Greetings from the Child Care Project.

I’m looking out the window at several inches of new snow in the morning sun. Whew! Just when I thought we were going to have mid-winter mud, along came fresh, clean snow to rescue us. Keep those sleds handy and once your sledding hill gets slippery again, decorate a cardboard box like a race car, turn the key and give it a go. Good rules for mid-winter: Play Hard and Go Outside. Or vice versa.

Reading this month’s articles from the Backpack Connection Series, I’m struck with another great principle of caregiving. Be Nice is an awfully good rule for taking care of children. In fact, if you ask kids why they like someone, the top #1 answer is “They’re nice.” I know that I listen better when people speak to me nicely. There’s not much point in trying to talk me out of how I feel in the heat of the moment or explaining why I am wrong when I am passionately explaining why I’m right. Better to just listen to me and when I’ve had a chance to get it out, speak to me kindly. Your kind words might be “How can I help?” or “Now I know how you see it.” or “I’m sorry you’re so upset.” Don’t give me a tone; don’t give me a lecture. I can talk about it better a little later. And thanks for being nice to me.

Be Nice,
A child can be successful in school in many ways, and there is considerable variation among children in their approaches to learning. Some variations are due to predispositions like gender, temperament and culture. Others are due to early experiences with caregivers and the environment that can support and encourage an active approach to learning, or can limit and discourage it. Curiosity, creativity, independence, cooperation and persistence are some of the approaches that enhance early learning and development. This Vermont Early Learning Standards (VELS) training explores developmentally appropriate approaches to learning in 3-5 year olds. Enroll in the entire series or attend individual sessions as desired.

Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer

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

*For more information on Beyond the Fundamentals: Level II, see page 7 of the Child Care Project Training Calendar available online at www.dartmouth.edu/~ccp/providers/ccp_training_calendar13-14amended_01-23-14.pdf.
20 Everyone Belongs: Early Childhood Inclusion
Dartmouth-Hitchcock Medical Center Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
Early childhood inclusion embodies the values, policies and practices that support the right of every young child and his or her family, regardless of ability, to participate in a broad range of activities and contexts as full members of families, communities and society. High quality early childhood programs are inclusive of all children, recognizing the uniqueness of each as an individual with a range of experience, skills, abilities and interests. Inclusion really is for everyone. The idea of including children with different needs – diagnosed or not – may be scary for some, but it need not be. Join us to learn some of the simple approaches you can take to support the development and success of all children in your program. Presenter: Sharon Adams, M.S., Early Childhood Education Consultant and Master Instructor
VT Core Knowledge Areas: 1, 2, 3
NH Core Knowledge Areas: 2, 3, 4
CDA Subject Areas: 2, 7, 8
Advanced Specialized Child Care Services: 2 hours

25 Language, Literacy and Communication - Physical and Intellectual Development, Part 3 (*Beyond the Fundamentals: Level II)
Dartmouth-Hitchcock Medical Center Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Literacy learning begins at birth. The more experiences children have with oral language, books and communication before they enter formal school, the better equipped they are to learn to read. Oral language—a varied vocabulary, extended discourse (conversations) and stimulating environments at home and child care—is the foundation of children’s language and literacy development. Language development consists of speaking and communicating (expressive language) and listening and understanding (receptive language). There are many avenues for children to develop and refine these skills beyond reading, writing and conversing during circle time, such as playing with others, engaging in informal conversations during meal times, speaking with their dolls, painting at the easel, reading street signs. This Vermont Early Learning Standards training will explore the many forms that communication can take and how adults can support young children’s language, literacy and communication through developmentally appropriate practices. Enroll in the entire series or attend individual sessions as desired. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer
VT Core Knowledge Areas: 1, 2, 3
NH Core Knowledge Areas: 2, 3, 4
CDA Subject Areas: 2, 7, 8

29 Child Care Project Annual Early Childhood Conference
Dartmouth-Hitchcock Medical Center, Lebanon, NH • 8:30 am - 3:30 pm
Jack Agati will present The Art of Encouragement as the keynote address at this year's Child Care Project annual day-long conference. For over twenty-five years as a professional speaker in the area of human relations and management, Jack’s appearances at conferences and work within the educational communities throughout North America have earned him a reputation for useful and relevant material combined with humor that makes learning enjoyable. Whether he’s presenting to management, staff or parents, Jack’s programs never fail to make their mark.

Participants will have a choice of morning and afternoon workshops:
• Managing Misbehaviors Through the Use of Logical Outcomes with Jack Agati
• Creating Inclusive, Welcoming Early Childhood Environments for LGBT Families and Staff and for Children with Gender Expansive Behavior with Ellie Friedland
• You Can’t Bounce Off the Walls If There Aren’t Any! with Johanna Booth-Miner & David Miner
• ABC 123 Storytelling For Infant, Toddler and Preschool Teachers with Shawn Middleton

Conference fee of $35 includes keynote address and two training sessions (6 training hours total), as well as continental breakfast, afternoon snack and door prizes. Lunch is on your own. Pre-registration by mail is required; no phone sign-ups accepted. In mid-February conference brochures, with registration form, were mailed via ground mail and email, as well as posted on our website: www.dartmouth.edu/~ccp.
1 Mathematics - Physical and Intellectual Development, Part 3 (*Beyond the Fundamentals: Level II)
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
When playing in the sandbox, cooking applesauce and completing a puzzle, children are engaging in activities that allow them to develop the thinking skills that are naturally used in daily life. While children learn about mathematics through play, caregivers should be intentional about what, why and how they provide play opportunities and extend children's play to make the most out of these activities. This Vermont Early Learning Standards (VELS) training will explore what mathematics looks like in the preschool setting, and the role of the adult and environment in supporting children's mathematics development. Enroll in the entire series or attend individual sessions as desired. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer
VT Core Knowledge Areas: 1, 2, 3
NH Core Knowledge Areas: 2, 3, 4
CDA Subject Areas: 2, 7, 8

