME?

- \* Many answers are available at the Quality for ME webpage: <http://www.maine.gov/dhhs.ocfs/ec/occhs/qualityforme.htm>
- \* Your local Education Specialist (Michael Sandberg)
- \* Barbara Sousa at the Early Childhood Division, 207-624-7909 or [barbara.d.sousa@maine.gov](mailto:barbara.d.sousa@maine.gov)

*Michael Sandberg*

*Education Specialist*

*207-324-0735 ext 112*

*michael@carelinkrdc.com*

## Provider Notice on Maine Budget

As many of you may have heard, the Maine State Budget that is currently being considered by the Maine Legislature has a number of implications for you, the child care providers and the families in your care.

The Maine ACCESS organization has done an analysis of this budget. You can find this analysis at the ACCESS website: [www.mainechildcare.org](http://www.mainechildcare.org)

## This Just in!! School Age Training Opportunity

The 4-H Afterschool Academy has received a grant from National 4-H Headquarters and MetLife to provide a total of ten hours of training to 300 afterschool providers in the next year. This Afterschool Academy will be a combination of two 3 hour in-person hands on training in your development, experiential project based learning focused on Science and civic engagement. There will also be webinars, online learning and online discussions.

There will be a minimal registration fee and participants who successfully complete 10 hours of training will receive a t-shirt, contact hours or CEUs and curriculum.

We need your assistance in determining the location and times we should offer this training. I know that each RDC is organized differently - some of you have one county, others have three or four. So I am asking that you tell me:

- Where in your county (counties) should we offer this training to make it the most accessible for providers?
- Is there a location that you have worked with in the past which would be available for us to use?
- What time is the most convenient for afterschool providers to attend a 3 hour training.

We have decided on the following timeline for offering the two in-person trainings.

May 3 and June 3 Kennebec County, Hancock/Washington County

May 9 and June 1 Androscoggin, Oxford, Franklin County, Waldo, Knox, Lincoln County

May 10 and June 2 Cumberland County and Penobscot County

May 11 and June 6 York County and Aroostook County

Since there are two of us doing this training we can offer them in two different locations on the same day. If you have multiple which you feel **would draw at least 20 providers, we'd be happy to offer more than one training in the areas you work in.**

Thank you so much for your feedback on this! I am so excited to offer this opportunity to afterschool providers here in Maine.

Feel free to contact me with any questions, I look forward to your response.

With Appreciation,

Kristy L. Ouellette, MS

Extension Educator, 4H Youth and Family Development

Androscoggin & Sagadahoc Counties

24 Main Street

Lisbon Falls, Maine 04252

207-353-5550 ext. 12

[kristy.ouellette@maine.edu](mailto:kristy.ouellette@maine.edu)

If you are interested in this program in the York County Area please contact:

Michael Sandberg

324-0735 ext 112

[michael@carelinkrdc.com](mailto:michael@carelinkrdc.com)



America's most trusted child care resource.

Every 5 years the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) release dietary guidelines for Americans. Policymakers use these Dietary Guidelines to develop the **National Child Nutrition Programs**. Here are some of the highlights for young children ...

- *In the early 1970s, 5% of children ages 2 to 5 years were obese. In 2007-2008 that percentage doubled.* Overweight and obese children have a higher risk of being overweight and obese as adults. This also increases their chances of developing weight related diseases. Preventing obesity in childhood is important to fight and win the obesity epidemic.
- Children ages 2-3 need between 1,000 and 1,400 calories every day, depending on their activity level. Diets should include *whole grains, vegetables, and fruits*. Children ages 2-3 should also have 2 cups of fat-free or low-fat *milk* each day.
- *Intake of sugary drinks and even all-fruit juices should be monitored.* Children consume over half of their fruit in juice. 100% fruit juice can be part of a healthy diet, but it does not have as much fiber and can add extra calories. The recommended daily servings of fruit should mostly come from *whole fruits*.
- Children are usually active for short bursts of time rather than long periods of time. These short bursts can add up, *children ages 2-5 need to play actively several times per day.*
- Physical activities for children should be age appropriate and more importantly - fun!!

