Greetings from the Child Care Project,

Shorter days are marching us toward the magical time of extended twilight leading up to the winter solstice. As much as I miss the hours of daylight, so too am I drawn towards fuzzy blankets, a soft couch and hot drinks. While I was anxious to get outside and work in the yard after dinner this summer, today’s pace is more leisurely. I’m glad the garden is put to bed. I have a few months now to think about other things.

Check out this month’s article about families. (Go ahead, take a peek. It’s an easy read!) Often we think of “family” as meaning a mother, a father and children who live together in the same house. How often is this the case, do you suppose? When I think about my family over the years I realize how fluid it has been, changed many times over by birth, death, marriage, remarriage, estrangements, step children, in-laws, children’s in-laws and on and on. As I reflect on those changes it occurs to me that I have the power to decide how I define my family. I need to be sure the same is true for each of the families in my program. To know who is family to them, I have to ask and listen and accept their answer. It isn’t just Mother and Father and Dick, Jane and Sally anymore!

Best wishes,

Check us out any time at www.dartmouth.edu/~ccp.
2 Basic Specialized Child Care Services (*Level I)

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

This six-hour training is required for all providers/programs wishing to attain “Basic Specialized Child Care Provider” status, and offers valuable information for anyone supporting children and families when abuse, neglect or special needs are involved. Topics covered will include: typical child development, the impact of stress and abuse on development, red flags, working with families and the system, as well as mandated reporting responsibilities. Working with children with special needs will also be touched upon. This training is open and beneficial to all providers, center- and home-based in both VT and NH. Six hours of training credit will be awarded, applicable toward re-registration/licensing hours or SCCS training hours. We will work through lunch, so bring your own or plan to buy food at DHMC during a break.

Presenter: Margot Holmes, Easter Seals, Certified Human Behavior Consultant

VT Core Knowledge Areas: 1, 2, 5
NH Core Knowledge Areas: 1, 2, 3, 4, 5
CDA Subject Areas: 3, 5, 6

6 Vermont Child Care Licensing Regulations (*Level I)

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

This Fundamentals class will feature an interactive presentation by our local Licenser from the Child Development Division Licensing Unit, on Vermont child care regulations and a discussion of how they are linked to developmentally appropriate practice. This engaging workshop will use case scenarios to help participants develop strategies to apply child care licensing regulations. Bring your questions! Vermont home- and center-based providers are welcome.

Presenter: Danielle Palmer, Licensing Field Specialist, VT Child Development Division

VT Core Knowledge Areas: 1, 3, 4, 5
NH Core Knowledge Areas: 1, 2, 3, 4
CDA Subject Areas: 1, 3, 5

12 The Art and Science of Paperfolding

Dartmouth-Hitchcock Medical Center-Auditorium C/D, Lebanon NH • 6:30 - 8:30 pm

Did you know that paperfolding can be used as a tool to teach math, arts and social studies? In this hands-on workshop we will tear, fold, rip and crease paper into fun toys to play with, utilitarian pieces and exciting art to display and admire. Each project

*For more information on the Level I Fundamental series, see page 6 of the Child Care Project Training Calendar (available online at www.dartmouth.edu/~ccp/docs/training_calendar13-14.pdf).
has been child-approved and your school-age kids are sure to enjoy them too. Come learn the art and science of paperfolding and leave with examples and directions to reproduce each project tomorrow in your program. Cosponsored by Vermont Afterschool, Inc. Presenter: Shannon LaRose, Site Director, Greater Burlington YMCA Afterschool Program at Ferrisburgh Elementary School

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

18 Social Skills Development & A Sense of Oneself (*Level I)
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:00 - 9:00 pm
This Fundamentals class will explore how children form a sense of themselves. The concepts of attachment and resiliency will be addressed, along with positive guidance, coping with transitions and other strategies that support children’s social development and developing sense of self. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer

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

20 Social Skills Development & Understanding Others (*Level I)
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:00 - 9:00 pm
This Fundamentals class will address strategies to support the development of positive social skills in children. Conflict resolution, including supporting children with challenging behaviors, and social developmental milestones will also be discussed. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer

