



CareLink News

December 2008

CareLink Resource Development Center

A Letter From Cheryl

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CareLink RDC Staff

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

Happy Holidays From CareLink!!

As many of you already know CareLink Resource Development Center has moved from our office at 906 Main Street to 26 Amherst Street in Sanford. Our new mailing address is P.O. Box 1389. Our email, phone, fax, etc. have all stayed the same. Moving is always stressful and difficult. We had a little bit of a problem getting our internet access back. We are still traveling between the two buildings to move all our things into our new location. I apologize if this move has disturbed the people we work with and support. We still offer all the programs and technical assistance we have always offered. We look forward to having you visit us at our new location. Thank you for all of your patience during this move.

In other news from CareLink, we are in the process of planning our *Proud To Be An Early Childcare Professional* conference. It is shaping up well, and I think all who attend will be very pleased.

We hope to continue to bring you the *BEST* early child-care conference in York County. So save the date—**May 16th**—and attend a fun-filled educational day designed just for you!!



I know things are crazy and this is a stressful time with all the changes we face with this economy. Now with the holiday season upon us it can add to the stress. *CareLink* your *Resource Development Center* for York County is here to support you through these times. If you have childcare slots open please call or email us so we have all of your up-to-date information to give parents seeking care for their children. Our technical assistance to providers now includes on-site help and support right in your facility! The USDA Food Program is a great way to help you save money on your monthly grocery bill by reimbursing you for the healthy meals you serve. Our Resource Library is ever expanding with books

and activity boxes for you to utilize for your childcare programs. We have many upcoming training opportunities you will certainly want to take advantage of. So please call CareLink today—we are here to help you.

Best wishes from the whole CareLink Resource Development Center Staff. May you have health, wealth, love, peace and friendship this holiday season.

Best wishes,

Cheryl O'Neil

A Delicious Recipe From Our Kitchen to Yours

3 1/2 Cups Flour
 2 Cups Sugar
 1/2 Cup Instant nonfat dry milk
 2 Tbsp Baking Powder
 3/4 Tsp Salt
 3/4 Tsp Ground cloves
 1 1/2 Tsp Ground cinnamon
 5 Lg. Eggs
 1 1/2 Tsp Vanilla
 2 Tbsp Water
 1 Cup Shortening

1 1/2 Cups Canned Applesauce
 1 1/4 Cups Raisins (optional)
 3/4 Cup Chopped Walnuts (optional)

In a mixer, blend flour, sugar, dry milk, baking powder, salt, cloves and cinnamon for 1 minute on slow speed.

In a separate bowl combine eggs, vanilla, and water.

Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.

Add applesauce. Blend for 30 seconds on low speed. Beat for 30 minutes on medium speed. Add raisins (optional) and nuts (optional). Blend for 1 minute on low speed.

Into pan (9 x 13 x 12) which has been lightly coated with pan release spray and dust with flour, pour batter.

Bake until lightly browned: Conventional Oven 375 for 35 minutes and for Convection Oven 325 bake for 25 minutes. Let cool and if desired dust lightly with powdered sugar.

Makes 25 servings.

Important Information for Food Program Participants

There have been some discrepancies in regards to menu submission dates. **Menus are due in this office the first Tuesday of each month by 4:00 p.m.** Menus submitted later than that will **not** be eligible for reimbursement and adjustments will **not** be made. You do not have to submit all your menus at once, it is easier for some providers to mail or drop off menus

weekly, and there is a free online claiming service that is available to you providers as well. If there is **any** reason you feel your menus will not reach this office in time for

submission or to obtain a new copy of the *Menu Billing System Calendar*, please call:

Heidi Williams at 324-0735 ext. 108 and leave a message. You may also email at heidi@carelinkrdc.com
 Monday - Friday 8:00 - 4:00 pm

Heidi Williams
 324-0735 ext. 108
heidi@carelinkrdc.com

Important Provider Information from the Referral Department

It is of great importance that when filling out the *Provider Database* form, that you, the child care provider, list the name of schools in your area and not list by the school district number or town. This is important for accurate record keeping purposes, as the database and referrals for school-age children are done by school names, not town or SAD number, and to ensure that the families in York County

are receiving the best referral that CareLink RDC has to offer.