3 Why Do They Do That?
How to support our children through their unique style, and ours!
Dartmouth-Hitchcock Medical Center-Auditorium G, Lebanon, NH • 6:00 - 9:00 pm
Temperament is the innate part of our personality that we cannot change. Join this informative evening to discover the intricacies of our own temperament and those of the children who share our lives. Understanding our communication style, learning preferences and nurturing modalities can enhance our relationships with children and support their emotional growth and development in a positive environment. We will develop strategies to meet the needs of all the children in our programs, no matter how diverse, using the model made popular by Jeanine Fitzgerald of the Fitzgerald Institute of Lifelong Learning. Presenter: Margot Holmes, Easter Seals
VT Core Knowledge Areas: 1, 3
NH Core Knowledge Areas: 3, 4
CDA Subject Areas: 3, 8

8 Science - Physical and Intellectual Development, Part 4 (*Beyond the Fundamentals: Level II)
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Children are captivated by the natural world and physical events. They are curious and actively explore their world to make sense of it. They insist that caregivers and family members answer their questions about everything around them. Early childhood programs offer children an opportunity to expand their explorations and deepen their curiosity while developing theories of how things work, why things happen, and so on. By cultivating this sense of wonder, we help children to become scientific thinkers. This Vermont Early Learning Standards (VELS) training will explore what science looks like in play and how adults can shape the environment to promote scientific thinking, skills and knowledge. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer
VT Core Knowledge Areas: 1, 2, 3
NH Core Knowledge Areas: 2, 3, 4
CDA Subject Areas: 2, 7, 8

12 Mother Goose Cares About Math and Science, Part 1
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 9:00 am - 4:00 pm
Mother Goose Cares About Math and Science is an integrated curriculum of standards-based mathematics, science, and language and literacy concepts appropriate for preschool children with connections to the new Common Core State Standards. This three-part series uses 18 works of exemplary children’s literature, chosen
for their rich language as well as for the basic math and science concepts as its core hands-on learning materials. In addition to the children’s books, each participant will also receive an educator’s resource manual to use in her/his program. One undergraduate or graduate credit will be available from Union Institute for a fee. Lunch will be provided. Home- and center-based providers working with preschool-age children are welcome. Attendance at all three Saturdays, April 12, May 3 and May 17, is required and space is limited to 20 people; priority will be given to those within the Child Care Project coverage area. Offered in collaboration with Vermont Center for the Book. Presenter: Sally Anderson, Executive Director, Mother Goose Programs, VT Center for the Book

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

17 Are You Making a Profit?

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Have you ever wondered what your actual profit is? Have you ever calculated the minimum number of children that must be in your care to cover your expenses? Do you know your “break even” cost? Come learn how to determine the answers to these questions, and more, using the financial information you already have. Cindy Daniels from the VT Community Loan Fund’s Project SUCCESS will also explain how to target your market for increased profitability and success. NH and VT, home- and center-based providers are welcome. Presenter: Cindy Daniels, Business Development Specialist, Project SUCCESS, VT Community Loan Fund

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

22 Creative Expression - Physical and Intellectual Development, Part 6 (*Beyond the Fundamentals: Level II)

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Play is the main ingredient in creativity. Spontaneous and creative self-expression increases children's sense of competence and wellbeing. Children’s imaginations are enhanced when given the opportunity to explore and create. They participate and experiment for the joy of creating and discovering. Through play, children learn to appreciate their own unique approach to doing things, and the approaches of others. They extend and deepen their understanding through multiple, hands-on experiences with diverse materials and mediums, such as visual arts, theater, music and dance. This Vermont Early Learning Standards (VELS) training will explore what creative expression looks like in the preschool setting, and the role of the adult and environment in supporting children's creativity. Enroll in the entire series or attend individual sessions as desired. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer

VT Core Knowledge Areas: 1, 2, 3
NH Core Knowledge Areas: 2, 3, 4
CDA Subject Areas: 2, 7, 8
24 Understanding Poverty Impacts on Youth
Dartmouth-Hitchcock Medical Center-Auditoriums A-D, Lebanon, NH • 6:30 - 8:30 pm
Children and families who live in poverty have unique needs that are often confusing for the highly committed professionals working with them. In order to build relationships that benefit the children/families, a deeper understanding of what it means to live in poverty is important. This training will help providers identify how their personal interpretations of situations influence the effectiveness of building relationships that cross the cultural differences involving resources. Together, we will examine the impacts of poverty on the relationships with our family/children, identify the differences in poverty, and explore relevant strategies and mind sets that improve outcomes for all children. Cosponsored by Vermont Afterschool, Inc. Presenter: Debra Hathaway, M.Ed., Executive Director, Tapestry Program
VT Core Knowledge Areas: 1, 2, 3
NH Core Knowledge Areas: 2, 3, 4
CDA Subject Areas: 2, 3, 4, 8
Advanced Specialized Child Care Services: 2 hours

