

# CARELINK NEWS

Summer 2010

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Well hello, Early Childcare Professionals!

I would like to thank you so much for joining us at our "Proud To Be An Early Childcare Professional" Conference this year. We had a lot of fun! It was so good to see old friends and meet new friends at the event. As always, it is a labor of love for us here at CareLink RDC to do this conference every year. We appreciate the hard work and dedication you show every day to children and families. We wanted to create this conference to give you, our childcare provider community, a day that is all about and for you. CareLink Resource Development Center has been holding this conference for almost 14 years now. Each year we learn something new and each year



we strive to celebrate you for the love, warmth, and caring you give to each and every child in your programs.



The Conference is also fun for our presenters. I cannot tell you how many presenters rave about what a wonderful audience you are. They often ask if they can come back, because they truly enjoy sharing their knowledge with such a receptive and engaged audience. Even our vendors enjoy the day and look forward to coming back year after year.

"Proud to Be an Early Childcare Professional" is a conference meant to be a day of recognition of the early childcare professional field as well as for you. The importance of early education is undeniable. We read the studies, and we see the children thrive. What more important work could there be? We are helping groom the citizens of tomorrow, the ones on which our society will depend. A clear message is that early childcare profession/daycare should be recognized for the crucial part it plays in creating a strong work force, and a better community. The extreme importance of Early Education is well known to early educators however sometimes it appears to be invisible in political arenas. A great beginning in an early childcare setting will set the tone for the child's foundation. So if I may put it into a metaphor you can't build the house from the top down. If you don't have a strong foundation your house will topple to the ground. It is the same in early childcare. We need to support our children in quality early childcare programs. We need to stress the future is not way off in the distance but happening right now as we speak. We are creating the future every day!!

"Proud to Be an Early Childcare Professional" is a conference meant to be a day of recognition of the early childcare professional field as well as for you.

*Cheryl*

Cheryl O'Neil Program Director of CareLink Resource Development Center





www.cpsc.gov

# Child Care Providers

## Your Guide to New Crib Standards

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards take effect for manufacturers, retailers, importers and distributors on **June 28, 2011**, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

### What you should know...

- This is more than a drop side issue. Immobilizing your current crib will not make it compliant.
- You cannot determine compliance by looking at the product.
- The new standards apply to all full-size and non full-size cribs including wood, metal and stackable cribs.
- If you purchase a crib prior to the June 28, 2011 effective date and you are unsure it meets the new federal standard, CPSC recommends that you verify the crib meets the standard by asking for proof.
  - o Ask the manufacturer, retailer, importer or distributor to show a Certificate of Compliance. The document must:
    - Describe the product
    - Give name, full mailing address and telephone number for importer or domestic manufacturer
    - Identify the rule for which it complies (16 CFR 1219 or 1220)
    - Give name, full mailing address, email address and telephone number for the records keeper and location of testing lab
    - Give date and location of manufacture and testing
  - o The crib must also have a label attached with the date of manufacture

### What you should do...

- All child care facilities, family child care homes, and places of public accommodation:
  - o Must prepare to replace their current cribs with new, compliant cribs before December 28, 2012.
  - o Should not resell, donate or give away a crib that does not meet the new crib standards.
- Dispose of older, noncompliant cribs in a manner that the cribs cannot be reassembled and used.
- Noncompliant cribs should not be resold through online auction sites or donated to local thrift stores. CPSC recommends disassembling the crib before discarding it.

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## Purchase A License Plate For Kids?

### ABOUT THE LICENSE PLATE PROJECT

Woodfords Family Services, along with several other agencies, has created a new Maine license plate available for purchase now! This license plate not only features a fun design, but supports foster care, kinship and recreation for kids across the state. The project partners need to pre-sell 2,000 license plates to make this project a reality!

### WHY HAVE A LICENSE PLATE FOR KIDS?

Due to state budget cuts, families across the state are less able to access important programs for their children, including afterschool programming, recreation activities and summer camp. Additionally, these cuts have had a significant impact on recreation programming for children in DHHS foster care and kinship placements. Funds raised through the sale of this license plate will go directly to recreation programming for children in need.