It is also of extreme importance that we have copies of your current licensing certificate on file here at CareLink

in order for you to receive referrals. Providers who do not have current licensing certificates on file will receive a letter stating so. Another helpful, yet important tool is email. If you have an email address please send us that information to keep on file. This is both cost effective and time saving for us here and at CareLink RDC and for you the child care provider.

Bonnie Lambert
 324-0735 ext. 104
bonnie@carelinkrdc.com

Local Provider Receives National Accreditation

(Salt Lake City, UT) – Margo Baker, owner of Giggling Goose Child Care in Kennebunk, Maine, has recently been awarded a National Accreditation from the National Association of Family Child Care. Margo was excited about the challenge of meeting the qualifications for an accreditation saying, "I felt I was continuing my commitment to promote the professionalism of childcare." Margo has been providing care in her home for 22 years. Giggling Goose Child Care cares for children 8 weeks to 12 years old. Margo said, "My goal is to offer child care and early education in a positive, safe and enriching environment for all the children in my care. I strive to offer activities and materials to build upon each child's learning." Margo is concerned about the busy lives of children today, saying, "I truly believe in the importance of free and unstructured play, where each child can use their imagination, be creative and learn to play with friends. Offering a program which helps each child develop social skills, self confidence and a curriculum based on their individual needs is what makes my child care a quality program."

The National Association of Family Child Care offers accreditation to providers across the country, aiding them in raising their standards of quality care. The state of Maine has a rating system through Quality for ME. Maine's Child Care Quality Rating System recognizes participants in a four-step program. By earning her national accreditation, Margo will receive the Level 4 rating. The city of Kennebunk benefits from accreditation, as it is an indicator that quality care is available for parents in this community. Children benefit from accreditation as it indicates they will be cared for in a safe, nurturing environment and that their educational needs will be met. Margo recognizes the benefits to the children and families in her care, "The children benefit by being part of a program designed to provide the best child care possible, offering an environment that nurtures and respects the children while preparing them to succeed in the future." Families that use an accredited provider in the state of Maine also benefit by receiving twice the tax credits for childcare.

In addition to NAFCC, Margo belongs to the Maine Family Child Care Association, the National Association for the Education of Young Children, the Adults and Children Alliance and the Maine Roads to Quality Registry and Pilot Program. Margo plans to continue her journey of professionalism by increasing her training and continuing to improve her business practices so that her program is based on the most current knowledge in child development and early education.

For more information about NAFCC, receiving an accreditation or finding an accredited provider, visit www.nafcc.org.

About National Association of Family Child Care

The National Association of Family Child Care is a nationwide non-profit organization that serves family child care providers by offering national accreditation, representation on the national level on child care issues and policy, a national annual conference, and support in the important work they do. For more information please visit: www.nafcc.org.



Margo Baker

CareLink's Resource Library

This quarter's book highlight is *Creating Readers* by Pam Schiller.

"Teach the basic building blocks of reading with *Creating Readers*, the comprehensive resource that develops a strong foundation for pre-readers. *Creating Readers* gives teachers and parents tools to teach pre-reading skills with over 1000 activities, games, fingerplays, songs, tongue twisters, poems, and stories for the letters of the alphabet. This invaluable resource develops a child's desire to read as well as the skills needed to begin reading."

Resource Library

Hours

Monday - Friday

8:30 - 4:00 pm

or on the web at

www.carelinkrdc.com

Teachers Resisting Unhealthy Children's Entertainment



Teachers Resisting Unhealthy Children's Entertainment is a national group of educators deeply concerned about how children's entertainment and toys are affecting the play and behavior of children in our classrooms.

