Greetings from the Child Care Project,

First, Happy New Year and Happy Winter! What a great season to go out and play.

Too noisy? Go outside!
Too rambunctious? Go outside!
Too cranky? Go outside!
It just makes sense!

Second, if you’ve every wondered who we are and what we actually do, check out pages 14-16 in this issue for the skinny. We’re especially excited to share with you news of our new, improved data collection endeavor. The Child Care Project’s new data base enables us to quickly and efficiently retrieve information about your program so we can provide families with detailed and up-to-date referrals to your program.

To best let parents know about your program, we need to update our information at least four times a year. We very much appreciate your responses to this quarterly survey. We know how busy you are when you are with the children and we’d rather not interrupt you with a call, but quarterly check-ins are required by our funders so look for – and please reply to – our survey every three months.

Yours in snow and sleet and rain,

Check us out any time at www.dartmouth.edu/~ccp.
CCP Training Opportunities

January 2015

13 Science on a Shoestring

Dartmouth-Hitchcock Medical Center - Auditorium F, Lebanon, NH • 6:30 - 8:30 pm

Whenever we explore science phenomenon with school-agers, it is helpful to look for concepts or big ideas that span across the disciplines of physical, life and earth science. In this way, children begin to see the way science fits together and how investigations can be linked together. Come be introduced to the seven cross cutting concepts identified in the Next Generation Science Standards adopted by the VT Agency of Education in 2013. Each concept will be illustrated through participation in a simple, low-cost investigation appropriate for afterschool settings.

Cosponsored by Vermont Afterschool. Presenter: Tracy Truzansky, Project Manager for Training and STEM Initiative, Vermont Afterschool

VT Core Knowledge Area: 3
NH Core Knowledge Area: 3
CDA Subject Area: 2

22 Principles of Child Development & the Learning Environment, Part 2

Dartmouth-Hitchcock Medical Center - Auditorium F, Lebanon, NH • 6:00 - 9:00 pm

This two-part, six-hour series focuses on the relationship between child development and the learning environment. Participants will acquire the knowledge and skills needed to recognize the typical and atypical development of young children; identify community resources that offer support to children with developmental and/or health challenges; use space, interactions, schedules and materials to construct environments that encourage play, exploration and learning; and create inclusive learning environments that are responsive to the needs, strengths and interests of children. Being observed for 30 minutes while working with children and discussing the observation is an optional portion of this training; participants who choose this option will be awarded an additional hour of training. Attendance on both dates, January 20 and 22 is required. See 3 for Beyond the Fundamentals Level II description. Presenter: Sharon Adams, M.S., Early Childhood Education Consultant and Master Instructor

VT Core Knowledge Areas: 1, 3
NH Core Knowledge Areas: 3, 4
CDA Subject Areas: 2, 8

20 Principles of Child Development & the Learning Environment, Part 1

(*Beyond the Fundamentals: Level II)

Dartmouth-Hitchcock Medical Center - Auditorium F, Lebanon, NH • 6:00 - 9:00 pm

See full description under January 20. Attendance on both dates, January 20 and 22 is required. See page 3 for Level II description. Presenter: Sharon Adams, M.S., Early Childhood Education Consultant and Master Instructor

VT Core Knowledge Areas: 1, 3
NH Core Knowledge Areas: 3, 4
CDA Subject Areas: 2, 8

24 0-3 Brain Development: The Effects of Trauma and Stress in the Developing Brain, Part 3

Dartmouth-Hitchcock Medical Center - Auditorium E, Lebanon, NH • 9:00 am - 3:30 pm

Yearly, five million children experience a traumatic event in the United States. Many more are living in highly stressed environments. These experiences can have devastating effects on the developing brain. By looking at typical and atypical brain development, we can start to understand differences in growth.
This presentation explores therapeutic modes of helpful care giving behaviors. The potential benefits for children when a provider understands helpful behaviors are tremendous. *Lunch provided.*

Cosponsored by Vermont Birth to Three. *Attendance at last academic year's parts 1 and 2 will be beneficial, but is not required.*  

**Presenter:** Scott Noyes, Empowering Programs  

**VT Core Knowledge Areas:** 1, 3  
**NH Core Knowledge Areas:** 2, 4  
**CDA Subject Areas:** 2, 8  
**Advanced Specialized Child Care Services:** 6 hours

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Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm  
Research suggests that between 3.3 million and 10 million children in our country are exposed to parental violence each year and children from homes where domestic violence occurs are physically or sexually abused and/or seriously neglected at a rate 15 times the national average. Witnessing violence between one’s parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next. Dr. Atkins will discuss typical cognitive, social and moral developmental principles and then connect these principles to child development for those who witness domestic violence. Audience members will gain a deeper understanding of how children make meaning and interact with others, as well as the negative impact of domestic violence on emotional, social and cognitive development. *Attendance on both dates, January 27 and 29 is recommended.*  

**Presenter:** Steve Atkins, Psy.D., Psychologist and School Consultant, SCA Psychological Services  

**VT Core Knowledge Areas:** 1, 2, 4  
**NH Core Knowledge Areas:** 2, 4  
**CDA Subject Areas:** 1, 4, 8  
**Advanced Specialized Child Care Services:** 2 hours

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**29 Domestic Violence: It's Impact on the Development of Our Children, Part 2**  
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm  
See full description under January 27. *Attendance on both dates, January 27 and 29 is recommended.*  

**Presenter:** Steve Atkins, Psy.D., Psychologist and School Consultant, SCA Psychological Services  

**VT Core Knowledge Areas:** 1, 2, 4  
**NH Core Knowledge Areas:** 2, 4  
**CDA Subject Areas:** 1, 4, 8  
**Advanced Specialized Child Care Services:** 2 hours

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*Beyond the Fundamentals: Level II*  
Building on entry level knowledge and skills, Beyond the Fundamentals curricula is based on Level II core competencies and the CDA credential subject areas. To assist providers in achieving Level II on the Northern Lights career ladder, there are seven Level II: Beyond the Fundamentals training modules, ranging from 4-17 hours each. Different modules are offered annually in each region of the state and can be taken in any order. Each includes practice and assignments that can be used for a CDA application or Level II portfolio review.