### HOW CAN I PURCHASE A PLATE

To purchase a license plate, you can call (207) 878-9663 and ask for Melissa Swiger to place your order.

Alternately, you can order your license plate through the Woodfords Website. <http://www.woodfords.org/donate-get-involved/purchase-a-license-plate-for-kids>



**CARELINK RDC'S LIBRARY LATEST**

**CareLink's  
Resource  
Library is open  
Monday - Friday  
8:30 - 3:30 pm  
324-0735**

This quarter we have so many awesome additions to our library. In February, Pam Belisle, Director of The Parent Resource Center, donated over 150 books to CareLink on a variety of subjects written specifically for children to help them cope with very grown-up situations.

## Swimming and Wading Rules Clarified

The Department of Health and Human Services has sent out a grid to make the various pool rules more understandable. The grid below summarizes the onsite regulations, while the grid on page 4 specifies the requirement for offsite visits to water. Please review these carefully and if you have further questions get in touch with your licensor. Summer is coming and we will all want to be getting kids in water! Let's do it safely and legally!

	Wading Pools (up to 24" deep)	Swimming Pools (over 24 " deep)
Written Policies and Procedures including emergency plans and procedures	X	X
Emergency Procedures including drills, policies & procedures posted		X
Pool Safety Rules posted		X
Basic Safety Instructions for children	X	X
Safety Checklist	X	X
Water Safety Attendant on duty(CPR & 1st Aid only)	X	
Water Safety Attendant o duty ( with 4 hr Water safety course) (for less than 4' deep and 16' wide )		X
Lifeguard on duty (for more than 4 ' deep or 16' wide)[Family Child Care Homes require a life guard for pools over 4 feet deep if a nonswimming rescue is not feasible.]		X
Water Safety Attendant stationed outside and next to pool		X
4 hour training for on-site directors or providers	X	X
Children within sight <u>and</u> sound of staff	X	X
Meet Child Staff Ratios	X	X
Water Safety Attendant counts in staff ratio	X	
Identification of Non-swimmers		X
Coast Guard Approved flotation devices for all non-swimmers		X
Written permission for participation in swim/wade activities	X	X

## Clarification of the rules for Off Site Swimming and Wading Activities

	Lakes & Ponds	Oceans	Other Off Site Activities
Written Policies and Procedures including emergency plans and procedures	X	X	X
Emergency Plan	X	X	X
Basic Safety Instructions for children	X	X	X
4 hour training for on-site directors	X	X	X
Written permission for participation in swim/wade activities	X	X	X
Parental notice that no lifeguard is on duty	X		
Written parental permission for lakes & ponds activities	X		
Identification of non-swimmers	X	X	X
Coast Guard Approved flotation devices	X	X	X
At least one staff trained water safety attendant (4 hr. training)	X	X	X
Children within sight and sound of staff	X	X	X
Meet Staff-Child Ratios	X	X	X

### Water Safety Plan for Lakes and Ponds includes:

Same child to staff ratios as for pools

At least 2 staff when there is no lifeguard

If no lifeguard, water safety attendant w/ basic water safety course (4 hr. course)

16 foot x 16 foot barrier around swimming/wading area that is 4' or less deep

W/ no lifeguard, children under 8 yrs. must wear a CGA flotation device

W/ no lifeguard, children over 8 yrs. must wear a CGA flotation device if not able to swim

**For all off-site activities.** For swimming and wading activities away from the child care facility premises, the child care facility must provide an adequate number of water safety attendants, including lifeguards, as required by these rules, if the wading pool, swimming pool, beach, lake or water park operator does not.

**Water Safety Attendant on duty** (CPR/1<sup>st</sup> Aid only) for wading activities

**For Lakes and Ponds:** Water Safety Attendant on duty (w/ 4 hr course) for lakes and ponds if other rules for lakes and pond are met

**For ocean swimming or wading:** There needs to be a lifeguard on duty at the beach (provided by the Child Care program if there is not one provider by the beach operator).



