Greetings from the Child Care Project.

This issue’s feature article, *Early Bonds Make the Brain* explains how our routine interactions with children help their brains grow and develop. Is that news to you? Probably not!* 

Advances in brain imaging technology have enabled us to track brain growth and development over time and to better understand which parts of the brain serve which functions. Certain interactions with people or the environment will “light up” a section of the brain as seen on a scanning monitor. We can be grateful to the scientists who developed this technology and have helped us understand what it tells us. This has led to two positive results for people who care for children: 1) it helps us understand what interactions with young children are most effective in shaping their brains and 2) it demonstrates that the work of child care providers makes a difference. Hopes were high in the beginning that the knowledge from this technology would stimulate better support and funding for parenting and for early childhood education. While we have not seen monumental changes in public policy, nor a tsunami of funding, progress is being made. We can prove that early education matters. We are moving forward!

Happy spring.

*Read this article anyway because it does an especially nice job of explaining how our interaction with babies have a direct impact on their brains!

Check us out any time at www.dartmouth.edu/~ccp.
March 2015

CCP Training Opportunities

3 Domestic Violence: It's Impact on the Development of Our Children, Part 1
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
(Rescheduled from January due to weather.)
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 for 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 March 3 and 5 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: 4 hours for series (2 hours each session)

5 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 March 3. Attendance on both dates, March 3 and 5 is recommended. Presenter: Steve Atkins, Psy.D., Psychologist and School Consultant, SCA Psychological Services

10 Overcoming Barriers to Protecting Children from Sexual Abuse
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm
This interactive workshop is designed to train adults to recognize and take action when witnessing boundary violations and pre-offending behaviors before they result in child sexual abuse. Participants will be introduced to examples of common boundary violations, grooming and other pre-offending behaviors; examine myths and facts about those who sexually abuse children; learn about children’s normal sexual behavior and signs of abuse; gain skills development via role-playing on when and how to confront boundary violations and pre-offending behavior; discuss bystander roles and issues; and gain support in overcoming barriers to reporting suspected child abuse. Cosponsored by Prevent Child Abuse Vermont. Presenter: Amy Johnson, MA, Child Sexual Abuse Prevention Trainer/Coordinator, Prevent Child Abuse Vermont
VT Core Knowledge Areas: 1, 3, 4
NH Core Knowledge Areas: 3, 4, 5
CDA Subject Areas: 1, 3, 5, 7, 8
Advanced Specialized Child Care Services: 3 hours

12 Feeding the Developing Brain
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
The more we know about the food and brain connection, the better choices we can make about diet. Starting several million years ago, we had enough additional caloric energy through changes in lifestyle and diet to actually build a completely new section of brain. This new brain, the prefrontal cortex, plays key roles in memory, attention, perceptual awareness, thought, language and consciousness. How is this structure best fueled?
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.

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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).

What are the ramifications of the brain not receiving its daily requirements of nutrients? This presentation looks at the food sources required to optimize the brains of developing young children. **Presenter:** Scott Noyes, Empowering Programs

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

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**17 Strengthening Families**

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**Through Child Care & Early Education: A Comprehensive Approach, Part 1**

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

The Strengthening Families™ approach is based in the identification of five Protective Factors that reduce the likelihood of child abuse and neglect when they are present and robust in a family. This eight-part, 17-hour series immerses participants in small but significant changes that can be made in early childhood programs to strengthen families and prepare children for success. This is an approach, not a curriculum. These trainings are designed to deepen your tool box for moments you are already in with families. You will gain concrete and practical methods AND connect those methods to the larger goals we help families work toward. This training benefits center and home based early care and education providers, playgroup facilitators, home visitors, elementary teachers, and anyone who works with young children and by extension, their families. **Attendance on all eight Tuesdays, March 17, 24, April 7, 14, 21, 28, May 5 and 12 is required.**

**Presenter:** Emily Libby Marshia, Early Educator & Certified Strengthening Families Trainer

**VT Core Knowledge Areas:** 1, 2, 3, 4
**NH Core Knowledge Areas:** 2, 3, 4
**CDA Subject Areas:** 3, 4, 7, 8
**Advanced Specialized Child Care Services:** 17 hours for entire series

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**19 Babies Are NOT Short Preschoolers... and Other Important Facts About Infant/Toddler Curriculum, Part 1**