29 Physical Development & Health - Physical and Intellectual Development, Part 7 (*Beyond the Fundamentals: Level II)
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Children enthusiastically explore how to move their bodies. They investigate and practice with intensity the small motions that lead to the mastery of fine and large motor tasks that adults often take for granted. When children can take an active role in preparing nutritious snacks, maintaining a clean and healthy environment, and caring for their bodies, they feel a sense of pride and accomplishment in their independence. This Vermont Early Learning Standards (VELS) training will explore what physical development and health look like and the active role adults can play in creating learning opportunities that make health a part of everything children do. Enroll in the entire series or attend individual sessions as desired. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer
VT Core Knowledge Areas: 1, 2, 3
NH Core Knowledge Areas: 2, 3, 4
CDA Subject Areas: 2, 7, 8

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.
Contact us now to sign up for March and April Child Care Project training. Registration for May sessions begins April 1.
If plans change and you cannot attend a workshop for which you have registered, please do let us know as soon as possible.

Coming up in May
3&17 Mother Goose Cares About Math & Science, Parts 2 & 3
DHMC, Lebanon, NH • 9:00 am - 4:00 pm
6 Commit to Kids: VT’s Act 1 Training
DHMC, Lebanon, NH • 6:00 - 9:00 pm
13 Approaches to Learning - Physical & Intellectual Development, Part 8
DHMC, Lebanon, NH • 6:30 - 8:30 pm
15 Demystifying Disabilities
DHMC, Lebanon, NH • 6:00 - 9:00 pm
20 RE-invigorating Your Preschool Program
DHMC, Lebanon, NH • 6:30 - 8:30 pm
27 Musical Fun for the Non-Musical
DHMC, Lebanon, NH • 6:30 - 8:30 pm
29 Never Too Early, Part 1
DHMC, Lebanon, NH • 6:30 - 8:30 pm
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.
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:
Mar. 13, 6:00-9:00 pm. $55. On the Mall (9 Hanover Street) in Lebanon, NH. American Heart Association classes. Scholarships available. http://patients.dartmouth-hitchcock.org/womens_resource_ctr/all_whrc_classes.html or (603) 650-2600.

New London Hospital
Heartsaver Adult, Child & Infant CPR Recertification:
Mar. 18 or Apr. 21, 6:00 pm. $25. Weber Room, 273 County Road in New London, NH. American Heart Association classes. www.newlondonhospital.org/events/courses_classes_schedule/# or (603) 526-5501.

www.ProCPR.org
ProCPR Healthcare Adult, Child & Infant CPR Recertification: Online. $29.95. ProFirstAid Adult, Child & Infant CPR & First Aid Recertification: Online. $39.95. (888) 406-7487 or www.ProCPR.org. (Accepted in VT.)

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 (802) 333-4043.

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

You might also try phoning your local fire station - they may have trained staff willing to teach CPR and/or first aid - or your community recreation department.

VT Basic Specialized Child Care Services Training
Specialized Child Care Services (SCCS) encompasses Vermont subsidized child care for children eligible under one of the following service needs: 1) 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; 2) 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; 3) 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. Other upcoming options include:

Mar. 26 & Apr. 2, 6:00-9:00 pm in St. Albans, VT. Call (802) 393-6591 to register.

Apr. 12, 8:30 am-3:00 pm in Rutland, VT. Call (802) 747-0033 to register.

Apr. 22 & 29, 6:00-9:00 pm in Brattleboro, VT. Call (802) 254-5332 to register. ($24 fee)

Apr. 24 & May 1, 6:00-9:00 pm in Bennington, VT. Call (802) 447-3778 to register. ($10 fee, includes a light meal)

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 one of the following Vermont Department of Health approved FREE Essential Maintenance Practices trainings, call (800) 290-0527. Registration is on a first come, first serve basis. For more informa-
of play to promote optimal growth. This class is geared towards parents and teachers of young children and will take place on March 6 from 6:30-8:00 pm at the Women's Health Resource Center in Lebanon, NH. FREE. Sponsored by the Women's Health Resource Center at Dartmouth-Hitchcock Medical Center. Space is limited; registration is required by calling (603) 650-2600.

**Mar. 3,** 5:00-9:00 pm at Windham Windsor Housing Trust in Brattleboro, VT

**Apr. 1,** 5:00-9:00 pm at Howard Dean Center in Springfield, VT

**Family School Connections**

**Child Care Resource & Referral Trainings**

Funded in part by the NH Department of Health & Human Services, Division for Children, Youth & Families, and the NH Child Development Bureau, the following workshops are open to all providers. For more information and to register, visit http://nh.childcareaware.org/events or contact Cathy Pellerin at cpellerin@claremont.k12.nh.us, (603) 543-4295 or (877) 212-7267.

**Mar. 4:** Using Nursery Rhymes and Folk Tales to Promote Early Literacy Development with Kerry Belknap Morris, 6:00-8:00 pm at Busy Bees Child Care in Meriden, NH

**Mar. 11:** Fitness and Nutrition Training - WE CAN with Cathy Pellerin and Beth Lemieux, 6:00-8:00 pm at Good Beginnings in Claremont, NH

**Mar. 20:** Child Care Basics: Social Emotional Development of Young Children with Shelly Kernozicky, 6:00-9:00 pm at location to be announced

**Mar. 26:** Asthma Care for Kids with Cathy Pellerin and Diane Smogor, 6:00-8:00 pm at Children's Center of the Upper Valley in Lebanon, NH

**Building Blocks for Literacy® 6-Hour Applied Training**

Scheduled for March 8 from 9:00 am-4:00 pm at Dartmouth-Hitchcock Medical Center in Lebanon, NH, this a FREE training opportunity for 20 early care and education providers (in NH or VT) who provides care for children who are in the Lebanon School district area (others may get on a wait list). Building Blocks for Literacy® offers effective play-based strategies determined by the National Research Council and recommendations of the 2008 National Literacy Panel. This training supports early care and education providers as they build the emergent literacy skills of three- to five-year-old children to become successful literacy learners, meeting the Common Core State Standards for kindergarten. For more information and to register, contact Brenda Buzzell at bbuzzell@sterncenter.org or (802) 878-2332.