For more information, including an overview of the entire series, visit http://northernlightscdc.org/training/state-wide-curricula/beyond-the-fundamentals. To see which modules are being offered locally this academic year, check out page 7 of the Child Care Project training calendar (www.dartmouth.edu/~ccp/docs/ccp_training_calendar14-15.pdf).
3    I am Moving, I am Learning: Healthy Learning Environments, Part 1 (*Beyond the Fundamentals: Level II)

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm

This two-part, four-hour series introduces the I am Moving, I am Learning (IMIL) philosophy and looks at ways to embed IMIL into existing daily routines, as well as provides information about trends in childhood wellness. Participants will learn how to meet the nutritional needs for young children and help children make healthy food choices every day, plan physical activities that improve the quality of daily movement opportunities for young children, increase the daily quantity of opportunities for children to engage in moderate to vigorous physical activity, move with the “Brain in Mind,” and create physical activity and nutrition policies for child care programs. Cosponsored by Upper Valley HEAL (Healthy Eating Active Living). Attendance on both dates, February 3 and 5 is required. *See 3 for Beyond the Fundamentals Level II description. Presenter: Marla Ianello, M.S., Pre-K Consultant, Upper Valley HEAL

VT Core Knowledge Area: 4
NH Core Knowledge Area: 4
CDA Subject Area: 1

5    I am Moving, I am Learning: Healthy Learning Environments, Part 2*

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm

See full description under February 3. Cosponsored by Upper Valley HEAL (Healthy Eating Active Living). Attendance on both dates, February 3 and 5 is required. *See 3 for Beyond the Fundamentals Level II description. Presenter: Marla Ianello, M.S., Pre-K Consultant, Upper Valley HEAL

VT Core Knowledge Area: 4
NH Core Knowledge Area: 4
CDA Subject Area: 1

10    Program Management:

Written Policies for Healthy Learning Environments, Part 1 (*Beyond the Fundamentals: Level II)

Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm

Written program policies communicate your expectations and are essential to operating a healthy and safe child care program. This three-part, six-hour module will include content on the basic format for writing a policy, best practice resources for standards and guidelines, as well as an opportunity for participants to examine and practice writing child care program policies. How policies and procedures are related to quality will be discussed and the VT Step Ahead Recognition System (STARS) will be introduced. Attendance on all three Tuesdays, February 10, 17 and 24 is required. *See 3 for Beyond the Fundamentals Level II description. Presenter: Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery

VT Core Knowledge Area: 5
NH Core Knowledge Area: 4
CDA Subject Areas: 1, 5

12    Scapegoats, Heroes and Invisible Kids: The Impact of Substance Abuse on Children and Families

Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm

More than 8 million children (one in 10) live in homes with at least one adult who has a substance use problem. Most of those children are younger than 5. Come learn about the significant impact that substance abuse in the home can have on children. We’ll discuss the emotional impact on children and the ways that is demonstrated behaviorally. This training will also look at the impact substance abuse has on the overall family structure and warning signs
that indicate potential problems. And, we’ll talk about ways child care providers can provide a safe and supportive environment for children from homes where substance abuse is a concern. Presenter: Tonya McMurray, M.Ed., LCMHC, Mental Health Counselor, The Family Place

VT Core Knowledge Areas: 1, 2
NH Core Knowledge Areas: 2, 4
CDA Subject Areas: 3, 4
Advanced Specialized Child Care Services: 2 hours

17 Program Management: Written Policies for Healthy Learning Environments, Part 2*

Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
See full description under February 10. Attendance on all three Tuesdays, February 10, 17 and 24 is required. *See 3 for Beyond the Fundamentals Level II description. Presenter: Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery

VT Core Knowledge Area: 5
NH Core Knowledge Areas: 1, 5
CDA Subject Areas: 1, 5

19 Recycled Playthings

Oh, Art Studio, White River Junction, VT • 6:30 - 8:30 pm

Old sewing parts, old books, game pieces, cork, beads and buttons, buttons, buttons. These are the ingredients for exploring the great recipes of the old while creating something completely new. Kids love to personify objects by adding human qualities and accessories. In this workshop we will investigate how to offer recycled objects to preschool children for maximum engagement within an art activity. Clean out your drawers and bring all recyclable objects that would fit in small hands. This will be a totally hands-on, fun evening of art exploration. Presenter: Cj Stephens, MFA, Education Director, Oh, Art Studio

VT Core Knowledge Area: 3
NH Core Knowledge Area: 3
CDA Subject Area: 2

24 Program Management: Written Policies for Healthy Learning Environments, Part 3*

Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
See full description under February 10. Attendance on all three Tuesdays, February 10, 17 and 24 is required. *See 3 for Beyond the Fundamentals Level II description. Presenter: Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery