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

Come join us for a two-part introduction and overview of developmentally appropriate care for infants and toddlers. Although content driven, the classes will include plenty of time for discussion as well as some fun, interactive exploration and discovery. Practical handouts will include guidelines and resources for age appropriate playthings, safety considerations, and some finger plays and songs you can enjoy in your classrooms/homes with your littlest ones. **Attendance on both Thursdays, March 19 and 26 is required.**

**Presenter:** Pamela Perkins, M.Ed., Infant/Toddler Specialist & Independent Trainer

**VT Core Knowledge Areas:** 1, 3, 4
**NH Core Knowledge Areas:** 2, 3, 4
**CDA Subject Areas:** 3, 4, 7, 8
**Advanced Specialized Child Care Services:** 17 hours for entire series

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March 2015

24 Strengthening Families Through Child Care & Early Education: A Comprehensive Approach, Part 2*
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
See full description under March 17. Attendance on all eight Tuesdays is required. First class is 3 hours; all others are 2 hours. *See page 3 for Level II description. Presenter: Emily Libby Marshia, Early Educator & Certified Strengthening Families Trainer

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

Hiding in Plain Sight
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:00 - 9:00 pm
In 2008, 14,800 Americans died from prescription pain killer overdose. In 2010, more than 12 million Americans reported abusing prescription drugs – one in four of them a teen. Across the country, this epidemic is destroying lives, shattering families, draining the resources of schools, social service agencies and law enforcement, and undermining entire communities. Putting an end to the abuse means raising awareness about the drug epidemic, preventing it in the first place, ending the stigma surrounding addiction, and providing the compassion and resources addicts need to recover. We all have a role to play and it begins with joining us for a viewing of the documentary film, The Hungry Heart (filmed and produced in VT) and engaging in an enriching dialogue about issues of prescription drug abuse and the impact on our children in communities across America – including right here in VT and NH. Presenter: Jeanine Fitzgerald, Certified Human Behavior Consultant, The Fitzgerald Institute

VT Core Knowledge Area: 2
NH Core Knowledge Area: 2
CDA Subject Area: 4

Knee High Nature: Our Feathered Friends
Dartmouth College Child Care Center- Multi & Outside, Hanover, NH • 9:00 am - 12:00 pm
Knee High Nature curriculum is designed to increase children's awareness of, curiosity about and appreciation of the natural world through investigation, creative play and plenty of interactive time outside. Birds, those eye-catching visitors to our playgrounds, backyards and feeders, fascinate young and old as they flutter, soar, hover or swoop. In this workshop we will learn about feathers, eggs
and nests, flight and feeding behavior, all through hands-on activities, games and outdoor play. We will also investigate how children learn outside, and what you can do as an adult mentor to encourage meaningful nature play. Time will be spent 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

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**21 Strengthening Families Through Child Care & Early Education: A Comprehensive Approach, Part 5**

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

See full description under March 17. *Attendance on all eight Tuesdays is required. First class is 3 hours; all others are 2 hours. *See page 3 for Level II description. **Presenter:** Emily Libby Marshia, Early Educator & Certified Strengthening Families Trainer

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

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**23 Sticks, Strings and Juggling Things: Circus Arts**

Dartmouth College Child Care Center-Multi, Hanover, NH • 6:30 - 8:30 pm

(Date changed from April 2 due to conflict in presenter's availability.) Every child care professional knows that regular cleaning is important for maintaining attractive and healthful conditions in early care and education settings. But did you know that some cleaning products present significant health and environmental concerns and that certain chemicals in cleaning products are associated with eye, skin and respiratory irritation, as well as other health issues? Children are particularly vulnerable to health effects from exposure to chemicals in cleaning products because of their size, stage of development and behaviors. Learn how to keep your facility cleaned, sanitized and disinfected without using hazardous products that are associated with asthma and might be adversely affecting children and staff, while still abiding by child care regulations.