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

23 Positive Workplace Environment, Family Centered Practice & Fundamentals for Early Childhood Professionals Course Wrap Up (*Level I)
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 9:00 am - 3:00 pm
This is the final session of the Fundamentals series and restricted to those enrolled in the entire series. The first part of this class will focus on understanding the needs of adults and how to work successfully
November 2013

with peers and families. Family-centered practice will be defined; how adults change and develop will be addressed. The afternoon will be reserved for presentation of final projects, reflection and course evaluation. Lunch will be provided. Presenter: Lori Harris, MS, Early Childhood Education Consultant and Trainer

VT Core Knowledge Areas: 2, 5
NH Core Knowledge Areas: 1, 2
CDA Subject Areas: 4, 5

26 More Than Feelings: Social-Emotional Development in the Early Years, Part 2

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

See full description under November 14. Cosponsored by Vermont Center for the Book, with funding from Vermont Birth to Three. Attendance at both session, November 14 and 26 is required. Presenter: Cathy Siggins, M.Ed., WNESU Early Education Outreach Teacher and Vermont Birth to Three Mentor

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

December 2013

3 Musical Fun for the Non-Musical

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

Music is motivating, fun and expressive… music is for everyone! Come and learn how to incorporate music into your program even if you think you can’t sing. Research shows that active engagement with music in the early childhood years has positive influences on many developmental domains. We’ll explore why music is important to children’s development, as well as look at resources and ideas for the non-musical. Lots of easy to make, inexpensive instruments will be shown. No prior musical training is required to share music with children… all you need is your love of music and children! Presenter: Sharon Adams, M.S., Early Childhood Education Consultant and Master Instructor

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

5 Get Organized & Earn More Money in 2014 & Beyond: Record Keeping & Tax Tips for Family Child Care Providers

Child Care Project- Conference Room, Hanover, NH • 6:30 - 8:30 pm

This surprisingly lively annual workshop is a must for all new family child care providers, as well as those needing a reminder or encouragement to get organized in the upcoming year. It is also appropriate for any providers who use a tax preparer, accountant, etc. because it covers record keeping in detail. Easy systems of record keeping and tax preparation specific to the business of family child care will be covered. Learn how you can maximize your deductions, thus increase your profit as a small home business. Any recent changes to the tax laws will be discussed and 2014 Calendar Keepers will be available for purchase at a discounted rate. Presenter: Jeffrey Kent, President, Kent Tax and Business Services, LLC

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

Child Care Project Newsletter
December 2013

10 Never Too Early, Part 1
Dartmouth-Hitchcock Medical Center-
Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
This two-part training by the Vermont Humanities Council offers an introduction to reading and sharing books and conversation with children. Take a journey into the world of children’s literature! In this lively, interactive workshop, learn the importance and joy of sharing picture books and stories with infants, toddlers and preschoolers. Through hands-on exploration of children’s books, learn about early literacy and related developmental issues. Learn ways to create a literacy-rich environment, and share practical ideas with others. Discover ways to make books come alive through animated reading, rhymes and extension activities that encourage language development. Take home ideas you can put to use immediately in your program, along with a free set of gift books. “Music in Nature” will be a highlight of this year’s training. Attendance at both sessions, December 10 and 12 is required.
Registration is open to family child care providers and center staff, with priority given to first time participants.
Presenter: Brenda Metzler, MA, VT Humanities Council literacy trainer
VT Core Knowledge Areas: 1, 3
NH Core Knowledge Areas: 3, 4
CDA Subject Areas: 2, 8

12 Never Too Early, Part 2
Dartmouth-Hitchcock Medical Center-
Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
See full description under December 10. Attendance at both sessions, December 10 and 12 is required.
Registration is open to family child care providers and center staff, with priority given to first time participants.
Presenter: Brenda Metzler, MA, VT Humanities Council literacy trainer
VT Core Knowledge Areas: 1, 3
NH Core Knowledge Areas: 3, 4
CDA Subject Areas: 2, 8

FYI: Construction at DHMC
As part of the continuing construction on the Williamson Translation Research Building at Dartmouth-Hitchcock Medical Center, the Level 3 glass corridor on the west end of the Norris Cotton Cancer Center – through which we typically access Auditoriums E, F and G – will be closed at some point this winter. Detour signs will be posted to direct people to an alternate route on Level 2. Please follow the suggested detour, which from the main entrance rotunda will take you down one level then across Level 2 to an elevator which will return you to Level 3 (for Aud. E & F) or Level 4 (for Aud. G). Look for the Child Care Project Training signs, as well as the DHMC detour signs.