VT Core Knowledge Area: 5
NH Core Knowledge Areas: 1, 5
CDA Subject Areas: 1, 5

28 Knee High Nature: Exploring Our Winter World

Dartmouth College Child Care Center-Multi & Outside, Hanover, NH • 9:00 am - 12:00 pm

Regular free time in natural settings is an important part of healthy child development. Nature-based play enhances children’s learning, health and overall quality of life. Yet children today spend less time outdoors than any previous generation. Let’s change that! Join us as we explore our winter world and the amazing ways plants and animals survive. Through games, imaginative play and time outside, we will learn how some animals are dormant in winter while others remain active and must find food and shelter during the coldest time of the year. We will also investigate how young children learn outside, and what you can do as an adult mentor to encourage meaningful nature play. We will be learning and playing indoor and out, so please come dressed appropriately! Presenter: Jen Brown, Naturalist & Educator, Four Winds Nature Institute

VT Core Knowledge Area: 3
NH Core Knowledge Area: 3
CDA Subject Area: 2
10 **Overcoming Barriers to Protecting Children from Sexual Abuse**
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm
Cosponsored by Prevent Child Abuse Vermont. **Presenter:** Amy Johnson, MA, Child Sexual Abuse Prevention Trainer/Coordinator, Prevent Child Abuse Vermont

12 **Feeding the Developing Brain**
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
**Presenter:** Scott Noyes, Empowering Programs

17 **Strengthening Families Through Child Care & Early Education: A Comprehensive Approach, Parts 1 & 2**
(*Beyond the Fundamentals: Level II*)
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm
**Attendance on all eight Tuesdays, March 17, 24, April 7, 14, 21, 28, May 5 and 12 is required. First class is 3 hours; all others are 2 hours. *See 3 for Beyond the Fundamentals Level II description.**
**Presenter:** Emily Libby Marshia, Early Educator & Certified Strengthening Families Trainer

19 **Babies Are NOT Short Preschoolers... and Other Important Facts About Infant/Toddler Curriculum, Parts 1 & 2**
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
**Attendance on both Thursdays, March 19 and 26 is required. Presenter:** Pamela Perkins, M.Ed., Infant/Toddler Specialist & Independent Trainer

31 **Hiding in Plain Sight**
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:00 - 9:00 pm
**Presenter:** Jeanine Fitzgerald, The Fitzgerald Institute

**PRE-REGISTRATION IS REQUIRED FOR ALL CHILD CARE PROJECT TRAINING.**

(603) 646-3233 • (800) 323-5446
child.care.project@dartmouth.edu

Registration is accepted beginning the first of the month prior to each class.

If plans change and you cannot attend a workshop for which you have registered, please let us know.

Contact us now to sign up for January and February Child Care Project training listed in this newsletter.

Registration for all March training begins February 1.
Other Training Opportunities

CPR & First Aid Trainings

Most classes require pre-registration and pre-payment; many are space limited and could be canceled in the event of low enrollment. Contact the individual site for more information or to register.

American Red Cross
www.redcross.org/take-a-class. No local classes offered. Private classes may be arranged at your center or home for groups of six or more by calling (802) 660-9130.

Dartmouth-Hitchcock Medical Center
Women’s Health Resource Center

Heartsaver Adult, Child & Infant CPR Certification: Jan. 5 or Feb. 25, 6:00-9:00 pm. $55. On the Mall (9 Hanover Street) in Lebanon, NH. American Heart Association classes. Scholarships available. (603) 650-2600 or http://patients.dartmouth-hitchcock.org/womens_resource_ctr/all_whrc_classes.html.

Connections Child Care Provider Network
CPR & First Aid Recertification: Jan. 7, 6:00-9:00 pm. $50. Rivendell Academy, 2972 NH Route 25A in Orford NH. Space is limited. Ammie Collins, bnnystps@gmail.com.

Valley Regional Hospital
Heartsaver Adult, Child & Infant CPR Certification: Feb. 11, 5:00-8:30 pm. $50 +$13.95 for book. Heartsaver First Aid: Feb. 18, 5:00-8:30 pm. $20. 243 Elm Street in Claremont, NH. American Heart Association classes. Private courses for groups of six or more scheduled upon request. (603) 542-1839 or beth.thibault@vrh.org.

New London Hospital
2015 schedule will be available soon. Weber Room, 273 County Road in New London, NH. American Heart Association classes. www.newlondonhospital.org/events/courses_classes_schedule/# or (603) 526-5501.

You may also find a class by phoning your local fire station - many times they have trained staff willing to teach CPR and/or first aid - or your community recreation department.

www.ProCPR.org

ProFirstAid Adult, Child & Infant CPR & First Aid Recertification: Online. $39.95. (888) 406-7487 or www.ProCPR.org. (Accepted in VT for recertification.)

Upper Valley Ambulance, Inc. in Fairlee, VT is an American Heart Association Training Center; for CPR and first aid training information, contact Mike Hanchett at mikehanchett@hotmail.com or (802) 333-4043.

White River Valley Ambulance in Bethel, VT offers CPR and first aid training in Bethel or at your site; contact Pat Edwards at p.edwards@wrva.net or (802) 234-6800 for details.

VT Basic Specialized Child Care Services Training

SpecializedChildCareServices(SCCS) encompasses Vermont subsidized child care for children eligible under one of the following service needs:

- **Protective Services** for a child who has been a victim of abuse or neglect and child care is part of a plan to support the child, thus reducing the risk of future abuse/neglect;

- **Family Support** for a child in a family experiencing significant stress where child care is part of a larger family plan to address specific issues;

- **Special Need** for a child in child care with a special physical or developmental need.