TRUCE's goals are:

- To raise public awareness about the negative effects of violent and stereotyped toys and media on children, families, schools and society.
- To work to limit the harmful influence of unhealthy children's entertainment.
- To provide children with toys and activities that promote healthy play and non-violent behavior at home and school.
- To create a broad-based effort to eliminate marketing to children and to reduce the sale of toys of violence.
- To support parents' and teachers' efforts to deal with the issues regarding media.

www.truceteachers.org

For more information about what you can do and to make a contribution to cover our printing and disseminating costs, please contact us.

TRUCE wishes to thank Concerned Educators for a Safe Environment (CEASE), Matt Damon, and Teaching Strategies, Inc. for their generous support.

TRUCE
PO Box 441261
West Somerville, MA 02144
truce@truceteachers.org

(c) 2008 TRUCE

Please copy and distribute any TRUCE materials

A Friendly Reminder From The Training Department

Here at CareLink RDC we have many fun and informational courses in our upcoming calendar. We have just a few friendly reminders to offer:

- Please put only **one** participant per registration form - this is important for our record keeping and mailing out class materials as needed.

- **Early registration** is *extremely important*. This avoids CareLink having to cancel a class due to low enrollment.
- Payment for class fees are due a *minimum* of 1 week prior to classes starting.
- Online registration is available on our website www.carelinkrdc.com
- Confirmation letters are mailed

out for each class complete with directions and times for the training courses.

As always if you have any questions please feel free to contact **Staci** at **324-0735** or [**staci@carelinkrdc.com**](mailto:staci@carelinkrdc.com)

For Sale

Preschool Activity Planning Books

Many are new!!

Great Children's books on tape, these make a great addition to any reading area!!

For a complete list of titles and prices

Contact: Shilo

929-4686 or email bgood@sacoriver.net

When Making Your Christmas Cards ...

Please include a card for a recovering American Soldier:

A Recovering American Soldier

c/o Walter Reed Army Medical Center

6900 Georgia Avenue, NW

Washington, D.C. 20307-5001

Can Video Games Be Good For Kids?

Obesity has become an epidemic among the children in the U.S. and many other parts of the world, and interventions - whether involving diet changes or increased exercise - have had only very limited success. One problem with traditional exercise is that it has to compete with video games, which are a favorite leisure activity for school-age children. Trying to take advantage of that fact, researchers wondered whether more active forms of video games might actually provide enough exercise to compare to more conventional forms of exercise. Primary school children (average age, 9.6 years) who were familiar with traditional seated video games were invited to take part in this study. For 5 minute periods, they played a typical seated video game (10-pin bowling) or two different active video games. The active games hadn't been marketed yet, but included *XaviX Bowling* and *XaviX J-Mat Jackie's Action Run*. The bowling game involved a wireless bowling ball which the children used to bowl, just as they would in an actual bowling

"By having kids stretch, jump, run, squat, and do other active things, the newer generation of video games could be a good way to encourage physical exercise."

game, worked against the clock to see how many pins they could knock down on the screen. The *XaviX J-Mat system* involved the children pretending to run through the streets of Hong Kong, dodging barriers in the road by doing things like side-stepping, squatting, jumping, and stamping out virtual ninjas. The children could choose how actively they completed the journey and the motions the journey required. The authors found that "using active gaming media results in meaningful increases in energy expenditure and heart rate compared with the seated screen environment." While they still need to determine how long children would play these active games, they believe using active video games might be a way to increase children's physical activity without trying to take them away from the kinds of entertainment that has become so popular among their peers. (*Mellecker RR & McManus AM: Archives of Pediatric and Adolescent Medicine, September, 2008, pp. 886-891*)

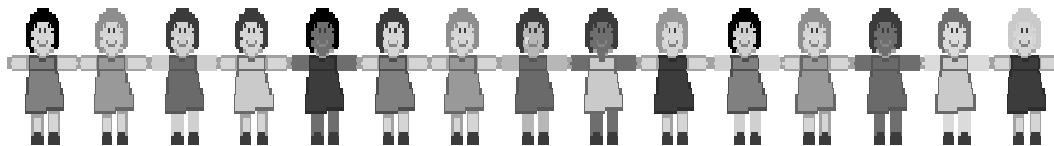
COMMENT: We think this is a terri-

fic approach to preventing and maybe reducing childhood obesity. Passively watching TV or playing most video games not only keeps kids from doing more active physical exercise, but provides lots of opportunities for snacking. By having kids stretch, jump, run, squat, and do other active things, the newer generation of active video games could be a good way to encourage physical exercise.