**Presenter:** Carol Westinghouse, President, Informed Green Solutions

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

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*See page 3 for Level II description.
gain enough skill to motivate kids to give it a try themselves. With encouragement and patience, circus arts get kids up and moving, having fun and learning perseverance – great indoors in inclement weather and as a family engagement activity. Come dressed and ready to move and play! Cosponsored by Vermont Afterschool. Presenter: Shannon LaRose, Site Director, Greater Burlington Y’s Afterschool Program at Ferrisburgh Elementary School

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

28 Strengthening Families Through Child Care & Early Education: A Comprehensive Approach, Part 6*

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
See full description under March 17. Attendance on all eight Tuesdays is required. First class is 3 hours; all others are 2 hours. *See page 3 for Level II description. Presenter: Emily Libby Marshia, Early Educator & Certified Strengthening Families Trainer

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

30 Early Childhood - A Business Like No Other

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Running an early childhood program (center- or home-based) is challenging, particularly if you have hired staff and/or consultants. Most child care directors and family child care home providers have no financial management training so rely on personal knowledge and don’t make the necessary business connections to what they know about early childhood education. Our business model is an unusual one; to be successful we really do need to understand how to make it work. This workshop will outline some of the issues specific to running a service industry business model with out of control employee costs compared to what you can collect for tuition and fees. We will use a basic line item budget to explore the concepts, with attention to both family- and center- based programs. All are welcome. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer

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

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 March and April Child Care Project training listed in this newsletter.
Registration for May training begins April 1.
Coming up in May

5 & 12 Strengthening Families, Parts 7 & 8
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm
Attendance on all 8 Tuesdays is required.
Presenter: Emily Libby Marshia, Early Educator & Certified Strengthening Families Trainer

20 Where Do Children’s Minds Come From? The Relational Roots of Healthy Brains
Wilder Event Center, Wilder, VT • 1:00 - 5:00 pm
Preregistration IS required and there is a fee of $40, payable in advance.
Presenter: Allan Schore, Ph.D., Award-winning researcher and Professor, David Geffen School of Medicine, UCLA

Saturday, May 9 ~ Child Care Project Annual Spring Early Childhood Mini Conference:
No Such Thing As a Bad Kid: Understanding & Responding to At-Risk Young Children Using a Positive, Strength-Based Approach
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 9:00 am - 4:00 pm
Flyer to be sent out in April. Register by mail only; no phone or email registrations accepted. $35 fee includes six training hours, continental breakfast, afternoon snack and a chance at door prizes.
Presenter: Charlie Appelstein, MSW, President of Appelstein Training Resources

20 Promoting Life-Long Health: The Psychological Roots of Physical Well-Being
Dartmouth College, Moore Hall- Filene Auditorium, Hanover, NH • 7:30 - 9:00 pm
Preregistration is NOT required.
Presenter: Allan Schore, Ph.D., Award-winning researcher and Professor, David Geffen School of Medicine, UCLA

26 Being Non-Judgemental and Compassionate with Families Facing Extreme Stress
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
Presenter: Margot Holmes, Easter Seals & Certified Human Behavior Consultant

28 Italy in Northern New England? Images and Implications of the Reggio Emilia Approach
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Presenter: Dottie Bauer, Professor, Early Childhood Education at Keene State College

14 Biting Bites!
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
Presenter: Sunnie McPhetres, Assistant Director, Dartmouth College Child Care Center

19 Why Am I So Upset? Understanding Your Own Emotions in Your Work with Young Children and Families
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
Presenter: Jessica Sugrue, MS, ECPWT/AMPWT, Independent Education and Training Consultant

March/April 2015
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.

**Dartmouth-Hitchcock Medical Center Women’s Health Resource Center**
**Heartsaver First Aid and Adult, Child & Infant CPR Certification:** **Mar. 14,** 9:00 am-3:00 pm. $110. 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.

**Family School Connections**
**Child Care Resource & Referral**
**Heartsaver Adult, Child & Infant CPR Certification:** **Mar. 21,** 9:00 am-12:00 pm. $45. **Heartsaver First Aid Certification:** **Mar. 21,** 12:30-3:00 pm. $45. Southwestern Community Services, 96 Main Street in Claremont, NH. American Heart Association classes. (603) 543-4295.

**New London Hospital**
**Heartsaver CPR Recertification:** **Mar. 24 or Apr. 14,** 6:00 pm. $25. Weber Room, 273 County Road in New London, NH. American Heart Association classes. Register online. www.newlondonhospital.org/events/courses_classes_schedule/# or (603) 526-5501.

**Randolph Technical Career Center**
**Heartsaver First Aid:** **Apr. 2 and 9,** 6:00-8:00 pm. $60. **Heartsaver CPR:** **Apr. 16,** 6:00-9:00 pm. $60 (take both for $90). American Heart Association classes. (802) 728-4241, adultedinfo@randolphtech.org or www.orangesouthwest.org/download/winter2015.pdf.

**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.

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.