Providers must attend a 6-hour Basic SCCS Training prior to signing the Provider Agreement,
Part 3 and being granted SCCS status enabling them to care for children with a SCCS need. This training is offered annually in the fall through the Child Care Project (Nov. 1; see page 2 for details). Other upcoming options around the state include:

- **Jan. 4**, 9:00 am-3:00 pm in Berlin, VT. Call (802) 262-3292 to register.

- **Jan. 29**, 6:00-8:00 pm **& Feb. 8**, 8:30 am-12:30 pm in St. Johnsbury, VT. Call (802) 748-1992 to register.

- **Feb. 25 & Mar. 25**, 6:00-9:00 pm in Bennington, VT. Call (802) 748-1992 to register.

**VT Essential Maintenance Practices for the Stabilization of Lead Paint**

Owners of child care facilities – including family child care homes – built before 1978 are required to attend this training **once before getting registered** and perform lead paint stabilization procedures **annually**. To reserve a seat at an upcoming Vermont Department of Health approved Essential Maintenance Practices training, call the number listed. Registration is on a first come, first serve basis. For more information, visit LeadSafeVermont at www.leadsafevermont.org/html/landlords.html.

- **Jan. 13**, 5:00-8:00 pm at Cardno ATC Associates in Williston, VT. Call (802) 862-1980 to register.

**Teaching Strategies GOLD**

The VT Agency of Education is sponsoring free Teaching Strategies GOLD (TSG) trainings throughout the year across the state open to all early educators supporting children birth to age 5 in VT. A 12-hour introductory training for educators who are new to TSG or who don’t feel confident implementing TSG is scheduled in Rutland, VT on **Saturday, January 17 AND Saturday, January 24**. Additional trainings will be offered throughout the state in the very near future. Go to www.research.net/s/TSGOLD3 to register; contact Shirley Rawson at shirley.rawson@state.vt.us for more information or with questions.

**Beyond Bossing, Begging and Bribing Training**

Kendal at Hanover Child Care is sponsoring a free training with Jeanine Fitzgerald on **January 23** from 5:30-7:30 pm in Hanover, NH. Have you ever heard someone say *What part of no don’t you understand?* or *Because I said so, that’s why!* Or maybe you have thought there has to be a better way to get children to listen and respond to our directions. When you leave this session, you will have a deeper understanding of the strategies that balance structure and support in a child’s life. Open to all; space is limited so reservations are requested by emailing Ryan Puckett at rpuckett@kah.kendal.org.

that promote learning and development through safe and supportive relationships. There is a great section on brain development and how trauma affects it, as well as what kinds of behaviors a teacher might see in the classroom. Funded in part by the NH Department of Health & Human Services, Division for Children, Youth & Families, and the NH Child Development Bureau, this workshop is open to all providers. For more information and to register, visit http://nh.childcareaware.org or contact Cathy Pellerin at cpellerin@claremont.k12.nh.us or (603) 543-4295.
Free CCV Online Course: Afterschool Education and Development of the School-Age Child

Vermont Afterschool is partnering with the VT Child Development Division to offer a three-credit, online course for afterschool professionals through the Community College of Vermont (CCV). This is a tuition-free opportunity for those who are currently working in a regulated child care setting.

Afterschool Education and Development of the School-Age Child (EDU 2065) focuses on afterschool education related to the development of school age children. Emphasis is on exploring the interconnections between child/youth development, the transition to and participation in school, and growth within a community context. Semester dates are January 26-May 8. To register, contact Karen Scott, Project Manager for Quality Initiatives, at karenscott@vermontafterschool.org or (802) 448-3464 for an Intent to Register form. Please note that registration is NOT through CCV!

Online Course on Finance for Afterschool

A three-credit, fully online college course through Union Institute and University, Legal and Financial Issues in Early Childhood and Afterschool Programs, is pending to start February 1. Deadline to enroll is January 16, and priority is to those who have completed the Step 1- VT's Early Childhood and Afterschool Program Director Credential. This course meets a requirement for Step 2 of that Credential. Cost is $325-350, plus approximately $60 for book. For more information and to request an enrollment packet, contact John Everest at john-everest@ccv.edu or (802) 885-8374.

BFIS in VT

www.brightfutures.dcf.state.vt.us

The Bright Futures Information System (BFIS) is a Vermont data management system designed and operated by the VT Child Development Division of the Department for Children and Families. Hundreds of statewide early care and education professional development opportunities (such as workshops, classes and conferences) are listed and updated regularly in the BFIS Course Calendar. Go to www.brightfutures.dcf.state.vt.us, click on Course Calendar under Resources for Early Childhood and Afterschool Professionals near the bottom of the page and start searching.

Online Training & Coursework

http://northernlightscdc.org/training/online-training-and-coursework

Colleges and other sponsors of professional development all over the world offer online training. VT’s Northern Lights Career Development Center reviews and approves sponsors of online training that is not for college credit. These are VT approved sponsors whose modules and workshops may count as training hours required by the Child Development Division for licensing/registration, Step Ahead Recognition System (STARS) for STARS application/renewal, Child Development Associate (CDA) for initial credential and/or Agency of Education for educator licensure renewal, and more.