As the author of an accompanying editorial pointed out, "Substituting physically active video gaming for sedentary gaming is an attractive option," and it could become widely popular at an affordable cost. (*Pate RR: Archives of Pediatric and Adolescent Medicine, September, 2008, pp. 895-896*). It remains to be seen whether children will prefer these active games to the more passive ones, and whether the games will become affordable, but parents may want to look into this as a possible option when they think about buying video games for their children. [CHA]

Note: Reprinted from CHILD HEALTH ALERT, P.O. Box 610228, Newton Highlands, MA 02461

We've Relocated!!



As of November 17, 2008

Old Address:

906 Main Street
Suite B Sanford, ME 04073

New Physical Address:

26 Amherst Street
Sanford, ME 04073

New Mailing Address:

PO Box 1389
Sanford, ME 04073

CareLink RDC phone numbers and Staff
email has remained the same.
For More Information on our Relocation call
CareLink RDC at 324-0735



York County Healthy Maine Partnerships Needs Your Help!

Please help the local Healthy Maine Partnerships focus our efforts on the health issues in York County by participating in this Community Health Survey. Your answers will be used to guide community planning with the ultimate goal of building upon York County's strengths and addressing its areas of improvement. Please answer all questions - as your answers will be kept anonymous. All respondents will be entered into a **PRIZE DRAWING** and the prizes are as follows: **Grand Prize = \$250 CASH First Prize = \$100 CASH (6) \$25 Prizes and Gift Cards.**

Our goal is to have 1,875 surveys completed by the end of December. This link will direct you to a site with more information on the project, which also links to the survey: www.healthyyorkcounty.com and this link goes directly to the survey: http://www.surveymonkey.com/s.aspx?sm=018CgNqQPVGcoKSC0ujgeQ_3d_3d

For more information please contact:

Or any of your local HMP's

Sarah Roberts

Project Director

Partners for Healthier Communities

a program of Goodall Hospital

25 June St., Sanford, ME 04073

Phone: 490-7033 Fax: 324-0440



Courses in Early Childhood Education

The University of Maine at Farmington is now offering an opportunity for early childhood educators in southern, central and mid-coast Maine to toward the new Maine Birth-to-School Age Five (081) certificate closer to home.

What? UMF courses in early childhood education applicable to the new Maine Birth-to-School Age 5 (081) certification

Who? Educators who are working in pre-k programs in public schools; others working Head Start or public or private birth-to-school age 5 childcare settings may also be interested. An associate degree or equivalent (60 credit hours) is required.

Where? University College at Bath/Brunswick, 9 Park Street in Bath.

When? Beginning January 2009

What courses will be offered? **SPRING 2009** - This course will meet on five weekends, Friday nights 5:00 - 8:15 and Saturday 8:30 - 3:30. Dates January 23/24; February 13/14; March 6/7; March 27/28; April 17/18

ECH 336 - Development of Mathematical Concepts in Young Children

Focuses on developmentally appropriate mathematics curricula and instruction for children aged 0 through 8. The application of principles of whole child development to the nurturance of mathematical and pre-mathematical concepts in early childhood education will be emphasized. Students will apply their learning through creating and utilizing concrete materials with young children. Credit 4



FMI Contact: Pam Wilson, UMF Director
of Educational Outreach at:
pwilson@maine.edu (207)778-7186

Tuition: \$912

Unified Fee: \$71

Total Cost: \$983

Registration Information: Registration for Spring 2009 is open November 14 - January 9. Please request registration info early since classes fill fast.