For more nutritional information for your child, check out the website [www.MyPyramid.gov/preschoolers](http://www.MyPyramid.gov/preschoolers)

**Also check out the First Lady's *Let's Move* website at [www.LetsMove.gov](http://www.LetsMove.gov)**

#### What Can Parents Do?

- Make sure all meals and snacks in child care and at home follow the Dietary Guidelines
- **Track your child's body mass index (BMI) and discuss the numbers with your child's doctor if you have questions**
- **Reduce your child's screen time (TV& computer) and discuss limits with your child care provider**

#### What Can Providers Do?

- Offer a variety of activities and opportunities that encourage physical and active play
- Provide healthy snacks and meals, or encourage parents to pack healthy options for their children.

#### What Can Policy Makers Do?

- Develop and support effective policies to limit the advertisement of food and drinks marketed towards children
- Support programs for children promoting healthy nutrition and physical activity throughout the year.

# What's Happening in Your Neck of the Woods

## Celebrate Spring by Attending SMPA's Family Fun Day

Southern Maine Parent Awareness (SMPA) is a non-profit organization that has been providing information, support, and education in Sanford, Maine for over 30 years. Please join us for this fundraising activity.

When: Saturday, April 23, 2011 9am - 3pm

Where: Nasson Community Center, 457 Main Street, Springvale, ME

What: *Connecting Threads in Our Community Quilting Area*

\* Vendors \* Cloth Swap \* Scrap Bags

\* Magazines & books \* Enjoy demonstrations of creative projects

\* 200 FAT FREE QUARTERS (first come first serve)

### **Children's Activities Area:**

\* Petting Zoo \* Easter Egg Hunt \* Crafts

*Resource Fair Area:*

\* Local non-profits and service providers

*Throughout the Day there will be:*

\*Door Prizes \* Silent Auction \* Penny Sale \* Bake Sale

If you are interested in vending, giving ongoing demonstrations, volunteering or donating fabric, notions and/or egg hunt supplies please call SMPA at 1-800-564-9696 (in Maine) or 2074-324-2337

## Early Childhood Educator Seeking Employment

My name is Annie Kloff. I am 25 years old. I am looking for a full time position in childcare. I recently graduated from Norwalk Community College in Connecticut and have my Certificate in Early Childhood Education. This field is not new to me as I have been employed for four years at a community daycare center working with preschool aged children and substituting in the younger classrooms when needed. Before working there I babysat during high school. I have experience as a live in/live out nanny for two and a half years for an infant. My interests are horses, computers and pets. I hope my availability can be utilized in your center or nursery school. Now I live in Kennebunk and can be reached at my email address, [mycharlotte8@sbccglobal.net](mailto:mycharlotte8@sbccglobal.net) or on my cell phone, (203) 912-4928. My resume and references are available upon request.

*To Submit your*

*Community Event*

*email Staci Fenderson*

*at*

*staci@carelinkrdc.com*

## STRONG Fathers Let's Play Wednesdays

A Playgroup for Dads, Moms & their Kids

Dads & Moms of Pre-School Aged Children

2nd and 4th Wednesday of the Month

10:30 am - 12:00 pm

Where: The old elementary school behind North Parish Congregation Church on Main St.

(It's between North Parish and Granite Bay Counseling).

Parking lot is behind the building, off Twombly Rd.

Call Brian Clark 459-2976 or email [brianc@strongfathersmaine.org](mailto:brianc@strongfathersmaine.org)





University of Southern Maine, Muskie School of Public Service

PO Box 9300 \* Portland, ME \* 04104

1.888.900.0055 \* <http://muskie.usm.maine.edu/maineroads>

### 2011 Mini-Grant Information and Application

*Please read the following information before completing the application form:*

#### I. Purpose

The Maine Roads to Quality Accreditation Project has received American Recovery and Reinvestment Act (ARRA) funds from the Department of Health and Human Services to offer financial support to accredited programs. The mini-grant money is to be used to support accreditation standards related to improving the quality of the program for the staff and children.