**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. For more information, visit LeadSafeVermont at www.lead-safe-vermont.org/html/landlords.html.

- **Mar. 3,** 5:00-8:00 pm at Brattleboro Memorial Hospital in Brattleboro, VT. (802) 463-9927 x208
- **Mar. 11,** 5:00-8:00 pm at Cardno ATC Associates in Williston, VT. $60. (802) 862-1980
- **Apr. 14,** 5:00-8:00 pm at Brattleboro Memorial Hospital in Brattleboro, VT. (802) 463-9927 x208

Child Care Project Newsletter
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. Other upcoming options around the state include:

- **Mar. 10 & 12**, 6:00-9:00 pm in Rutland, VT. Call (802) 747-0033 to register. May be a fee.

- **Mar. 24 & 31**, 6:00-9:00 pm in Middlebury, VT. Call (802) 388-4304 to register.

- **Apr. 15 & 29**, 6:00-9:00 pm in Brattleboro, VT. Call (802) 254-5332 to register. $24 fee.

- **Apr. 28 & May 5**, 6:00-9:00 pm in Williston, VT. Call (802) 863-3367 to register. May be a fee.

**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 or contact Cathy Pellerin at cpellerin@claremont.k12.nh.us, (603) 543-4295 or (877) 212-7267.

- **Mar. 5**: A Rock and a Hard Place: Ethical Responsibilities and Professional Boundaries for Family Child Care, 6:00-8:00 pm at Southwestern Community Services in Claremont, NH

- **Mar. 10**: Child Care Basic: Social Emotional Development of Young Children with Cindy Wallace, 6:00-9:00 pm at Southwestern Community Services in Claremont, NH

**The Brain Science of Play Training**

All are invited to a free presentation by Puppets in Education, sponsored by the Early Childhood Professionals Network: The Brain Science of PLAY: How Play Connections in the Early Years Lay the Foundation for Life on March 11 from 6:30-8:00 pm in auditorium G at Dartmouth-Hitchcock Medical Center in Lebanon, NH. Play is children's work and is vital for learning and development, and now we have the brain science to prove it. You will gain strategies to support children (birth to five years old) and learn how play relates to three important development skills: memory, behavior control and mental flexibility. Participants will leave with a better understanding of executive functioning and how play ties into brain science. Email Michelle Scott at earlychildhoodprofessionalntwk@yahoo.com if interested in attending.

**1st Annual Reflective Leadership Summit**

Directors, administrators and other leaders in early childhood are invited to join child care resource and referral members of Child Care Aware® of NH and facilitator, Tessa McDonnell for an engaging morning of reflection and introspection on leadership in the field of early childhood on March 19 from 8:00 am-12:30 pm in Manchester, NH. $55 fee includes breakfast. Register at http://nhchildcareaware.eventbrite.com until March 12. Questions? Email nhchildcareaware@gmail.com.
23rd Annual VT Kindergarten Conference
The VT Agency of Education and the Early Childhood PreK-3 Program at UVM invite you to participate in this 23rd annual conference on March 27 from 8:00 am-3:30 pm at the Hilton in Burlington, VT. The conference brings together kindergarten teachers, prekindergarten teachers and administrators, school administrators, pre-service teachers, researchers and teacher educators to explore evidence-based practices, discuss issues, learn from each other and become rejuvenated and inspired. This year’s theme is Constructing Kindergarten. Registration deadline is March 20. Cost is $110 ($55 for full-time students; ID required). With questions, email Shirley at shirley.rawson@state.vt.us or phone her at (802) 479-1469. To register online, go to: https://creator.zoho.com/allisonkeating/kindergarten-conference-2015.

3rd Annual Caring for Our Children Conference
Southern NH Services Child Care Resource and Referral presents Caring for Our Children Health, Safety and Nutrition Conference on March 28 from 7:30 am-3:15 pm in Portsmouth, NH. Diane Levin is the keynote speaker, and there are 14 different trainings from which to earn six hours of professional development. Fee is $35. To register, go to www.snhsccrr.eventbrite.com. For more information, view brochure at www.snhs.org/wp-content/uploads/2015/02/2015-0328-CARING-FOR-OUR-CHILDREN-CONFERENCE.pdf, call (603) 330-0961 or email ccrtraining@snhs.org.