Day One Now in Sanford



www.day-one.org

at the Mid Town Mall~~ Southern Maine Parent Awareness office
886 Main Street-Suite 303 Sanford, Maine 04073

Outpatient Substance Abuse Counseling Services for Sanford Students with

KATHY SAVAGE ~ ~ CADC, LSW

To schedule an appointment, please call Day One at (207) 874-1045 x 115, and speak with Sandy Taylor to get more information. You can also email her at sandyt@day-one.org

Please be sure to ask for an appointment with Kathy in the Sanford office.

Kathy is available to provide:

- * **Substance Abuse Evaluations** - assess the level of substance abuse and make specific recommendations related to the appropriate level of treatment and education needed. For adolescents and young adults up to age 24.
- * **Substance Abuse Treatment Services** – for adolescents and young adults up to age 24, individual, family and group treatment.

Day One Services in Sanford are supported in part by:

The SAFE SCHOOLS / HEALTHY STUDENTS Project

Referrals are available to Day One for Intensive Outpatient in South Portland and the Residential Treatment Center in Hollis through the Sanford Office.

Woodfords Family Services



www.woodfords.org

FAMILY IS OUR MIDDLE NAME

Do you have room? in your heart? in your home?
We need you to provide a safe and nurturing place for a child in need.

- Individuals or Couples
- 21 Years or Older
- Flexible and Caring

Become a Therapeutic Foster Parent with Woodfords. Our team of trained professionals will guide you through the process and support you each step of the way. Call **Wendy** TODAY at **878-9663, ext. 4160** or visit us at www.woodfords.org and click on Children's Services to learn about Therapeutic Foster Care.

Are You Confused with The QRS and The Rest of The Current Alphabet Soup?

Most of you have received a letter telling you varying things about the newly minted *Quality Rating System* for child care programs in Maine. At the same time, you have been told that to receive voucher monies for serving a qualified child, you will be required to have enrolled in the system by March 31, 2009. You have also been told that to enroll in the Quality Rating system, you will first need to sign up with the *MRTQ registry*. In addition many of you may have received mailings about the Infant-Toddler Credential! You have probably also been informed that now to receive a quality certificate as a family child care provider, you will now be expected to become accredited! This has been very confusing to many if not most of you. We will try to sort it out a bit here and, if you still have questions, **please sign up for the free 2 hour evening listed in the training section of this newsletter to be held on 1/5/09 from 6:30-8:30PM in Sanford** where Michael Sandberg will try to respond to any remaining questions and offer his view of the vision being developed within the Department of Health and Human Services regarding the statewide child care system. There are at least three separate systems, even though they are interconnected at times. The *MRTQ registry*, which gives you a place to assemble a transcript of your experience and training. Enrolling means filling out a form and submitting documentation of the training you have participated in. You can enroll and/or update your record online, although you will have to follow up with documentation (a certificate or transcript for example). Once enrolled, you will be assigned a level within your field; For example, you might be described as a “*level 2 family child care provider*” or a “*level 2 center-based care provider*”. You will be informed of what training is required for you to move up the next level on the career lattice. A transcript of your experience and training can be produced upon request. As they put it: “The Maine Roads Registry and Career Lattice is the core of our state's professional recognition system. The Registry uses members' work and training histories, and Early Childhood credential to assign a level on the appropriate career lattice. After joining the Registry, members have a convenient way of tracking ongoing training and educational accomplishments.” Enrollment can be done online at <https://mrtq.musk.usm.maine.edu/public/login.aspx> or you can request the application form from CareLink, and fill it out manually. You must be a member of the registry to enroll in the *Quality Rating System*. However, you do not have to be at any specific level to enroll. After you have joined the registry, you will be ready to enroll in the Quality Rating System! You cannot join the system until you have been licensed for a full year! You will be exempt from the requirement to join, in order to receive voucher money during your first year of operation! The goal of the quality Rating System is to give you an incentive to move up. The Quality Rating System has *four steps* for each type of care. The initial application can be done online at <http://www.qualityforme.org/qcare/login.aspx> and the manual describing the application process can be downloaded at http://www.maine.gov/dhhs/ocfs/ec/occhs/qrs_application_manual.pdf. You may also get one from the CareLink office, just call and we'll send it to you! The manual describes what determines which step you will be on and what documentation you will be expected to have to demonstrate compliance. If you want help in improving your step rating we can offer free help through our office, call **Michael Sandberg at 324-0735 x112** or email him at michael@carelinkrdc.com. **Qualifying for voucher payments has nothing to do with what step you are assigned! They are just requiring you to enroll in the system.** When you enroll in the system, you are agreeing to perhaps be visited. There are two types of visits; **type one** is a visit from researchers, who will be using a tool to rate your child care setting. This information will not effect your step rating and will not be reported to licensing. It is being used to validate the system and to see if the items chosen for the system actually do describe quality in child care. The **second type** of visit you might get will be a visit from a representative of DHHS who will want to examine the portfolio of documentation you have assembled to demonstrate your answers on the QRS application (remember the type of documentation to be included is described in the manual).