#### II. Eligibility

To be eligible for mini-grant money all participants must:

Be accredited by the National Association for the Education of Young Children (NAEYC), the National Association for Family Child Care (NAFCC), the Council on Accreditation (COA), or the National Afterschool Alliance (NAA);

Be enrolled in Quality for ME;

Work together with the Accreditation Facilitation Project Director, Sonja Howard, to determine items for purchase that would best improve the quality of the program. The Director must approve all mini-grant requests by signing the application.

Be willing to share before and after photos of their program with the Department of Health and Human Services.

Programs that have already received an ARRA-funded mini-grant during their accreditation process (in 2010 or 2011) are not eligible.

#### III. Application Deadlines and Award Selection

Mini-grant applications must be received at Maine Roads to Quality **no later than April 25th, 2011.**

***Submitting an application does not guarantee that you will be awarded a mini-grant!*** Mini-grants will be awarded on a first-come, first-served basis until funds are expended. Please allow 3-4 weeks for application review and check processing.

If your program is awarded a mini-grant, you will receive a check from the University of Southern Maine for the approved amount. The program is responsible for purchasing the materials listed on the approved grant application. Copies of all receipts, along with “after” photos of all program improvements, must be submitted to Maine Roads to Quality no later than June 15th, 2011. (Photos may be emailed to: [jwiles@usm.maine.edu](mailto:jwiles@usm.maine.edu).)

#### IV. To Apply

Fill out the enclosed application form and attach all requested documentation, including a W-9 and “before” photos of the program area(s) where improvements will be made. (Please make a copy of the completed form to keep.) Mail the form to:

Maine Roads to Quality

Attn. Jenn Wiles

PO Box 9300

Portland, ME 04104

#### V. For more information

Please contact the Accreditation Facilitation Project:

Sonja Howard, Director

207-615-3973

[showard@usm.maine.edu](mailto:showard@usm.maine.edu)

Jenn Wiles, Statewide Training Specialist

207-228-8331, 1-888-900-0055 (toll free)

[jwiles@usm.maine.edu](mailto:jwiles@usm.maine.edu)

## Educational Opportunities

Kids, Kids, Kids Conference

Saturday April 16

Kennebec Valley Community  
College, Fairfield

FMI contact Pam Soucy,

[training@skcdc.org](mailto:training@skcdc.org)

[www.ccordc.org](http://www.ccordc.org),

582-3110 ext. 25

The Maine Association for Infant Mental Health is hosting its annual conference in Auburn on May 6th with the theme of self-regulation in young children. Ira Glovinsky will be speaking on mood swings, and how to help children whose moods are extreme and unpredictable, to get back on the road to healthy emotional functioning.

Dr. Glovinsky has worked with Dr. Stanley Greenspan and his most recent book is Children and Babies with Mood Swings. If you want to check this book out, you can go to the MeAIMH website: <http://www.infantmentalhealth.org/> and click on books. There is also a "Save the Date" posted on the website for this conference.

## University of Maine at Farmington Launches Innovative Hybrid Master of Science in Education - Early Childhood Degree Program

**FARMINGTON, ME (February 7, 2011)**--In response to the educational needs of early childhood professionals, University of Maine at Farmington is launching a new Master of Science in Education - Early Childhood degree program, with the first courses beginning in June, 2011. As the only master's program in early childhood education offered solely by a Maine institution, the program will be delivered in a hybrid course model that will feature online, face-to-face and blended courses to better meet the needs of early childhood educators throughout the state and beyond. "We are so excited to be able to offer early childhood professionals a top-quality yet flexible opportunity for postgraduate education," said Katherine Yardley, UMF associate provost and dean of education.