30th Annual MacNamee Professional Conference & Free Public Lecture
The D. Hugh MacNamee Memorial Trust welcomes Dr. Patricia Papernow, author and internationally recognized clinical psychologist, presenting Meeting the Challenges of “Blended Families”: Surviving and Thriving in Stepfamily Relationships at this year's conference on April 2 from 8:00 am-4:00 pm at Fireside Inn in West Lebanon, NH. Fee is $150. For more information and to register, go to www.dhmtrust.org or call (603) 448-2759. Dr. Papernow will also present a free public lecture: What Works (and What Doesn’t) in “Blended Families”: Research-Informed Guidance and Practical Tips on April 1 from 7:30-9:00 pm in Filene Auditorium, Moore Hall at Dartmouth College in Hanover, NH.

VCCPA 2nd Annual Conference for Child Care Providers
The VT Child Care Providers Association (VCCPA) is hosting it's second annual conference for child care providers on April 11 from 8:30 am-4:00 pm at Steak House Restaurant in Barre, VT. Keynote will be by international speaker, author, trainer and consultant, Bob Lancer; there is a choice of workshops in the morning and afternoon. Cost is $35 for members, $65 for non-members and includes continental breakfast, lunch and cookie break. For more information, visit www.vccpa.org/index.php/conferences/.

NHAEYC 21st Annual Spring Conference
This year's NH Association for the Education of Young Children Annual Conference will be held April 18-19 at Plymouth State University in Plymouth, NH. Featured speaker is Jeanine Fitzgerald; keynote presenter is Steve Maguire; as well as lots of workshops over two days from which to choose. Fees vary; early bird registration available through March 15. Registration ends April 3. For more information, visit http://nhaeyc.org/professional-development/this-years-conference/ or contact Jessica Rice at (603) 230-4024, jrice@ccsnh.edu or Johanna Booth Miner at (603) 659-5047, livlrn2@comcast.net.
**Dr. Allan Schore Trainings in Northern New England in May**

Sponsored by the Early Childhood Mental Health Network of the Upper Valley with support from the Child Care Project and others, Dr. Allan Schore – an eminent neuroscientist on the clinical faculty at UCLA David Geffen School of Medicine, Department of Psychiatry and Biobehavioral Sciences – will be presenting several trainings locally in May. Of interest to early care educators are:

**Where Do Children’s Minds Come From?** on May 20 from 1:00-5:00 pm at the Wilder Event Center in Wilder, VT. This four-hour workshop is for all persons interested in child development (including child care providers, early interventionists, preschool special educators, home visitors, mental health professionals, social workers, teachers and judges). Dr. Schore will discuss how early social experience organizes the infant’s developing right brain, which for the rest of life underlies nonconscious processing of emotion, stress regulation, empathy, social intelligence and emotional well-being; he’ll suggest ways to promote self-regulation in young children and troubled older children. Cost is $40. For registration information, contact Child Care Project.

**Early Relationships and Life-Long Health** public lecture on May 20 at 7:30 pm in Filene Auditorium, Moore Hall, Dartmouth College in Hanover, NH. Free; no registration required.

**Relational Trauma and the Development of the Right Brain** on May 21 at Jesse’s Restaurant in Hanover, NH. This six-hour workshop for psychotherapists, physicians, child protection workers, post-adoption workers, early interventionists and educators will focus on the origins of dissociation and the intergenerational transmission of a predisposition to attachment trauma-related disorders, including PTSD and Borderline Personality Disorder, and implications for treatment. Cost is $100. For registration and CEU info, contact phil@snsc-uv.org or (603) 448-6311.

**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 and 45-hour CDA renewal online self-paced training is available for $299 and $169. 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 the CDA credential. The CDA is awarded by the Council for Professional Recognition; their site is www.cdacouncil.org.

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**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.ccv.edu

Spring semester in progress.  
Registration for summer semester underway; registration for fall semester begins March 30.

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

Spring semester in progress.  
Registration for summer and fall semesters begins April 13.

**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.  
Spring semester runs April 6-June 26; registration for spring underway.
Local ECE Professional Support Networks

Teacher-to-Teacher Networking Group
The Teacher-to-Teacher Networking Group is hoping to reconvene in May, on the first Monday of the month. All Upper Valley teachers are welcome at the next meeting, scheduled for May 4 from 6:30-7:30-ish pm at DHMC Child Care Center in Lebanon, NH. Bring your thoughts and ideas to share with your colleagues. Discussion will focus on the group's interests and concerns. RSVP is required. Contact Kathy Audette at kathleen.audette@hitchcock.org or (603) 650-9700 to express your interest in attending and get more information, including directions to DHMCCCC.