PRE-REGISTRATION IS REQUIRED FOR ALL CHILDCARE 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 November and December Child Care Project training listed in this newsletter. Registration for all January training begins December 1.
**2014**

**Coming up in January**

**14**

**Productive Relationships with Families, Part 1**
*(Beyond the Fundamentals: Level II)*
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm

**16**

**Productive Relationships with Families, Part 2**
*(Beyond the Fundamentals: Level II)*
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm

**18**

**0-3 Brain Development: Theory, Application and Action Steps, Part 2**
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 9:00 am - 3:30 pm

**21**

**Productive Relationships with Families, Part 3**
*(Beyond the Fundamentals: Level II)*
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm

**23**

**Productive Relationships with Families, Part 4**
*(Beyond the Fundamentals: Level II)*
Dartmouth-Hitchcock Medical Center-Fuller Board Room, Lebanon, NH • 6:00 - 9:00 pm

**28**

**Taking Care of Yourself To Take Care of Others, Part 1**
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm

**30**

**Taking Care of Yourself To Take Care of Others, Part 2**
Dartmouth-Hitchcock Medical Center-Auditorium G, Lebanon, NH • 6:30 - 8:30 pm

---

**NH PTAN Child Care Inclusion Project**

The Child Care Inclusion Project is funded by the NH Child Development Bureau to support NH child care administrators and providers, with the skills and knowledge needed to work successfully with preschool children who have very challenging behaviors and other special needs. The Project’s goals are to prevent expulsion of the children and to promote retention of the providers. Services are professional development-based; project staff work with programs to discover new approaches and strategies that will ultimately result in the child’s success.

Many times the challenging behaviors are able to be reduced and/or eliminated through one or a series of telephone conversations—the least intrusive and most efficient way to have immediate and lasting impact. If more intensive services are needed, a group of consultants are ready to deliver on site technical assistance. Consultants are available to visit child care programs throughout NH for observation and discussion. The consultants provide another perspective and specific recommendations for promoting success. If help is needed to implement the recommendations, the consultant can provide targeted training, modeling and mentoring.

There is no cost to your program for the services. For more information visit the PTAN website at http://ptan.seresc.net/blog/inclusive-child-care/ptan-childhood-inclusion-project/ or call Joan Izen at (603) 206-6800. To request services, call (888) 584-8200.
**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**

*No local classes scheduled.*

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.

**Family School Connections CCR&R**

**CPR New & Recertification:** Nov. 7, 6:00-9:00 pm. $50. Southwestern Community Services, 96 Main Street in Claremont, NH. **First Aid New & Recertification:** Nov. 14, 6:00-9:00 pm. $50. Southwestern Community Services, 96 Main Street in Claremont, NH. (877) 212-7267.

**New London Hospital**

Heartsaver Adult, Child & Infant CPR Recertification: Nov. 12 or Dec. 3, 6:00 pm. $20. Weber Room, 273 County Road in New London, NH. American Heart Association classes. www.newlondonhospital.org/events/courses_classes_schedule/# or (603) 526-5501.

**Valley Regional Hospital**

Heartsaver Adult, Child & Infant CPR - New & Recertification: Nov. 13, 5:00-8:00 pm. $20 Adult CPR, $15 Child CPR, $15 Infant CPR, $13.95 textbook. Heartsaver First Aid: Nov. 20, 5:00-8:00 pm. $20. 243 Elm Street in Claremont, NH. American Heart Association classes. Private courses for groups of six or more scheduled upon request. (603) 542-1839 or beth.thibault@vrh.org.