MAINE ROADS TO QUALITY

# Apply for a Scholarship for the 2011-2012 School Year!

## Deadline: July 1 for Fall 2011

### To be eligible for a Maine Roads to Quality Scholarship, applicants must:

Be a Maine resident

Work or volunteer at least 12 hours per month in a licensed child care program that is enrolled with the state Quality Rating System (QRS)

Be a member of the Maine Roads to Quality Registry

Have a total family income that does not exceed 300% poverty level as defined by Federal Income Guidelines

Be accepted and currently enrolled in a program in early childhood education or a closely related field.

### Eligible programs include:

Associate's, Bachelor's or Master's degree

282 Certification: Teacher of Young Children with Disabilities Birth - Age 5

081 Certification: Early Childhood Teacher

CDA: Child Development Associate

One year certificate program

### \Completed applications may be mailed to:

Maine Roads to Quality Scholarship Program, USM Muskie School, PO Box 9300, Portland, ME 04104

Or faxed to: 1-207-780-5817 Attn: Jennifer Camire

Questions?? Jennifer Camire, Administrative Assistant 1-207-228-8517 or 1-888-900-0055 (toll free) [jcamire@usm.maine.edu](mailto:jcamire@usm.maine.edu)

Visit our website to download the new application! <http://muskie.usm.maine.edu/maineroads>



Children who have been involved in separation and divorce face many changes during the process and in the years that follow. These changes may affect a child's relationship to family members, peers and other adults; the way the child feels about him/herself; and school success or setbacks. The Kids First Center recognizes the needs faced by these children and the benefits of bringing groups together to discuss mutual experiences. Each group focuses on the developmental, emotional and relational needs faced by these children and adolescents.

**Group I** (grades 1 - 3) Tuesdays, 4:30 - 6:00 p.m.

**Group II** (grades 4 - 6) Wednesdays, 4:00 - 5:30 p.m.

June 21 - July 26, 2011

June 22 - July 27, 2011

**Group III** (grades 7 - 9) Wednesdays, 5:45 - 7:15 p.m.

**Group IV** (grades 10 -12) TBD

June 22 - July 27, 2011

- Groups meet once a week in Portland for 6 weeks Call to register- 207-761-2709 website: [www.kidsfirstcenter.org](http://www.kidsfirstcenter.org)
- limited to 8 participants email: [info@kidsfirstcenter.org](mailto:info@kidsfirstcenter.org)
- Fee is \$60 (or \$45 if more than one child from a family is attending)

## EDUCATIONAL OPPORTUNITIES

### Master of Education in Special Education with Specialization in Early Intervention

The University of Maine Center for Community Inclusion & Disability Studies and the College of Education and Human Development are collaborating on a four-year project, Early Childhood Opportunities (EChO) Scholars, to support the preparation of highly qualified early intervention professionals serving children with disabilities in Maine.

COEHD offers a Master of Education in Special Education with Specialization in Early Intervention. The program represents Maine's only graduate study designed with an emphasis on high needs 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.

In exchange for a commitment to serve young children with disabilities and their families, forty (40) EChO Scholars will be selected to receive financial support for full-time graduate study. Twenty (20) high-performing UMaine undergraduates in early childhood education will be selected to participate in a 5th Year Masters option, and twenty (20) early childhood professionals will be selected to participate in a Masters for Early Childhood Professionals option. All EChO Scholars will complete the requirements for both the Master of Education degree and state certification in early childhood special education (birth-five).

Courses are delivered via distance education technology. Classes are often scheduled in the evenings and Saturdays. Students need access to a computer with high speed internet. Please visit the EChO Scholars website (in progress):

<http://www.ccids.umaine.edu/interedu/echos/>

### **R<sup>3</sup>: Opening Doors to Student Success** **Save the Date**

2011  
Positive Youth  
Development Institute  
University of Maine, Orono  
July 25, 26, 27



Building on the 2010 conference theme  
*R3: Relationships, Relationships, Relationships*  
The 2011 Positive Youth Development Institute  
presents Educators, Parents, Out of School Providers,  
and Community Leaders exciting opportunities for  
engaging in Positive Youth Development.