The *Infant-Toddler credential* is another separate system. At this point there is no mandate related to this credential, participation is totally voluntary. As described here before, there are 3 levels. Level one has been carefully spelled out, while levels 2 & 3 are still being fleshed out. Having this credential gives you something to show parents demonstrating a competence in caring for Infants and Toddlers.

If you have questions about any of these systems or any others, **call Michael Sandberg 324-0735 x112** or sign up for and come to the **information session on January 5, 2009**.

Training Course Descriptions

Many Eyes, Many Voices

This workshop was developed by people working with the Maine Humanities Council. It emerged from their deep commitment to the value of quality children's literature and its potential for helping children and adults discuss important issues. You will be exposed to a large collection of books that can be used for opening conversations about difference as well as learn techniques for building on those literacy experiences. The workshop is best taken after the "Weaving Diversity..." workshop described above. Together, they make a powerful combination that will help participants be more effective in their work with children!

Teach My Child How to Read

The ability to read is the gate way to being a lifelong learner! What can we do to motivate and nurture infants, toddlers and preschoolers - prereaders - to develop into proficient and enthusiastic readers? This workshop will examine child development mile stones as well as pre reading and reading skills needed. Participants will create easy to implement activities that provide children the opportunities to develop specific reading skills. A strong emphasis on setting up the environment and developmentally appropriate adult and teacher directed activities will be presented. This workshop is suitable for both family child care providers and center based staff.

Getting Started in Family Childcare

What's involved in operating a family childcare as a small business? Learn ways to balance your business, professional and family lives! Gather basic information on: the steps to provider certification, writing contracts, setting health and safety policies and procedures, creating a relationship that works with parents, designing your home for child care, and scheduling your day. This course is designed to acquaint you with the basics you'll need to get started in family child care while also exposing you to ways you might continue to improve your skills in this field

Caring for Infants, Toddlers, and their Families

Working with infants and toddlers takes a very special kind of person. One of the field's big wigs has even coined a special term, *Educarer*, to refer to those who work with these ages. You have to focus on forming nurturing relationships as well as finding ways to stimulate the imaginations and interests of a group that might include wildly different individuals. Children this age change so fast! One day they are barely moving and the next they are walking and reaching to new heights! Special consideration has to be given to how to provide safe, healthy and, yet, stimulating environments. At the same time, parents expect to be more involved in making decisions for their children when they are this young. Come explore guidelines and practices that will help you provide quality care for this age group.

Supporting Maine's Infants and Toddlers

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. During this training, participants will use various tools and strategies to collect evidence of children's development, and to plan curriculum using Maine's guidelines for infants and toddlers as a guide. Participants will complete a portfolio/case study of one infant/toddler to practice the ideas being discussed.