Child Care Aware of NH

http://nh.childcareaware.org

Providers can find information on workshops and training events being offered through the NH Child Care Resource & Referral Network. Searches can be filtered by catchment area and/or month from the home page (right hand side, midway down the page under Search For Training).
VT Peer Review Project for Early Childhood Education Licensure

The VT Child Development Division in collaboration with Northern Lights Career Development Center and Mary Johnson Children’s Center is offering a Peer Review Project course beginning March 2015. The project is designed to assist experienced child care professionals in achieving VT Agency of Education teacher licensure with early childhood education endorsement through the peer review process. Applicants must have a Bachelor’s Degree or higher and at least three years of experience working with young children. This is a 10-month hybrid course made up of on-line learning plus four or five in-person classes, centrally located in VT; each participant will also work with a mentor/advisor for individual support. Space is limited; completed applications are due January 12. Visit http://northernlightscdc.org/career-pathways/college-and-university-pathways/early-educator-license-through-peer-review/ or contact Sherry Carlson at scarlson380@comcast.net for more information.

Ages and Stages-3 Questionnaires Screening Tool

The VT Agency of Education is sponsoring accredited trainers to conduct Ages and Stages Questionnaires®, Third Edition (ASQ-3) screening tool trainings throughout the year across the state. ASQ-3 trainings are free and open to all practitioners supporting children 0-5 in VT. The trainings will be geared for individuals who are new to screening and assessment, as well as for individuals who are seasoned practitioners and just need to learn how the tool is administered and scored.

If you or your early childhood staff are interested in hosting and/or attending an ASQ-3 training in your region, complete the survey at www.research.net/s/ASQ_3 or contact Kate Rogers at kate.rogers@state.vt.us. For more information about the ASQ-3 tool go to www.agesandstages.com.

Online CDA Credential Training

Child Care Aware Training Academy offers training designed to help early childhood professionals acquire the required training hours for a Child Development Associate (CDA) credential or CDA credential renewal. 120-hour CDA (12 CEUs) and 45-hour CDA renewal online self-paced training is available for $299. Courses are available 24 hours a day, 365 days a year! Visit http://naccra.smarthorizons.org/ for more information on the trainings and a link to details regarding the CDA credential. The CDA is awarded by the Council for Professional Recognition; their site is www.cdacouncil.org.

Local Colleges with Evening & Online Early Childhood Education Classes

Community College of Vermont
Upper Valley campus
145 Billings Farm Road, Wilder, VT
(802) 295-8822 • www ccp.edu

Spring semester runs January 26-May 8; spring/summer registration underway.

River Valley Community College
1 College Place, Claremont, NH
(603) 542-7744 x411 • www.rivervalley.edu

Spring semester runs January 20-May 11; spring registration underway.

Granite State College
Lebanon Academic Campus
24 Airport Road, West Lebanon, NH
Claremont Regional Campus
27 Pleasant Street, Claremont, NH
(603) 542-3841 • www.granite.edu

Winter semester runs January 5-March 27; registration underway.
Upper Valley Child Care Association
For: All Upper Valley child care center directors, administrators, family child care providers and early childhood professionals from both NH and VT

Meets: 2nd Tuesday of each month, 1:00-3:00 pm at Franklin Pierce University in West Lebanon, NH

For more information contact: Jeff Robbins at (603) 646-6610 or jeff.robbins@dartmouth.edu

Connections
For: All Orange County, VT child care and other professionals directly working with young children

Meets: 1st Wednesday of each month, 6:30-8:30 pm at Valley Cooperative Preschool in Bradford, VT

Focus of upcoming meetings:
• Jan. 7: CPR & First Aid Recertification, 6:00-9:00 pm at Rivendell Academy, 2972 NH Route 25A in Orford NH. $50. Space is limited; contact Ammie Collins, bnnystps@gmail.com to sign-up.
• Feb. 4: Literacy Night; details TBA

For more information contact: Meri Saladino at (802) 222-4236

Early Childhood Professionals Network
For: All home- and center-based providers from northern Windsor & southern Orange Counties in VT

Meets: 2nd Monday of each month, 6:30-8:30 pm at Dartmouth-Hitchcock Medical Center, Auditorium C in Lebanon, NH (unless otherwise noted)

Focus of upcoming meetings: All meetings begin with a pot-luck dinner and socialization time, and conclude with distribution of curriculum materials to those in attendance, unless otherwise noted.

• Jan. 12: Provider introductions and ECPN business followed by a round robin art project
• Feb. 9: Strengthening Families Approach in Action - An Overview presented by Amy Johnston, Prevent Child Abuse VT

For more information contact: Rachel Hunter at (802) 886-1070 or hunner1@gmail.com
Notes of Interest

Congratulations

• Lisa Flint, registered family child care provider in South Royalton, VT has move up in VT’s Step Ahead Recognition System (STARS) to 2 stars. Way to go, Lisa!

• Katie Ouelette of Wilder, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with one star of recognition. Great job, Katie!

• Megan Smith of Bradford, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with two stars of recognition. Excellent, Megan!

• Dalene Whitcomb of South Royalton, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with two stars of recognition. Sweet, Dalene!

• World of Discovery II in White River Junction, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with three stars of recognition. Super work!

- 12 early childhood related college credits OR earned your CDA? If so, you may be eligible for a Level II Certificate AND $500 bonus!

- 21 early childhood related college credits OR Child Care Apprenticeship Program OR CCV’s Child Care Certificate program? If so, you may be eligible for a Level IIIA Certificate AND $750 bonus!

- Associate’s Degree in early childhood education OR Associate’s Degree in another field with 21 early childhood related college credits? If so, you may be eligible for a Level IIIB Certificate AND $1000 bonus!