**The Power of Play**

Through play, children experiment with new skills, explore their imagination and learn how to interact with and make sense of their world. Join FitKids Childcare Director, Jenn Parker, and Clinical Psychologist, Kelly Wheaton, to explore the crucial role of play in your child’s social, emotional, cognitive and physical development. By engaging in play yourself, you will gain a better understanding of your child’s experience and learn how best to foster your child’s natural love

**How Does Your Garden Grow?**

Upper Valley Healthy Eating Active Living (UVHEAL) invites you to learn about the fun and benefits of gardening with young children on March 8 from 8:30 am-12:30 pm at Dartmouth-Hitchcock Medical Center in Lebanon, NH. Presenters include: Jenn Hosmer, Program Director at Children’s Center of the Upper Valley sharing her story starting and maintaining gardens that teach and feed children; Jim McCracken, Master Gardener with extensive experience planning, supporting and educating schools and child care programs as they grow community; and Karrie Kalich, developer of Early Sprouts, an award-winning "seed to table" gardening and nutrition curriculum fostering enthusiasm for healthy foods in young children. For more information and to register, contact Marla Ianello at marla.ianello@gmail.com or (603) 653-3455.
Technology Practices for Providers: Email Communication & Website Navigation

Most of the communication from the VT Child Development Division (CDD), Northern Lights and Child Care Support Agencies come via the internet. Many child care providers have conversations and share information with parents over email. Sponsored by VT Birth to Three, this FREE training on **March 24** from 6:30-8:30 pm at the Hartford Area Career and Technology Center in White River Junction, VT will introduce how to setup an email account, send, forward, save a file, carbon copy, attach files in emails, and setup e-mailing lists. We will explore how to navigate a website using the CDD and Northern Lights websites since they are an integral part of our work. For more information, contact Lorraine Vernet at lorraine763@gmail.com or (802) 760-8878. To sign-up, contact the Child Care Project at child.care.project@dartmouth.edu or (603) 646-3233.

![Children smiling](image)

Technology Practices for Providers: Social Media & Networking

Ever thought of using your Facebook account to market your child care program, post a newsletter or share information with parents? Ever wonder about your Facebook and Twitter privacy? Sponsored by VT Birth to Three, this FREE training on **March 26** from 6:30-8:30 pm at the Hartford Area Career and Technology Center in White River Junction, VT will explore setting up and using a messaging system and other tools to enhance your business and communicate with colleagues. We will talk about security and keeping a virus free computer. For more information, contact Lorraine Vernet at lorraine763@gmail.com or (802) 760-8878. To sign-up, contact the Child Care Project at child.care.project@dartmouth.edu or (603) 646-3233.

**Preview NH Early Learning Standards 2014**

The NH Early Learning Standards are a statewide resource for everyone who loves, cares for and educates young children. The Standards provide essential information to support and enhance children’s development and learning. The 2014 NH Early Learning Standards replace the 2005 NH Early Learning Guidelines and are scheduled to be published in the summer of 2014. Come learn about the revisions on **April 15** from 6:00-8:00 pm in Claremont, NH. This is a collaborative opportunity offered through the NH Child Development Bureau and Child Care Aware of NH. Registration is via the NH Professional Registry: http://nh.childcareaware.org/nh-professional-registry. For more information, contact Cathy Pellerin at cpellerin@claremont.k12.nh.us or (603) 543-4295.

**BFIS in VT**

[www.brightfutures.dcf.state.vt.us](http://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](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](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, mid-way down the page under Search For Training).
Local Colleges’ Evening & Online Early Childhood Education Classes

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

Spring semester in progress through May 5.
Summer semester runs May 19-August 11; registration is underway.

3-credit face-to-face summer class:
• EDU 2042-VJ51 Program Management for Early Childhood Education, Tuesdays, 5:30-9:00 pm with instructor TBA

3-credit online summer classes:
• EDU 2010-VO01 Foundations of Education with Jenna Collins
• EDU 1030-VO01 Introduction to Early Childhood Education with Jackie Boyd
• EDU 1030-VO02 Introduction to Early Childhood Education with Sabrina Thomas
• EDU 2075-VO01 Literature for Children with Suzanne Purcell
• EDU 2042-VO01 Program Management for Early Childhood Education with Jannice Ellen
• PSY 1020-VO01 Child Abuse & Neglect with Anie Sklar
• PSY 2010-VO01 Child Development with Anie Sklar
• PSY 2010-VO02 Child Development with Robert Mandatta
• PSY 2025-VO01 Development of the Young Child: Ages 3-8 with Marie Olsen
• PSY 2020-VO01 Infant & Toddler Development with Marie Olsen

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 in progress through March 28.
Spring semester runs April 5-June 27; registration is underway.