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

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 D in Lebanon, NH (unless otherwise noted)

Focus of upcoming meetings: All meetings begin with a potluck dinner and informal conversation, and conclude with distribution of curriculum materials to those in attendance, unless otherwise noted.

• Mar. 9: Training: Helping Your Child Through Tough Times presented by Kerry Belknap-Morris, River Valley Community College

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:
• Mar. 4: Training: Second Step Social/Emotional presented by Judy Bartlett

• Apr. 1: Training: Pond Study Science presented by Meri Saladino

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

Child Care Project Newsletter
**Notes of Interest**

**WOW! Congratulations**

...to the following providers for earning a VT Northern Lights Career Development Center certificate. Way to go!

- **Natasha Alix** of Randolph, VT - Level I
- **Susan Avery** of Wilder, VT - Level III-B
- **Corinna Brown** of Hartland, VT - Level III-B
- **Tammi Chaffee** of Post Mills, VT - Level II
- **Kayla Ecker** of White River Junction, VT - Level III-B
- **Ashley Gonier** of White River Junction, VT - Level IV-A
- **Mandy Gordon** of Orford, NH - Level II
- **Amanda Hill** of Randolph, VT - Level I
- **Judith Jewell** of Corinth, VT - Level IV-A
- **Jasmine Messier** of South Royalton, VT - Level II
- **Joyce Mitchell** of Claremont, NH - Level II
- **Denise Perry** of White River Junction, VT - Level II
- **Lissa Porter** of Bradford, VT - Level II
- **Valerie Potter** of Sharon, VT - Level I
- **Denise Thresher** of South Royalton, VT - Level II
- **Nicole White-Fogarty** of Vershire, VT - Level IV-A

... to the following family child care providers and center-based programs for joining VT’s Step Ahead Recognition System (STARS). Great job!

- **Laurie Lewis** of Wilder, VT - 1 star
- **Sara Wright** of Vershire, VT - 1 star
- **Creative Lives After-School Program** in White River Junction, VT – 2 stars
- **Norwich Nursery School** in Norwich, VT – 3 stars

... to the following family child care providers and center-based programs for moving up in VT’s Step Ahead Recognition System (STARS). Super work!

- **Andrea Abraham** of West Fairlee, VT - 3 stars
- **Carin Messier** of Bethel, VT - 4 stars
- **Melissa Trzesiara** of White River Junction, VT - 2 stars

**New VT Afterschool Child Care Program Regulations Approved**

The VT Legislative Committee on Administrative Rules approved the draft Afterschool Child Care Program Regulations, and the regulations will go into effect on January 1, 2016. The Child Development Division (CDD) will be using the next few months to train licensing staff and draft a guidebook to the regulations. In the summer of 2015 CDD will start offering training opportunities for programs on the regulations. To ensure clarity and consistency in information about the new regulations and how they will affect programs, licensing field staff will be able to answer questions during these summer training opportunities. Licensing field staff will not be able to answer questions prior to those training opportunities. The approved regulations are available on the division's website: http://dfc.vermont.gov/cdd/child_care_licensing.

**VT BFIS Update**

In January the VT Child Development Division added a few upgrades to the Bright Futures Information System (BFIS). The change most noticeable for child care program directors and owners is that they can now view (read only) the credential/professional development accounts of their program's staff. The information that will be viewable is the information that is required by licensing for a program to keep on file on each
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; from April 11-October 31 they are 10:00 am-5:00 pm.

Proposed Changes to CACFP Meal Patterns

The USDA has published the proposed meal patterns for the Child and Adult Care Food Program (CACFP). The National CACFP Sponsors Association is requesting feedback on these proposed federal regulatory changes. They need input to develop the Association’s unified response to the proposed changes. To learn more, visit www.cacfp.org. To comment by April 15, visit www.regulations.gov. With questions, contact Pat Siergiey, Child Care Food Program Coordinator, Capstone Community Action at (802) 477-5173 or psiergiey@capstonevt.org.