FMI visit: [www.maine.gov/cabinet/svy](http://www.maine.gov/cabinet/svy)



**maine**  
**Roads to Quality**  
Early Care and Education Career Development Center

**Maine Child Care Leadership Institute II**  
**Advanced Child Care Center Director 5-Day Training**  
**July 14, 15 and August 10, 11, 12, 2011**  
**Educare Central Maine, 56 Drummond Avenue, Waterville**  
**Facilitators: Sharon Abair & Lori Freid Moses**



The Maine Child Care Leadership Institute II is designed around a two-session training institute model. Participants will learn, in a hands-on format, the intricacies of center directing that has traditionally been learned through trial and error.

The first session of two days will concentrate on Leadership and how it differs from Management: ways of leading and interacting that invite and inspire the best in others, and exploring self-assessment tools that can help you analyze the type of leader you are presently and how you can develop into the leader you choose to be. The second session of two and a half days will explore your role as Supervisor and have a good honest conversation about communication, assessing the climate of your organization, developing teamwork and the method of using various management tools. The final day will be broken into three focus groups specific to your interest areas: Grant writing, Strategic Planning, and Working with a Board. You are guaranteed to leave with a clarified understanding of your role as a Leader in your organization and an acquaintance with "tools of the trade" to assist in your journey. The Institute starts at 9:00 a.m. each day and ends at 4:00 p.m.; however, the last day (August 12<sup>th</sup>) runs from 9:00-12:00 noon. Continental breakfast and lunch are included each day, except the last day includes breakfast only.

Cost = \$150.00 To register or get more information call Jen Camire at MRTQ (228-8517) or email her at [jcamire@usm.maine.edu](mailto:jcamire@usm.maine.edu)

**CARELINK TRAINING SCHEDULED THROUGH  
SEPTEMBER 30, 2011**

DATE/TIME	CLASS NAME	INSTRUCTOR	LOCATION	FEE
7/11- 8/29/2011 6:00- 9:00 PM 30 hrs.	Supporting Maine's Infants and Toddlers: Guideline for Learning	Cheryl Walker	Eliot Area	QRS-\$15 Non QRS-\$20
7/11/2011 6:00-8:30 PM 2.5 hrs.	QRS: Preparing for a QRS Site Review for Step 2 and Above	Michael Sandberg	St. Louis CDC- Biddeford	\$10
7/12/2011 12 hrs.	Partners in Caring: Families and Caregivers	Michael Sandberg	Online- Already full	QRS-\$10 Non QRS-\$15
7/28/2011 6:00-8:30 PM 2.5 hrs.	Setting Limits: Toddler and Preschool Behavior Management	Nicole Kaszubinski	Southern Maine Parent Awareness- Sanford	\$10
8/6/2011 9:00 AM-2:30 PM 6hrs.	Adult, Infant, Toddler CPR & First Aid	Kim Field	Southern Maine Parent Awareness- Sanford	\$35 for one or \$50 for both
8/9/2011 6:00-8:30 PM 2.5 hrs.	QRS: Preparing for a QRS Site Review for Step 2 and Above	Michael Sandberg	Southern Maine Parent Awareness- Sanford	\$10
8/13/2011 9:00 AM-3:30 PM 6 hrs.	Getting Started in Family Child Care	Michael Sandberg	Southern Maine Parent Awareness- Sanford	QRS-\$5 Non QRS-\$10
8/18/2011 6:00-8:30 PM 2.5 hrs.	Eco Healthy Child Care	Heidi Williams	St. Louis CDC- Biddeford	\$10
9/7/2011 6:00-8:30 PM 2.5 hrs.	QRS: Evaluating Your Employees	Michael Sandberg	St. Louis CDC- Biddeford	\$10
9/12/2011 6:00-8:30 PM 2.5 hrs.	QRS: Planning a Child Centered Curriculum	Michael Sandberg	Southern Maine Parent Awareness- Sanford	\$10
9/17/2011 9:00 AM-3:30 PM 6 hrs.	Getting Started in Family Child Care, Part B	Michael Sandberg	Southern Maine Parent Awareness- Sanford	QRS-\$5 Non QRS-\$10
9/29/2011 6:00-8:30 PM 2.5 hrs.	War Play	Margaret Cushing	Southern Maine Parent Awareness- Sanford	\$10