4-credit face-to-face spring class:
• PSY 508 Child Development, Wednesdays, 5:30-9:00 pm with Elizabeth Reed

4-credit online spring classes:
• EDU 510-1OL Foundations of Education with Donna Magoon
• EDU 550-1OL Foundations of Early Childhood Education with Betty Mulrey
• EDU 553-1OL Creative Arts in Early Childhood Education with Jane Guaraldi
• EDU 600-1OL Mathematics & Science in Early Childhood Education with Beth McKenna
• EDU 602-1OL Young Children with Exceptionalities, Birth-Age 8 with Susan Dame
• EDU 609-1OL Transition Planning & Developing IEPs with Paul Kuliga
• EDU 610-1OL Teaching Reading & Writing in Grades K-6 with Beth Ann Spencer
• EDU 610A-1OL Teaching Language Arts & Literacy in Early Childhood & Early Childhood Special Education with instructor TBA
• EDU 626-1OL Curriculum, Assessment & Instruction in Early Childhood & Early Childhood Special Education, K-Age 8 with instructor TBA
• EDU 627-1OL Collaboration, Consultation & Teaming in Early Childhood & Early Childhood Special Education with instructor TBA
• EDU 710A-1OL Teaching Language Arts & Literacy in Early Childhood & Early Childhood Special Education with instructor TBA
• EDU 766-1OL Collaboration, Consultation & Teaming in Early Childhood & Early Childhood Special Education with instructor TBA
• EDU 768-1OL Behavior Interventions for Young Children with instructor TBA
• PSY 508-10L Child Development with Beth McKenna
• PSY 510-10L Infant & Toddler Development with instructor TBA

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

Spring semester in progress through May 12.
Summer semester runs June 2-August 14.
Local ECE Professional Support Networks

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 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 meeting:
• Mar. 4: Come Make a Connection. Anyone interested in learning more about or joining the Connections Network is welcome to this information night. Jennie Harriman will also present a FREE art training (for which 1 hour of professional development will be awarded) and a light meal will be served.
For information contact: Meri Saladino at (802) 222-4236

Early Childhood Professionals Network
For: All home- and center-based providers from northern Windsor and 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
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.)

• Mar. 10: Art Interpretation. Have you ever wondered if there was a meaning to children’s art work (or your own)? Come tap into your creative side by painting a piece of art (no talent required) and then having a trained art interpreter explain the various colors, techniques, shapes and symbolism used and their meaning.
• Apr. 14: At 7:00 pm, following the pot-luck, there will be a 1.5 hour Professional Q&A Session (training documentation provided). This is a great opportunity for providers to ask questions regarding specific program concerns, business practices, licensing compliance, STARS program and professional development opportunities. Danielle Palmer, CDD Licensor will be in attendance, along with a Birth to Three Mentor, a VAEYC Mentor and many of our own members with numerous years of experience.

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

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.

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

March/April 2014
**Congratulations**

- **Andrea Abraham**, a registered family child care provider in West Fairlee, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with two stars of recognition. Way to go, Andrea!

- **Sally-Anne Avery**, of Hartford After School Program in White River Junction, VT has been awarded a VT Northern Lights Career Development Center Level IVA certificate. Sweet, Sally-Anne!

- **Corinna Brown**, of 4 Corners Children’s Center in Hartland 4 Corners, VT has been awarded a VT Northern Lights Career Development Center Level IIIA certificate and received recognition from the VT Child Care Industry and Careers Council for successful completion for the trade of Child Development Specialist. Impressive, Corinna!

- **Geraldine Fowler**, of Watch Them Grow in Bradford, VT has been awarded a VT Northern Lights Career Development Center Level I certificate. Bravo, Geraldine!

- **Melissa Frary**, of My Second Home in Bradford, VT has been awarded a VT Northern Lights Career Development Center Level II certificate. Kudos, Melissa!

- **Melanie French**, of Visual Eyes Creativity Center in Thetford, VT has been awarded a VT Northern Lights Career Development Center Level IIIB certificate. Excellent, Melanie!

- **Margo McClure**, a registered family child care provider in Randolph, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with three stars of recognition. Super, Margo!

- **Krista Meyerhoff**, a registered family child care provider in White River Junction, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with one star of recognition. Yahoo, Krista!

- **Jackie Moulten-Swantak**, of Watch Them Grow in Bradford, VT has been awarded a VT Northern Lights Career Development Center Step 1 Program Director credential. Good job, Jackie!

- **Karen Mugford**, a registered family child care provider in Randolph, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with one star of recognition. Nice job, Karen!

- **Lisa Pike**, of Watch Them Grow in Bradford, VT has been awarded a VT Northern Lights Career Development Center Step 1 Program Director credential. You rock, Lisa!

- **Brandee Platt**, of Hartford After School Program in White River Junction, VT has been awarded a VT Northern Lights Career Development Center Level IIIA certificate. Great work, Brandee!

- **Meri Saladino**, of My Second Home in Bradford, VT has earned reaccreditation through the National Association for Family Child Care. Keep up the great work, Meri!

- **Michelle Scott**, of Apple of My Eye Child Care in White River Junction, VT has been awarded a VT Northern Lights Career Development Center Level II certificate. Congrats, Michelle!