Don’t miss your chance to earn a level certificate from Northern Lights and a generous bonus from the VT Child Development Division. Check out http://northernlightscdc.org/career-pathways/early-childhood-pathways/ for details on the VT Early Childhood Career Ladder, as well as links to certificate fact sheets and applications.

VT Child Care Wellness Consultation

The VT Child Development Division and the Department of Health have announced a collaboration with the VT Child Care Industry and Careers Council to continue the Child Care Wellness Consultation project. This project is supported through the Early Learning Challenge - Race to the Top grant and seeks to refine a VT child care wellness consulting system.

The role of the Child Care Wellness Consultant is to work collaboratively with providers to promote the health and development of children, families and providers and to ensure a healthy and safe child care environment. Child Care Wellness Consultants are Registered Nurses who have specialized knowledge of health and safety standards and best practices for child care programs.
Child Care Wellness Consultants are available for on-site consultation visits through June 30, 2015. Initial visits will be focused primarily on nutrition and physical activity to help address performance measures for the Early Learning Challenge grant. However, other health and safety related issues may be discussed and follow-up visits may be requested. All visits to STARS-participating VT homes and centers will be free of charge to the provider; site visits to non-participating STARS providers can be arranged for a fee.

To arrange a Child Care Wellness Consultant visit, contact the VT Child Care Industry and Careers Council at vccicc@comcast.net or (802) 985-2700.

**Shared Services Vermont**

Do you wish that you had a well written resource on biting at your fingertips to give to a parent who is dealing with a typical toddler behavior? Are you placing an order for art supplies and would love the best price and free shipping? Are you looking for a useful family survey for your STARS renewal? Would you like access to timely articles, blogs and publications to keep you up to date on all that is happening in the world of early care and education? If you are a participant in VT’s Step Ahead Recognition System (STARS), either as a staff member in a STARS rated program or as a provider, you are eligible for free access to www.SharedServicesVT.org. Shared Services VT is a one-stop shopping place for discounts, teacher and administrative resources, and so much more. Sign on today or contact LouAnn Beninati, VT Birth to Three Program Specialist at lbeninati@gmail.com for additional information.

**Calendar-Keepers For Sale**

2015 Calendar-Keepers (an all-in-one calendar and expense and income tracker comprehensive family child care record-keeping system) are available for $12.50 each through the Child Care Project – a considerable savings over buying directly from Red Leaf Press. Calendar-Keepers will be available at upcoming trainings or can be mailed to you for an additional $6.00. Visit www.redleafpress.org/Redleaf-Calendar-Keeper-2015-P1136.aspx for more info and contact us to request one via mail.

**PTAN Child Care Inclusion Project**

NH child care providers who are struggling to maintain a child with challenging behaviors or other special needs can call the Preschool Technical Assistance Network (PTAN) Helpline (1-888-584-8200) to request assistance.

PTAN provides free services to NH child care providers: telephone consultation in the privacy of your program; on site consultation from consultants with expertise matched to your specific need; and individualized onsite staff development that improves your staff’s skills and satisfies licensing and credentialing requirements for in-service training. Visit http://ptan.seresc.net/blog/inclusive-child-care/preventing-child-care-expulsion/ for more information.

**Free VINS Pass Offer**

Interested in taking a field trip or even a weekend outing with your own family? Thanks to continued funding provided by VT Starting Points, the Child Care Project has a free pass to the Vermont Institute of Natural Science’s (VINS) Nature Center located a quarter of a mile west of the Quechee Gorge at 6565 Woodstock Road (Route 4) in Quechee, VT. The pass is for child care providers and allows entrance to one adult and up to five children over age 2 (children under age 2 are welcome, but are always free and not included in the count) for a day. Contact us with a specific date request and we will email you a pass for that day.

VINS is a nonprofit organization, whose mission is to motivate individuals and communities to care for the environment through education, research and avian wildlife rehabilitation. For more information, including driving directions, visit www.vinsweb.org or call (802) 359-5000. VINS is open year round, seven days a week. Seasonal hours, now through April 10 are 10:00 am-4:00 pm.
It’s a human frailty to be so involved in what we’re doing, our own jargon, acronyms and abbreviations, we forget that the big wide world doesn’t have a clue. Thus we thought we’d include in our first newsletter of 2015 a brief description of the Child Care Project (CCP) – who we are, what we do and how we came to be.

Who are we? The Child Care Project is your local child care resource and referral agency. We are a sponsored activity of Dartmouth College; grant funded by the State of Vermont, with revenue also from a handful of sponsoring Upper Valley employers (noted on page 16). We serve the communities of Orange and northern Windsor Counties in VT and the Upper Valley area in NH.

What do we do?

For Child Care Providers: Our goal is to help providers of child care in all types of settings – centers, preschools, school-age programs and especially, family child care homes – and to support their partnerships with families. We talk to prospective providers about what they will need to have in place to do care. We visit all new family child care providers’ homes, and share with them a lot of information about getting started: getting registered or licensed, setting policies, enrolling in the food program, securing insurance, etc. We look at the space which will be used for care and make suggestions about how it could be arranged to be safe and practical, as well as inviting for children. Our goal is to help providers set up their child care in a business-like way, facilitate clear communicate with parents, support developmentally appropriate practices with children, and offer experience and resources to assist with the important work they do.