Operating a Family Child Care Business

This eight part curriculum is designed to develop and improve basic business management skills. Learning activities and take home action steps encourage participants to practice what they learn to improve the bottom line. Some of the topics are: Balancing Work and Family, Tips on Writing Contracts and Policies, Creative Marketing Ideas, Record keeping, Increasing Business Profits, and Growing the Business.

Curriculum and Development Common Core

No matter what setting you work in, if you work with preschool aged children, there are some issues that are the same. Even though they are all individuals, preschoolers follow a predictable pattern of development. They learn in similar ways and require us to become experts in some specific skills. This course will explore these commonalities and help us all become better at planning, developing and implementing curriculum to better meet their learning needs; cognitive, social, and emotional.

An Informative Session about the QRS and other State Initiatives

Many of you have voiced confusion about the initiatives being rolled out in the state. During this session, I will attempt to describe what each is and how it will be working for at least the foreseeable future. So if you are confused by the letters regarding the Quality Rating System, the Infant Toddler Credential, the MRTQ registry, the voucher system and the Quality Certificates, come and bring any questions you have. Credit will be given for two hours of training.

CareLink Training Calendar

Date/Time	Class Name	Instructor	Location	Class Fee
Dec. 4 6 - 9 pm 6 hrs	Many Eyes, Many Voices	Michael Sandberg	Biddeford	\$15.00
Dec 6 9 - 2 5 hrs	CPR and First Aid	Kim Fields	Sanford - Southern Maine Parent Awareness	\$35.00 for one or \$50 for both
Dec 8 6 - 8:30 2.5 hrs	Teach My Child How to Read	Margaret Watkinson	Biddeford	\$10.00
Dec 13 9 - 3:30 6.5 hrs	Getting Started in Family Child Care	Michael Sandberg	Sanford - Southern Maine Parent Awareness	\$15.00
Jan 5 6:30 - 8:30 2 hrs	An Informative Session of the QRS and other State Initiatives	Michael Sandberg	Sanford - Southern Maine Parent Awareness	**FREE**
Jan 7 6 - 9 30 hrs	Caring for Infants/Toddlers and Their Families	Debora Schofield	Sanford - Southern Maine Parent Awareness	\$25.00
Jan 8 6 - 9 30 hrs	Supporting Maine's Infants and Toddlers	Michael Sandberg	Biddeford	\$25.00
Jan 12 30 hrs	Operating a Family Child Care Business	Michael Sandberg	Online	\$25.00
Jan 12 6 - 9 15 hrs	Curriculum and Development - Preschool Aged Common core	Michael Sandberg	Sanford - Southern Maine Parent Awareness	\$20.00
Feb 7 9 - 2:30 5.5 hrs	First Aid and CPR	Kim Fields	Biddeford	\$35.00 for one or \$50 for both
Feb 10 6 - 9 3 hrs	The Amazing 3 Hour Puppet	Georgeann Tudisco	Biddeford	\$10.00 + materials
Feb 28 9 - 3:30 6.5 hrs	Getting Started in Family Child Care	Michael Sandberg	Biddeford	\$15.00
March 9 6 - 9 3 hrs	Eco-Healthy Childcare	Michael Sandberg & Heidi Williams	Sanford - Southern Maine Parent Awareness	\$10.00
March 25 9 hrs	Intro to Early Childhood Education	Michael Sandberg	Online	\$15.00

**CareLink Resource
Development Center**

PO Box 1389
26 Amherst ST.
Sanford, ME 04073
Phone: 207.324.0735
Fax: 207.490.0595

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

www.carelinkrdc.com



A Program of Child Care Services of York County

SAVE THE DATE



CareLink RDC



Don't miss York County's best Early Childhood Professional
conference *back by popular demand!!!*

Proud to be a Child Care Professional

Fun & Educational Workshops

Networking & Great Food

Vendors & Information Tables

Early Bird Registration by March 1st

**MAY 16,
2009**

For More Information on this event
please contact CareLink at:
(207) 324-0735
or visit us on the web at
www.carelinkrdc.com

Save the Date!!