**VT Awarded Race-to-the-Top Early Learning Challenge Grant**

In December 2013, Gov. Peter Shumlin issued a statement regarding award of $36.9 million early education grant: “I am proud to announce that VT is one of six states to receive a federal Race-to-the-Top Early Learning Challenge Grant in the amount of $36.9 million, which will be the largest single investment in early childhood education in VT’s history. This grant award will move our early childhood system forward by improving quality and access of education and services, supporting and expanding our early childhood workforce, supporting families in need so that they can provide a better start for their children, and more. It will mean more families will have access to high quality early learning and development programs. It will allow us to support and strengthen our early childhood workforce through apprenticeships and scholarships. It will focus on building local infrastructure to support the specific needs of children and families within their...
own communities. It will increase capacity for highly
effective home visiting for new parents.” To read
the full press release, visit www2.ed.gov/programs/
racetothetop-earlylearningchallenge/awards.html.

New VT Children’s Integrated Services (CIS) Director
The VT Child Development Division has announced
that Terri Edgerton has accepted the position of CIS
Director. Terri has spent her career working with and
advocating for children and families across many
different settings and services. She has a graduate
degree in Human Services Leadership from UVM and
worked for several years in a center-based child care
program, then as a home-based provider while raising
her three daughters. She re-entered the workforce at the
Rutland County Parent Child Center, working in child
care, home visiting, parent education, then as assistant
director and in her last years at the center, as the director.
Terri will be transitioning from her current position as
CIS Early Intervention - Part C Administrator into her
new role over the next few weeks. She can be reached
at terri.edgerton@state.vt.us.

Newly Formed CDA Support & Work Group
Earning a CDA (Child Development Associate)
Credential is easier than you might think. With this
national credential, VT providers can achieve Level
II on the Northern Lights Career Ladder, earn points
for STARS and get a $500 bonus from the VT Child
Development Division. Center- and home-based
providers in VT and NH are welcome to an initial
training on April 2 from 6:00-9:00 pm in Fuller Board
Room at Dartmouth-Hitchcock Medical Center in
Lebanon, NH to learn about the background of the CDA
and the components, process and available resources
related to achieving the credential. Presenters will be
Rachel Hunter, VT Birth to Three Mentor and Jennifer
Tucker, VAEC Mentor. Contact the Child Care
Project for more information or to register: child.care.
project@dartmouth.edu or (603) 646-3233.

Start with the Arts
Start with the Arts is an inclusive, arts based literacy
mentoring program for home based child care providers
caring for children preschool age and younger. Quality
children’s books are extended with rich, arts based
experiences, something from every genre, to help
the children and providers explore and find their
best expressive means. Instructors mentor and guide
the providers with the goal being that at the end of
the program, the providers themselves will have the
inspiration and confidence to continue the use of the
model on their own. Earn 20 professional development
hours for completing the entire FREE program, 6 of
these which can be used for Advanced Specialized Care
training hours. For more information, visit www.vsalt.
org/education/start-with-the-arts or contact Peggy
Rainville, Program Director at peggy@vslt.org or
(802) 655-7735.

Celebration of NH Early Childhood & Afterschool
Professionals
The 16th Annual Celebration of NH Early Childhood
and Afterschool Professionals will be held on April 8
from during Week of the Young Child in Pembroke,
NH. NH early childhood and afterschool educators
are invited to an evening of fun, accomplishment
and recognition. Early childhood and afterschool
credentials will be awarded; accredited, Licensed-
Plus and Strengthening Families child care programs
will be recognized; Mary Stuart Gile, Gwen & Henry
Morgan, Strengthening Families, and Star awards will
be awarded. Sponsored by the State of NH Department
of Health and Human Services, Division for Children,
Youth and Families, Child Development Bureau. For
more information, contact Jessica Sugrue at (603) 271-
4206 or jessica.sugrue@dhhs.state.nh.us.

Super Healthy Kids Website
Pat Siergiey, Child Care Food Program Coordinator in
Barre, VT, shared the following nutrition website dedicated to
making fruits and vegetables simple, fun and delicious. Check
it out: www.superhealthykids.com.

March/April 2014
Free Tax Return Preparation

The IRS Volunteer Income Tax Assistance (VITA) program offers free tax help for taxpayers with household income up to $52,000. The Upper Valley region of VT and NH is served through a partnership between SEVCA and Granite United Way. Free tax preparation will be offered one day a week by appointment at sites in White River Junction and Windsor, VT. VITA sites also offer free electronic filing of federal and state income tax returns. Individuals taking advantage of the e-file program receive their refunds in half the time compared to returns filed on paper. Free tax preparation is available by appointment only. Call (866) 444-4211 in VT or 2-1-1 from NH to learn more and to schedule an appointment.

2014 Calendar-Keepers Still Available

2014 Calendar-Keepers are still available for $12 each through the Child Care Project (a considerable savings over buying directly from Red Leaf Press). A comprehensive family child care record-keeping system, the Calendar-Keeper gives you monthly expense charts for all purchases; monthly attendance and payment log for parent fees; Food Program tallies for meals, expenses, and claims; weekly/quarterly income record; important record-keeping advice; worksheets that make tax time a breeze; convenient mileage record; ready-to-use waiting list; fire and emergency drill records; easy-to-find emergency numbers; recipes and menus; nutrition information and fun activities. Calendar-Keepers will be available at upcoming trainings or can be mailed to you for an additional $5.60. Contact the Child Care Project for more information.

Free VINS Pass Offer

Interested in taking a field trip or even a weekend outing with your own family? Thanks to 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 at (603) 646-3233 or child.care.project@dartmouth.edu 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 about the Nature Center, 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 12 are 10:00 am-4:00 pm; hours April 13-June 14 are 10:00 am-5:00 pm.