"Our goal was to design the highest quality educational experience while also meeting the changing needs of today's students. This innovative program takes advantage of the latest technologies to create a new model of graduate study for working professionals that increases accessibility while maximizing learning." The new UMF graduate-level program was developed specifically to contribute to the professional growth of those educators who work with children ages birth through 8. Carefully designed by UMF faculty members who are experts in the field, it emphasizes child development based curriculum, leadership and assessment as well as an understanding of the family and community contexts in which young children are educated. This unique 36-credit master's degree program is comprised of 24 core credits and 12 elective credits. The flexible degree program can be completed in two to four years, with courses being offered during summer, fall and spring terms. This postgraduate degree will be especially valuable to educators who aspire to a variety of early childhood leadership roles such as adult educators in higher education, trainers, classroom teachers, program administrators, policy advocates and curriculum specialists. "It's so rewarding to be able to open new doors for working professionals," said Beth Hatcher, UMF assistant professor of early childhood education and leader of the UMF early childhood faculty group that developed the new master's program.

"The hybrid course model will help participants juggle work, family and school while also developing a network of professional colleagues that will provide them with a continuing exchange of ideas and support during their coursework and beyond completion of their degree." Courses in the core include: Early Childhood Education in Today's World; Advanced Foundations of Child Development; Advanced Program Administration; Play and the Social World of the Child; Collaboration with Families and Communities; Curriculum Development and Assessment; Research Methods in Early Childhood or Research Methods; and Field-Based Research.

The remaining 12 credits of the program will be earned through electives. These electives, which will be selected in consultation with an advisor, must be 500 level courses or above and contain content specifically related to the field of early childhood. While students can choose to take elective courses elsewhere, several elective courses have been specifically developed as a part of the UMF program. These courses include Diverse Programming, Leadership and Supervision, Early Childhood Research and Policy, Mathematics in the Early Years and Science in the Early Years. This program received recent approval by the University Of Maine System Board Of Trustees at their Monday, January 10, 2011 meeting and is awaiting review by the New England Association of Schools and Colleges, which currently accredits UMF as a baccalaureate-level institution. Final approval by NEASC is expected in March, according to Yardley, with final accreditation anticipated within the next two years.

More information on UMF's master's degree programs and non-degree graduate courses can be found online under the Graduate Studies heading at [www.umf.maine.edu](http://www.umf.maine.edu). Applications for UMF's new Master of Science in Education - Early Childhood degree program and Master of Science in Education - Educational Leadership degree program are available online and will be reviewed on an ongoing basis. For additional information on UMF's master's programs, please send your inquiries to [umfmasters@maine.edu](mailto:umfmasters@maine.edu).



## Educational Opportunities

*Take Action Against Bullying!* Presented by Laurie Cavanaugh, Regional Parent Support Coordinator

Bullying has become such a widespread problem it now being recognized as a major mental health concern for children and youth, having been found to leave some long term emotional scars and psychological effects similar to anxiety disorders and post traumatic stress. Learn to identify the warning signs for both victim and bully.

Wednesday, March 9, 2011 from 6:30-8 pm at Central Maine Medical Center, Lewiston

*Positive Behavior Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs* Presented by Paige Cummings, Regional Parent Support Coordinator

**Do you sometimes feel like you don't know how to help your child? Children with behavioral health needs do not come with a manual!** This workshop will offer a framework to understand the nature of **your child's behavior and methods to flexibly respond to the needs your child presenting behaviors.**

Tuesday, March 8, 2011 from 6:00-8:00 pm at Crisis and Counseling, 32 Winthrop St., Augusta

*Stress Relief and Reduction* Presented by Norman Leblanc, Regional Parent Support Coordinator

We all have stress in our lives, however, this is even greater for parents of a child with Behavioral Health needs. Join us for conversation & discovery of what stress is; how stress affects us; how to differentiate between good & bad stress and learn about some different stress relief & reduction strategies that can help us live healthier lives.