We help with marketing and filling slots by referring families to child care programs and providers in our coverage area (see page 16 for a list of towns served in VT and NH). In order to best serve providers, it is imperative that our information be kept as up to date as possible. On page 16 is a sample provider profile that is sent to families seeking referrals. We attempt to formally update our provider data records quarterly, via email then phone calls. Please, help us help you by responding promptly to these requests for information and let us know any time your provider data has changed.

Additionally, we publish this bimonthly (with the exception of the summer issue which covers May-August) newsletter that is distributed via hard copy, email and on our website to share information relevant to local child care providers. We send out a weekly email, Weekly Wednesday Words, with news between newsletters. We maintain a toll-free “warm line” which providers, as well as parents, may call during business hours to seek technical assistance, consultation or help with a specific problem or issue. CCP is here to be supportive – a resource for the dedicated people doing the awesome work of caring for our children.

For Families: From our extensive new database housing detailed information on local providers, we refer families to child care which may meet their needs, based on where they live and work and what they are looking for in care experiences for their children. CCP does not recommend any particular program or system of care, and refers impartially to all legally operating types of child care programs which may support families’ needs. Our services are free of charge to VT families as well as NH residents who work for one of our sponsoring employers. Last year CCP received requests for referral to child care from 229 individual families, and many of these families use our service repeatedly.
We strive to support parents in need of child care by helping them become knowledgeable child care consumers. This is accomplished through either face to face, email or mostly telephone conversations to see what resources we can provide. In addition to referrals, resources may include written materials about selecting appropriate child care, what to look for in high quality group care for children of different ages, licensing regulations and the VT STARS program.

We also assist parents who already have child care with any problems they may be encountering as child care consumers. The greater Upper Valley area houses a vast supply of resources and supports for children and families; we can help families make the connections.

**For the Community:** CCP is fortunate to have many strong community partners. We work closely with the Upper Valley Child Care Association, our local provider network groups, Building Bright Futures Regional Council, Early Childhood Mental Health Network, The Family Place and Orange County Parent Child Centers, and many other agencies providing services to families.

While the focus of our work is children and their caregivers, we and our partners seek to keep the general public aware of the challenges in the child care industry, the importance of children’s earliest experiences to the paths their lives take, and the huge impact of child care on the economic condition of individual families and the business community.

**How did we come to be?** Long, long ago in 1982, a study group called the Upper Valley Day Care Council convened to assess what could be done to help providers who were often isolated and under-supported, and parents who were experiencing difficulty locating affordable child care for their families. It was a time when many local companies were having trouble finding enough employees and before any Upper Valley employer had its own child care center. There were no support or training programs for child care people and there was general concern about the quality of care in many places.

CCP started formally in 1984 when local employers, Upper Valley United Way and a NH Community Foundation grant made it possible to expand the child care resource office at Dartmouth College (where someone had been doing child care resource and referral since 1975) with staffing and materials. Federal grants to the child care bureaus in NH and VT continued to support us in both states for the first twenty or so years.

While Dartmouth still houses and administers the program as a sponsored activity, CCP is an agency for the community and a partner in weaving the human service fabric of the Upper Valley. We are now part of a network of 12 child care resource and referral agencies in VT–assigned the Hartford District Office area. We no longer hold the NH state grant (that is handled through Family School Connections in Claremont, NH), but luckily Upper Valley employers and the state of VT have kept us afloat and a presence on both sides of the Connecticut River. CCP has the advantage of not being a monitoring or licensing agency but a support to early educators and families, working in partnership with the state.

Since our inception the basic population focus has not changed, but the scope, staffing and resources of the program have grown, as has the geographic area covered. The child care provider program started with about 35 home and center listings in the Hanover, NH/Norwich, VT area. CCP now has a database of around 175 active homes and centers in our coverage area.

We welcome you to attend one of our trainings, contact us for support around a child or family issue or to get a question answered, request mentoring services, or suggest a training topic; we encourage you to read our newsletters and Weekly Wednesday Words emails, keep us updated on your program details so the information we share with families is accurate, and send our way families looking for care that you cannot accommodate (don’t worry about if we’re the right agency; if not, we’ll refer them on appropriately).

Lastly, we thank you for the work you do everyday on behalf of children and families. We couldn’t do what we do without you!

**Child Care Project Staff**
Jeff Robbins, Director (4.5 years at CCP)
Chris Pressey-Murray, Coordinator (17 years at CCP)
Cindy Binzen, Assistant Coordinator (13 years at CCP)
Anita Dole, Administrative Assistant (15 years at CCP)

**Contact Information**
Child Care Project
17 1/2 Lebanon Street, Suite 2
Hanover, NH 03755
(603) 646-3233 or (800) 323-5446
fax: (603) 646-0197
child.care.project@dartmouth.edu
www.dartmouth.edu/~ccp
**Child Care Project Coverage Area by Town**

**Vermont:** Barnard • Bethel • Bradford • Bridgewater • Chelsea • Corinth • Fairlee • Hartford • Hartland • Norwich • Pomfret • Quechee • Randolph • Rochester • Royalton • Sharon • South Royalton • South Strafford • Stockbridge • Strafford • Thetford • Tunbridge • Vershire • West Fairlee • West Hartford • White River Junction • Wilder • Woodstock

**New Hampshire:** Canaan • Cornish • Enfield • Etna • Grantham • Hanover • Lebanon • Lyme • Meriden • Orford • Plainfield • West Lebanon

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**Child Care Project Sponsoring Employers**