Child Care Project Lending Library

The Child Care Project maintains a lending library of books and media to assist providers with specific concerns, curriculum development or professional development. Visit www.dartmouth.edu/~ccp/providers/lending_library.pdf to view available material; contact us to arrange to borrow an item: child.care.project@dartmouth.edu or (603) 646-3233.

NHAEYC’s 20th annual spring conference is scheduled for April 12 at Nashua Community College in Nashua, NH. Keynote address will be given by Jason Kotecki, known as “The Champion of Childhood.” Featured speaker will be Jeanine Fitzgerald, certified Human Behavior Consultant and owner of The Fitzgerald Institute of Lifelong Learning. Participants will choose from a variety of workshops offered in three sessions. For more information and to register, visit http://nhaeyc.org/professional-development/this-years-conference/. Fees vary. Registration closes on April 6.
The Backpack Connection Series, created by TACSEI (Technical Assistance Center on Social Emotional Intervention), includes handouts in four categories: Addressing Behavior; Emotions; Routines and Schedules; and Social Skills. The following are two of the many handouts available – for free – on the TACSEI website. You’re welcome to copy and share with families and visit the TACSEI website: http://www.challengingbehavior.org/do/resources/backpack.html to download the entire series, for free!

How to Help Your Child Transition Smoothly Between Places and Activities

Alyson Jiron, Brooke Brogle & Jill Giacomini

Transitioning, or moving, to new places, people and activities is something we do many times during the day. However, change can be overwhelming and seem unpredictable for your child, especially when she is not ready to move on to the next place or activity. Children make many transitions each day—from parents to teachers, from home to car, or from play time to the dinner table, for example. When and how often transitions occur are usually decided by an adult and children often act out with challenging behavior when they feel unable to control their routine. When you help your child prepare for transitions you are helping her to learn a valuable skill. The good news is that you can teach her this important skill while you are enjoying time together.

Try This at Home

- Use a timer, an instrument or a funny noise to give your child advance warning of routine transition events. If possible, ask him to help “alert” everyone to the upcoming event. For example, let your toddler bang a pot with a wooden spoon to let the family know it is time for dinner.
- Let your child pick out a special object or toy to transition with to the next activity or place. “Would kitty like to come with us to the grocery store? I wonder if she could help us find the items on our list?”
- Use a visual schedule to show your child the plan for the day. “First, you have school and then we are going to take Aunt Rachel’s gift to the post office and mail it to her.”
- Make the transition a game or activity where the child has the opportunity to move around. “I wonder if today we can use this big shovel to scoop the cars into the bucket while we clean up?” If possible, let him think of the game. “I wonder how we could get to the car today?” You might be surprised at his creativity and how much fun you have roaring like a dinosaur or hopping like a rabbit.
- Sing songs as you transition. Children love to hear songs as they move about their day. Make up silly songs together about what you are doing or where you are going. You are sure to get a laugh and likely a smooth transition.
- Give your child a job. Children are more cooperative when they can be part of the process. Perhaps he can help stir something for dinner, unlock the car doors with the remote or pick out a diaper before a diaper change.

Practice at School

Children transition from one activity to the next throughout their day at preschool. Teachers plan for transitions in advance by creating special routines. These routines help to prepare children for transitions, engage them in the change that is taking place and help them move smoothly to the next activity. Teachers might use a special instrument or song to let children know it is clean up time. Teachers might read books to the children while they are standing in line waiting for a turn to wash their hands before snack or create an obstacle course or morning routine to help children and parents transition at drop-off. When children are able to participate in or lead the transition, they are excited and eager to move to a new activity.

The Bottom Line

The more a child can predict and participate in the schedule and activities of her day, the less likely it is that challenging behavior will occur and the more likely it is that she will eagerly engage in transitions to new people and places. Taking the time and making the effort to teach her what to expect, when it will happen, and what happens before the transition occurs can be a rewarding experience. Most importantly, it is also an opportunity for quality time that can help lead to smoother transitions.

www.challengingbehavior.org

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Teachable Moments: How to Help Your Child Avoid Meltdowns

Does this sound familiar? Your children are playing in the living room while you clean up the kitchen. You answer the phone, and a few minutes later, one child is angry and screaming because someone took her toy and the other is in tears because her sister hit her. It is in escalated moments like this that parents often find themselves trying to teach rules or give long explanations. Unfortunately, in moments such as this, your child usually is not even hearing your words let alone learning the rule. This is not a teachable moment.

There are countless teachable moments daily when skills can be taught and emotions discussed, such as during play time, in the car, at bath time or while reading together. As a parent, you can reduce challenging behaviors such as hitting, biting, pushing and whining when you 1) concentrate on calming your child during a challenging behavior incident and 2) wait until an appropriate teachable moment to actually teach your child.

Think again about the scenario when you are on the phone and your children are fighting. Below are several examples of how you could use teachable moments throughout the day to reduce the chance that the challenging behavior occurs in the first place.

- **Teachable Moment #1** – During morning reading time, read the book *Hands Are Not for Hitting* by Martine Agassi. For additional activities to do with this book, go to http://csefel.vanderbilt.edu/resources/strategies.html#booknook.
- **Teachable Moment #2** – During breakfast time, intentionally teach the skill of sharing by saying, “Thank you for sharing the syrup with your sister!”
- **Teachable Moment #3** – When your children are playing on the floor quietly, sit on the floor, make eye contact and say, “Wow, you girls have been playing for 10 minutes quietly! Tell me about what you are building.” This teaches the desired behavior of playing quietly together.
- **Teachable Moment #4** – When the phone rings, put the phone down, tap both girls on the shoulder and say, “I am going to be on the phone for 10 minutes. When this timer is done, come tap me on my leg and show me the timer.”