Help Wanted

My Second Home Early Learning Center (MSH) is looking to hire additional staff preferably with a current CDA or Associate's degree in Early Childhood Education; will consider other candidates with strong experience in an early education setting. MSH is a 5 STAR, NAFCC accredited program situated on a rural farm setting in Bradford, VT. MSH follows many Montessori principles and emergent curriculum. If interested, email resume to petermerisal@gmail.com or call Meri at (802) 222-4236.

iPad Raffle

VT regulated providers: do you have all of your professional development/training in the Bright Futures Information System (BFIS)? If so, you could win an iPad! From January 1-December 31, 2015 if you have had all your professional development training hours required by licensing verified and entered into BFIS at the time of your reregistration or relicense your program’s name will automatically be entered into that month’s drawing for a chance to win an iPad. Two iPads will be given away each month. For information on how to use BFIS, visit http://dcf.vermont.gov/cdd/bfis.

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When you soothe a crying baby or return an infant’s bright-eyed smile, you’re shaping a brain. Don’t let this scare you. If you’re reading this, you’re the kind of caregiver who naturally gives children what they need for healthy brain development. And you’ll probably want to know what science is saying about the importance of early human bonds.

**Explosive Brain Growth**

Bonds make the young brain grow fast. A newborn’s brain weighs a bit less than 1 pound, just 25% of its adult size. By the end of the first year, the brain has grown to over 2 pounds, 60% of adult size, and it reaches 80% by age 3. The rapid growth spurt during the first year enlarges the brain regions used to handle feelings and nonverbal social information. The growth of brain structure (neurons and the dendrites that branch from them) and brain organization (wiring between neurons) is directly influenced by the baby’s social experiences. In turn, this distinctive brain development will influence all future social-emotional functioning.

Brain development proceeds from simple to complex. Each higher, or more complex, level builds on and reorganizes the work of simpler levels. From birth, the mother (and her substitute caregivers) serves as the infant’s “helper brain.” Although newborns already speak the language of feelings, they need caregivers to help them handle their emotional arousal. For the first 7-8 months, social interactions powerfully shape and organize the emotion-processing brain region (limbic system). Then, towards the end of the first year, a more complex brain region comes on-line—the “command center” (prefrontal cortex) that excites or inhibits other parts of the brain. For the next 6 months, this “command center” rapidly grows and changes in response to caregiving, the setting of limits and teaching of expectations. Caregiving generates a thick network of flexible connections between the command center and emotional arousal. Gradually, toddlers begin to internalize the socializing caregiver. When they reach the next major brain reorganization at 15-18 months, they are better able to regulate their own emotions, attention and activity level. Once self-regulation is underway, toddlers are well-poised for the next stage, when the brain regions used in verbal language and more complex motor movements come online. And they will draw upon this foundation of self-control and emotion regulation for the rest of their lives.

Keeping this basic story in mind, we’ll take a closer look at some of the key infant-caregiver interactions that help form the infant’s mind.

**Joy**

Infants seek excitement and pleasure. For the first 6 months, they most love face-to-face playtimes. These playtimes are built of serves and responses. The infant smiles at you—a serve that says, “I want to play.” You return a smile and say, “You’re ready to have fun!” Back and forth you go, joy and laughter growing between you.

In these playtimes, you and the baby each teach and learn. You teach the baby how to handle excitement. The baby teaches you what she likes. Sometimes you overshoot and she tenses or looks away—a sign of “too much.” Then you pause for her to calm and look back to you—the serve that she’s ready for more. As you and the baby learn from each other, your brains are interconnected. Your mature brain “wires” and organizes the emotion-handling regions of the baby’s brain. The baby’s joy releases endorphins, which turn on a stream of neurochemicals that grow dendrites, the branches between neurons. Joy literally grows the brain.

**Security**

Just as playtimes teach babies to handle more excitement, your comfort teaches them to calm. Imagine a baby who is new to your care. You’ve gone to the next room, toys suddenly bang to the floor, and the baby panics and screams. You return, pick up the baby, and say, “You’re scared. But I’m here. You’re safe.” This soothing comfort, from your body and words, helps to program the baby’s stress response system. Your brains and your bodies are in-sync as you teach the baby to shift from fear and distress to feelings of security.
These moments when you provide safety (physical and emotional) help babies develop an attachment to you. And as attachments form, babies store memories of your emotion-filled face responding to their distress. Then, after the brain reorganization towards the end of the first year, they use this mental picture to make attachment strategies. For example, when a baby remembers your empathic face, he expresses fear and anger directly. If he remembers instead an annoyed or overwhelmed caregiver, he learns to hide his feelings. This “hiding” strategy stresses the body, but it’s also the best way to keep that caregiver involved.