## CARELINK TRAINING COURSE DESCRIPTIONS

Supporting Maine's Infants and Toddlers: Guidelines for Learning and Development—30 hrs.

This training module was written and designed to guide providers through the history, creation, and use of this publication, which outlines learning and development from birth to three. The modules focus on orienting providers to the document and on developing understanding regarding its use in a provider's work with infants and toddlers and their families. The training maintains a strong emphasis on the link between authentic assessment and curriculum planning throughout the eight modules. During this training, participants use various tools and strategies to engage in observation, to collect evidence of children's development, and to plan curriculum within the context of Maine's guidelines for infants and toddlers. Participants complete a portfolio/case study of one infant/toddler that utilizes concepts and strategies introduced in the training. The portfolio is worth 6 training hours.

QRS: How to put together the information required for those Step 2 or above on the QRS.— 2.5 hrs.

As soon as you move above Step 1 on the Quality Rating System, you are required to maintain a portfolio documenting the ways in which you meet the specific requirements of your step. This evening will discuss how to document and what constitutes "approved documentation." If you have started a portfolio bring it along to share with others and for feedback. Other aspects of the system and any Quality for Maine system questions will also be addressed.

Partners in Caring: Families and Caregivers— 12 hrs.

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).

Setting Limits: Toddler and Pre-school Behavior Management—2.5 hrs.

"Grow up! Act your age!" Well, toddlers are acting their age when they bit or throw a temper tantrum. In this training you will gain useful information on effective positive behavior management skills through setting limits. We will discuss topics that include: biting, temper tantrums, routines/schedules, rules/responsibilities, and equal respect.

Getting Started in Family Child Care— Part A—6 hrs.

What's involved in operating a family childcare as a small business? Gather basic information on: the steps to provider certification, writing contracts, and setting health and safety policies and procedures. This course the first half of a course designed to acquaint you with the basics you'll need to get started in family child care. This is the course required by Child care licensing before you open a Family Child Care Home.

Eco Healthy Child Care—2.5 hrs.

A relatively new national program is being introduced to Maine! This program will make you more aware of the environmental risks to children in a child care setting. The goal is to limit children's exposure to toxins and to make our child care environments healthier and more green. Not only will you receive information; some of it quite surprising about health risks, but you will also be introduced to a national certification program in which you can participate if you so choose. Your facility could be certified ecohealthy; and it's name can be posted on the organizations web site as a certified program!

QRS: Evaluating Your Employees—2.5 hrs.

If you have anyone who works for you, sooner or later you will have to evaluate their work. Come share the methods you are currently using and spend time reviewing other possibilities. The goal is to give each employee a clear view of what they need to work on to improve their skills.

QRS: Planning a Child Centered Curriculum—2.5 hrs.

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.

War Play—2.5 hrs.

Do the children in your program use anything available to make a gun? Do they engage in war play? Are you seeing increased levels of violence in this type of play? Have you wondered why and what you should do about it? Join us for a discussion of this phenomenon and what our reactions could be.

## Training Registration Form

### CareLink Resource Development Center

26 Amherst Street \* PO Box 1389 \* Sanford, ME 04073 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): \_\_\_\_\_

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

We do accept VISA or MASTERCARD (circle one)

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

Exp. Date: \_\_\_\_\_ V Code \_\_\_\_\_ Zip \_\_\_\_\_

or call Bonnie at 324-0735 ext 104 with your information

**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.

CARELINK  
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DEVELOPMENT  
CENTER

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educators