ANSYS, Inc. • Astronics Corporation • Child Care Center in Norwich • Creare, Inc. • Dartmouth College • Dartmouth-Hitchcock Medical Center • Dimatix, Inc. • Hypertherm • Ledyard National Bank • Mascoma Savings Bank • State of Vermont • Thermal Dynamics • Timken Aerospace

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## Sample Provider Profile Shared with Families

**Supercalifragilisticexpialidocious Child Care**

**Mary Poppins**

17 Cherry Tree Lane Norwich VT 05055

(802)649-0000

**Type of program:** Family Child Care Home

**VT Stars level:** 5 Stars

**Ages served:** Open

**Open**

<table>
<thead>
<tr>
<th>Open</th>
<th>Mon 7:00 AM 6:00 PM</th>
<th>Tue 7:00 AM 6:00 PM</th>
<th>Wed 7:00 AM 6:00 PM</th>
<th>Thu 7:00 AM 6:00 PM</th>
<th>Fri 7:00 AM 6:00 PM</th>
</tr>
</thead>
</table>

**Scheduling comments:** evening hours considered

**FT/PT options:** both FT & PT

**Must be toilet trained?** no

**Family child care home indoor arrangement:**

Regular daily routine daily outside play arts & crafts music activities storyline/literacy activities dramatic play no TV or videos sand/water play

**Outdoor space:**

Smoking environment: smoke free

**Local school:** Marion Cross School (Norwich)

**Transportation provided:**

Bus accessibility: public transport on school bus route

**Food provided:**

Morning snack afternoon snack parents provide meals

**Program features:**

Children are given free reign to be children! Children are taught to respect each other and to take care of one another. Children are taught to be kind to all children and to share. Children are taught to be respectful of the teachers they are taught by.

**Highest FT rates:**

- Infants: $165.00
- Toddlers: $150.00
- Preschoolers: $150.00
- School-agers: $85.00

**Financial assistance:**

- Accepts state subsidy plus difference from parent
- Sibling discount offered

**Languages supported:**

- English
- American Sign Language
- Spanish

**Accreditations:**

- CDA: Child Development Associate
- NAFCC: National Association for Family Child Care

**Languages supported:**

- English
- American Sign Language
- Spanish

**Bus accessibility:**

Public transport on school bus route

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**Child care referrals are selected based on your individual family's stated needs. Profiles are created with information supplied by the programs/providers; accuracy of the data is the responsibility of the programs/providers. Profiles are shared as referrals, NOT as recommendations.**

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**Other Data Collected on Providers & Shared with Families Upon Relevancy**

- Website • Licensed & desired capacity by age range • Current & expected vacancies • Drop in policy • Acceptance of children with special needs • Additional fees charged • Head Start or VT State Pre-K partnerships • Child & Adult Care Food Program participation • VT Specialized Child Care status • Provider’s education • Provider’s years & settings of experience • FCCH household members • Program statement

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**Please, help us help you by responding promptly to our request for provider data updates and letting us know as soon as any of the above information about your program changes!**
What to do with bread you feel is too old for humans? Simply break up into small pieces and place on your tray feeders or spread onto the ground. Many birds love old bread!

Combining the bread with some melted beef suet or lard will add interest to your feeders. Go another step and add seeds, another step and add cut up fruits. Dried fruits are great – just cut them up and add to the mix. And with the addition of (unshelled and unsalted) nuts you’ll attract chickadees, titmice, nuthatches, jays and some woodpeckers. You might add cracked corn. Or just go with the bread and add a drizzle of corn oil or peanut oil; this gives winter feeding birds some fat calories to maintain body heat and strength to withstand the winter weather.

Have your doughnuts, muffins or chips gone by? Well, the titmice, nuthatches, downy woodpeckers and starlings would also love these in your feeders. Not chocolate doughnuts, though; no chocolate for birds! Try the following easy “recipes” you can whip up with your children to share with our feathered friends.

**Tasty Temptation**

- 2 corn muffins
- 1 cup suet, softened or fat scraps, chopped

Crumble the muffins and mix thoroughly with your hands until the mixture holds together loosely. Let set for a little while, then crumble onto a tray feeder.

**Corn Chip Crazies**

- 2 cups stale corn chips (the less salt the better)
- ½ cup of all-purpose flour
- 1 cup peanut butter (or you can use suet or lard)

Crush the corn chips. Stir crushed chips into the flour and mix well. Then mix in the peanut butter, using your hands to make a soft dough. Serve on a tray feeder.

**Simple Feeder Pleaser**

- 1 cup of unsweetened cereal flakes, any kind
- 1 cup of suet or fat scraps, chopped

Use your hands to mix the cereal flakes and fat scraps to form a dough; then crumble onto a tray feeder.

**Premium Wild Bird Food**

- 1 pound striped sunflower seeds, hulls still on
- 1 pound black oil sunflower seeds, hulls still on
- 1 pound raw peanuts
- 1 pound dark raisins, dried blueberries, apples or other dried fruits, chopped
- 1 pound cracked corn
- 1 small carton live mealworms (can purchase in pet shops or online)

In a rodent proof metal container with a tight lid, mix together the two types of sunflower seeds, peanuts, fruit and cracked corn. Store the mixture in a cool area, such as a garage, porch or basement. Store the mealworms in the refrigerator according to the package instructions. Spread one or two scoops of the seed mixture onto a tray or platform type feeder and sprinkle with fresh mealworms. This is an amazing treat for your backyard friends!

**Sources:** Nancy Killmer from Connect Cornish listserv and www.homemadebirdfood.com