The development of attachment strategies is a monumental achievement. In this step, babies use memories of attachment experiences to plan a response. The response requires delay of impulses in order to meet a goal—the goal of keeping the caregiver close. Thus, attachment experiences play a central role in the maturation of the brain’s “command center”—that part of the brain that is used to make plans and delay responses.

Throughout the first year, the most powerful moments in infant brain development are moments of emotionally intimate eye contact. In these shared looks, either joyful or soothing, the baby feels connected and understood. These high-intensity visual connections actually imprint the baby’s developing brain. They have a powerful influence on the brain’s organization, an influence that is far greater than their actual amount of time in the baby’s day.

**Shame**

As attachment strategies become organized towards the end of the first year, babies start to crawl and then to walk. This mobility brings increased excitement and energy as toddlers explore their world. And this exploration brings more reliable pleasures than the caregiver, who comes and goes, unreliably. Young toddlers believe they are the kings (and queens) of the mountain. It is the time of “healthy narcissism.” This positive affect facilitates further brain growth; it leads to cognitive flexibility and broader, more richly interconnected brain circuits.

Then, around 14 months, a new emotion emerges. For the first time, toddlers experience shame—being seen when they want to hide. Imagine the toddler who paints her hands and face. You exclaim, “No, don’t do that.” Her excitement deflates; she hangs her head or looks away. In this stressful moment, the toddler experiences a ruptured connection. Your smile disappears in the shadow of your frown. Her body shifts from high to low arousal and from active to passive coping.

What happens next is critical. When you quickly help the toddler recover, she learns to tolerate shame and to repair missteps. So you say, “Oh, I see you feel bad. We can fix this. Let’s clean this up together.” With your help, the toddler shifts back to high arousal and to active coping. These “shame transactions” wire a brain that shifts flexibly from shame to pride. They teach the toddler to inhibit impulses, using memories of the caregiver’s disapproving face. They lead, over time, to the birth of self-control. These experiences of brief, tolerable shame provide a real workout between the emotion-processing and “command center” regions of the brain; they help to mature these regions into more efficient regulators of emotion.

You might be thinking that parents have the most influence on their children. You’re right. But infants also form attachments to child care providers. And these secondary relationships can be invaluable. Sometimes you reinforce infants’ healthy templates. And sometimes, for struggling infants, you provide an alternative template—a template that nurtures emotional resilience, trust and sturdy self-control. Another relationship makes a big difference. Your daily moments with children can help build life-long foundations for health.

**Learn More**

This spring, Upper Valley child care providers have a rare opportunity to “go back to school” with Allan Schore, the first neuroscientist to describe how attachment shapes brain development. On Wednesday, May 20 from 1:00-5:00 pm, Dr. Schore will give an advanced workshop, *Where Do Children’s Minds Come From?* (two 75-minute lectures, each followed by discussion). See page 11 for more information, including how to register, as well as details on a free evening lecture by Dr. Schore. Bring your questions and learn how to promote self-regulation in infants, young children and troubled older children. More information on brain development is available at Zero to Three (zerotothree.org) and Center on the Developing Child (developingchild.harvard.edu).

**Source:** Miriam Voran, Ph.D., Licensed Psychologist-Doctorate, www.miriamvoran.com
13 Things Babies Learn When We Read with Them

We all know that it’s good to read to babies. But what exactly are they learning? Here are just some of the things your babies can learn as you read together.

1. Books contain wonderful stories and songs that I can hear over and over again.

2. Reading time is a time when I am held and loved.

3. You tell me the names of my body parts, the sounds different animals make, and that animals go to sleep too.

4. Some books are especially enjoyable and I can hear them again and again.

5. Every time we read I hear how words are used, listen to rich language, and learn new words.

6. The letters, words, and pictures you point to, all have meaning.

7. I can explore how books are the same and how they are different by tasting and touching them.

8. There is always something behind the flap; my favorite pictures are always in the same place in a book.

9. Listening is part of communication and language includes listening and understanding.

10. Things come in different colors, sizes, and shape.

11. It’s fun to play with language, and explore rhythm, rhyme and humor.

12. When I do something, another thing happens; if I point at a picture, you will tell me its name. If I drop the book, we might stop reading.

13. I love books and one day I will love to read on my own.

Source: http://families.naeyc.org/article/12-things-babies-learn-when-we-read-them
What Is Inside...

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