Monday, March 14, 2011 from 6:30-8:30 pm 3rd floor Running Start Room, MidCoast Hospital Medical Bldg, 121 Medical Center Dr., Brunswick

Laurie Cavanaugh

Regional Parent Support Coordinator

518-9546 or 1-800-264-9224

lcavanaugh@crisiandcounseling.org

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## Save the Date on May 21, 2011

For the Proud to be an Early Child Care Professional Conference at UNE Campus in Biddeford, ME

- Fun & Educational Workshops
- Networking & Great Food
- Vendors & Informational Tables
- CEUs for workshops
- Registrations received by April 22, 2011 have guaranteed 1st choice workshop selections

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

Phone: 207.324-0735  
Fax: 207.490.0595  
www.carelinkrdc.com



\$35.00 registration fee includes  
meals & materials

Date/Time	Class Name	Instructor	Location	Fee
3/22 - 5/17/2011 6:00-9:00 pm 30 hrs	<b>Maine's Early Childhood Learning Guidelines</b>	Margaret Cushing	Brixham Montessori - York	QRS - \$15 Non-QRS - \$20
3/23 - 5/18/2011 6:00-9:00 pm 30 hrs	<b>Supporting Maine's Infants and Toddlers</b>	TBA	Deer Pond Educare - Hollis	QRS - \$15 Non-QRS - \$20
3/28/2011 6:00-8:30 pm 2.5 hrs	QRS: Developing a Staff Handbook	Bill Hager	Southern Maine Parent Awareness - Sanford	\$10
3/31/2011 6:00-8:30 pm 2.5 hrs	Making the Most of Your Environment for Teachers of Infants Toddlers and Twos	Cheryl Walker	Southern Maine Parent Awareness - Sanford	\$10
4/5/2011 6:00-8:00 pm 2.5 hrs	QRS: Preparing for and Conducting Parent Conferences	Michael Sandberg	St. Louis CDC - Biddeford	\$10
4/6 - 6/8/2011 6:00-9:00 pm 30hrs	<b>Supporting Maine's Infants and Toddlers</b>	Deborah Schofield	St. Louis CDC - Biddeford	QRS - \$15 Non-QRS - \$20
4/7 - 6/2/2011 6:00-9:00 pm 30 hrs	<b>Maine's Early Childhood Learning Guidelines</b>	Margaret Cushing	Southern Maine Parent Awareness - Sanford	QRS - \$15 Non-QRS - \$20
4/9/2011 9:00 am - 2:30 pm 6hrs	Adult, Infant and Child CPR & First Aid	Kim Field	Southern Maine Parent Awareness - Sanford	\$35 for one or \$50 for both
4/11 - 5/23/2011 6:00 - 9:00 pm 18 hrs	Literacy and The Youngest Learner	Michael Sandberg	St. Louis CDC - Biddeford	QRS - \$10 Non-QRS - \$15
4/14 & 4/28/2011 2:00 - 5:00pm 6hrs	Peaceable Stories	TBA	Emery Street Head Start Sanford	QRS - \$5 Non-QRS - \$10
4/23/2011 9:00 am - 3:30 pm 6hrs	Getting Starting in Family Child Care Part A	Michael Sandberg	St. Louis CDC - Biddeford	QRS - \$5 Non-QRS - \$10
4/26/2011 6:00 - 8:30 pm 2.5 hrs	The Effects of Domestic Abusers on Children & How Child Care Providers Can Help	Clare Fortune-Agan	St. Louis CDC - Biddeford	\$10
5/9/2011 6:00 - 8:30 pm 2.5 hrs	<b>You Can Hear Me, but You Aren't Listening</b>	Ruth Burke	Southern Maine Parent Awareness - Sanford	\$10
5/17/2011 6:00 - 8:30 pm 2.5 hrs	QRS: Developing a Tool for Evaluating and Improving Your Program	Michael Sandberg	Southern Maine Parent Awareness - Sanford	\$10
6/4/2011 9:00 am - 2:30 pm 6 hrs	Adult, Infant & Child CPR and First Aid	Kim Field	St. Louis CDC - Biddeford	\$35 for one or \$50 for both
6/7/2011 6:00 pm - 8:30 pm 2.5 hrs	QRS: Connecting What You Know About Children to Your Curriculum Planning Process	Michael Sandberg	St. Louis CDC - Biddeford	\$10
6/21/2011 6:00 - 8:30 pm 2.5 hrs	Child Care as a Business: Issues and Concerns	Alden Turner	St. Louis CDC - Biddeford	\$10
Beginning 7/12/2011	Partners in Caring: Families and Caregivers	TBA	Online	QRS - \$10 Non-QRS - \$15

# Training Course Descriptions

## Literacy and The Youngest Learner

This series will give you a solid foundation in literacy. The curriculum was written by Susan Bennett-Armistead, a professor at University of Maine at Orono. She developed the curriculum to introduce people working in child care and early education to the concepts and techniques of the field of early literacy education. These techniques and concepts are based on the newest research into what works with children.