Find teachable moments throughout the day!

- **Play Time (responding to common challenging behavior):** “Oh, no! I see that your bunny is super sad. Her sister is trying to take her toy. I wonder what she can do?” You can teach appropriate ways of getting her needs met. She can ask for help, get a timer or trade her sister for another toy.
- **Bath Time (teaching rules):** “The water stays in the tub. You can use the cup and pour water into another cup or you can pour water on your body.”
- **Car Time (teaching friendship skills):** “I saw that your friend, Bella was sad at school today and you made her a picture. I bet that made her feel better. What a great friend you are!”
- **Story Time (teaching emotions):** “Wow, that little girl in this book is really angry! I saw that she asked her mom for a hug. That is a great way to feel better. I wonder what you can do when you feel angry?”
- **Meal Time (teaching expectations):** “Let’s practice asking for more milk.” Role play with whining, yelling or just banging your cup. Then, teach the expected behavior. “You can ask nicely, say, “Mommy, milk, please.” When she does this, jump up and say, “I’m happy to get you milk!”

**Practice at School**

At school, teachers prepare students to solve social problems in appropriate ways before problems occur. Teachers use role playing, puppets or circle time to discuss emotions and possible solutions. Teachers provide opportunities to practice and reinforce skills during class. For example, children may practice how to trade a toy at circle time with a puppet. Later, teachers can compliment a child when they see them trade during play time. “Wow! You remembered that when a friend is using a toy, you can ask him to trade!” Teaching skills in advance gives children the confidence to successfully manage a situation and allows caregivers the opportunity to praise a child for making a wise choice.

**The Bottom Line**

Young children are learning in every moment. They are actively discovering the world around them. You are always teaching your child. Strolling in the park, reading books and giving her a kiss before bed all teach her about her world. You can use the many calm and happy moments in your day to intentionally teach expectations, rules and skills that will help your child be successful and reduce challenging behavior.
Easy Hard-Boiled Eggs
Place eggs in saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from burner and cover pan. Let eggs stand in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra large). Drain immediately and serve warm. Or, cool completely under cold running water or in bowl of ice water, then refrigerate.1

Hard-Boiled Egg Dippers
4 hard-boiled eggs, peeled
4 thin pretzel sticks, crisp bread sticks OR carrot sticks
1/4 cup refrigerated ranch OR dill dip
Toppers: Bacon bits, finely chopped carrots, finely chopped cucumber
Cut a small x in the larger end of each egg; insert a thin bread stick, pretzel stick or carrot stick, being careful not to split the egg. Serve the egg pops with your choice of dip and favorite toppings. Serves 4.1

Amazing Hard-Boiled Egg Giant Oatmeal Cookie
1/2 cup minus 1 Tablespoon flour
2 oz. unsalted butter, cold, cut-up
1/4 cup oats
1/4 scant teaspoon salt
1/8 teaspoon baking soda
1/2 teaspoon cinnamon
2 Tablespoons granulated sugar
1-1/2 Tablespoons light brown sugar
1/2 Tablespoon honey
1/8 teaspoon vanilla
1/2 of a hard-boiled egg
handful of raisins and walnuts
Preheat oven to 350 degrees F. Pulse flour and butter in food processor until mealy. Add oats and pulse to mix. Add salt, baking soda and cinnamon; pulse to mix. Add both sugars, honey, vanilla and egg and pulse until mealy. Dump into a bowl and add raisins and walnuts. Form into two large balls and bake for 20 minutes. Remove from oven and let cool completely before serving. Makes two giant cookies.3

Breakfast Burrito Panini
2 hard-boiled eggs, sliced or chopped
2 whole wheat flour tortillas (8-inch)
1/2 cup baby spinach leaves
1/4 cup shredded Mexican cheese blend (1 oz.)
Place half of the eggs in middle of each tortilla; top evenly with spinach, salsa and cheese. Fold sides of tortillas over filling; fold up bottom edge and roll up. Grill in a skillet over medium heat, turning once (or in panini press on medium-high heat) until tortillas are toasted and filling is heated through, 2 to 4 minutes. Serves 2.1

English Muffin Egg Pizzas
4 English muffins
olive oil
8 tomato slices
4 hard-boiled eggs, sliced
grated mozzarella
oregano
salt
Toast English muffin halves and place on a cookie sheet. Drizzle each with olive oil, then layer on tomato slices, egg slices (1/2 an egg each) and a little grated mozzarella. Sprinkle with oregano and salt. Broil 5 minutes or until the cheese melts. Serves 8.2

Did you know... One egg has lots of vitamins and minerals, the highest-quality protein found in any food and tons of antioxidants, all for 70 calories.

Very fresh eggs can be difficult to peel, so buy and refrigerate them a 7-10 days in advance of cooking. This brief “breather” allows the eggs time to take in air, which helps separate the membranes from the shell.

Hard-boiled eggs are easiest to peel right after cooling when eggs have contracted slightly in the shells.

In the shell, hard-boiled eggs can be refrigerated safely up to one week. Refrigerate in their original carton to prevent odor absorption. Once peeled, eggs should be eaten that day.1

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The Child Care Project is a Granite United Way partner agency.