## Peaceable Stories

The Peaceable Stories workshops, 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.

## Partners in Caring: Families and Caregivers

We know that building strong, positive relationships with parents is very important. Our reputation in the community depends on it! So does our ability to really meet the needs of children, especially those needing extra supports or services. At the same time, most of us in the child care field have, at one time or another, had difficulties with a parent or parents. This training is designed to help us enhance communication and create the kind of long term relationship that will allow us to work together to benefit the child(ren).

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## The Effects of Domestic Abusers on Children & How Childcare Providers Can Help

The tactics domestic abusers use to get and keep power and control devastate not only their intimate partners, but the children in their lives as well. Learn how a child's development and behavior can be impacted by living with an abuser, as well as strategies for responding to and working with

## You Can Hear Me, but You're Not Listening

In this interactive session, we will examine how to build and nurture relationships with families through clear and sensitive communications strategies. We will use role playing to practice and refine our techniques as we consider the emotional perspective of all parties concerned. We will explore **what it means to be "family-centered"** in our approach to communication and in our work. Our practice message will include dealing with late pickups, late payments, incident reports and concerns about developmental delays.

## Child Care as a Business: Issues and Concerns

The U.S. Small Business Administration offers small business assistance through loan guarantees, export assistance and access to the federal marketplace. It also utilizes resource partners such as SCORE, the Maine Small Business Development Centers and the **Women's Business Centers to assist individuals** in starting, growing and sustaining vibrant small business community. This program will provide resources and material on a wide array of business related topics including: business planning, financing resources, microloan opportunities, government contracting certification options, among other topics. Other local regional, state and federal resources & topics will be discussed.

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## QRS: Preparing for and Conducting Parent Conferences

How do you communicate with **parents about their children's** progress? What materials do you assemble and how do you share things without upsetting the parent? Come and share your stories and explore techniques that work.

## QRS: Connecting What You Know About Children to Your Curriculum Planning Process

This workshop will work to help you find effective and doable ways of connecting what you know about children, including their strengths, learning styles and needs, with curriculum plans. Attention will also be paid to ways of documenting that connection, but the focus will be on developing responsive and child centered curriculum ideas.

## QRS: Developing a Tool for Evaluating and Improving Your Program

This workshop is designed to help you define your self evaluation practice and to make sure that your practice will meet QRS guidelines. In order for programs to continuously improve themselves it is important to have some kind of a tool for reflecting on your practice in every area of your work. Bring your existing tools if you have them.

# 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

To registers for training event(s) please fill out this form completely and mail it with your registration fee to the above address. One form per participant please.

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

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

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Are you a member of the Maine Roads to Quality Registry? Yes/No

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

Do you require any special supports for your training? \_\_\_\_\_ If so, please explain: \_\_\_\_\_

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

Type of facility (i.e. center-based, family child care, small facility): \_\_\_\_\_

Will your employer be paying CareLink RDC for these classes? Yes/No

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

We do accept VISA or MASTERCARD (circle one)

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Registration is due a *minimum* of two weeks 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
  
- 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).



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Development Center**

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

Phone: 207.324-0735  
Fax: 207.490.0595  
www.carelinkrdc.com

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relationships to meet the  
needs of the community**

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**Save The Date**

May 21, 2011

Proud to be an Early Child Care Professional Conference at UNE Campus in Biddeford, ME

- Fun & Educational Workshops
- Networking & Great Food
- Vendors & Informational Tables
  - CEUs for workshops
- Registrations received by April 22, 2011 have guaranteed 1st choice workshop selections

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