**Dartmouth-Hitchcock Medical Center- Women’s Health Resource Center**

Heartsaver Adult, Child & Infant CPR Certification: Nov. 18, 6:00-9:00 pm. $55. On the Mall (9 Hanover Street) in Lebanon, NH. American Heart Association November/December 2013 classes. Scholarships available. http://patients.dartmouth-hitchcock.org/womens_resource_ctr/all_whrc_classes.html or (603) 650-2600.

**www.ProCPR.org**

ProCPR Healthcare Adult, Child & Infant CPR Recertification: Online. $29.95. ProFirstAid Workplace 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 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 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. Basic SCCS
training is offered annually in the fall through the Child Care Project (see page 2 for details). Other upcoming options include:

Nov. 5 & 12, 5:30-8:30 pm in Springfield, VT. Call (802) 886-5242 to register.

Nov. 19, 6:00-8:00 & Nov. 21, 6:00-8:30 pm & Nov. 26, 6:00-7:30 pm in St. Johnsbury, VT. Call (802) 748-1992 to register. ($5 fee)

Nov. 21 & Dec. 5, 6:00-9:00 pm in Brattleboro, VT. Call (802) 254-5332 to register. ($24 fee)

Nov. 25 & Dec. 2, 6:00-9:00 pm in St. Albans, VT. Call (802) 393-6591 to register.

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

Owners of child care facilities (including family child care homes) built before 1978 are required to attend this training once before getting registered and perform lead paint stabilization procedures annually. To reserve a seat at one of the following upcoming 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 information, visit LeadSafeVermont at www.leadsafevermont.org/html/landlords.html.

Nov. 19, 5:00 pm at Windham Windsor Housing Trust in Brattleboro, VT

Nov. 20, 5:00 pm at City Hall in Burlington, 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. Call the FSC office for more information or to register, (603) 543-4295 or (877) 212-7267.

Nov. 12: Early Childhood Science Made Easy with Karen Yeatman, 6:00-8:00 pm at Sugar River Valley Regional Technical Center in Claremont, NH

Nov. 19: Building Collaborative Relationships with Families with Cathy Paradis, 6:00-8:00 pm at The Kid's Place in Newport, NH

Nov. 21: Recognizing and Reporting Child Abuse and Neglect with staff from the DCYF Claremont District Office, 6:00-7:30 pm at Children’s Center of the Upper Valley in Lebanon, NH

Dec. 5: Relieving Holiday Stress with Patti Harford, 6:00-8:00 pm at Cinnamon Street Early Education & Childcare Center in Newport, NH

Dec. 10: Child Care Basics: Social Emotional Development of Young Children with Shelly Kernozicky, 6:00-9:00 pm at Wee Haven in Charlestown, NH

Dec. 16: Recordkeeping and Taxes for the Family Child Care Provider with Jeff Kent, 6:00-8:00 pm at Sugar River Valley Regional Technical Center in Claremont, NH

**7th Annual Dorothy Campion-Corcoran Lecture**

Sponsored by Good Beginnings of the Upper Valley, Kim John Payne, MEd will present *Simplicity Parenting: Using the Extraordinary Power of Less To Raise Calmer, Happier and More Secure Kids* on November 7 from 6:30-8:30 pm at Dartmouth-Hitchcock Medical Center in Lebanon, NH. Refreshments and book signing at 6:00 pm.

As the pace of life accelerates to hyperspeed – with too much stuff, too many choices and too little time – children feel the pressure. They can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now, in defense of the extraordinary power of less, internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need, allowing their children’s attention to focus and their individuality to...
VerMoney - Afterschool Financial Literacy Program

How much do the kids in your program know about financial literacy? VerMoney offers an 8-10 week curriculum that provides youth with hands-on learning fun. Whether kids are customers at the Marshmallow Bank and learning about saving, or becoming entrepreneurs and using their own business plan to run an event to raise money, this program will cover all aspects of making smart money decisions. This curriculum can also be used as a springboard for building a potentially financially sustainable, student-run enrichment program. From identifying resources to responsible budgeting to dynamic marketing, you’ll get more for your dollar with VerMoney. Programs may reserve the complete curriculum and program kit for 8-12 week sessions at no cost; reservations will be taken in the order in which they are received, and a staff member must complete the VerMoney training to reserve the kit.

Sponsored by Orange/Northern Windsor Regional Afterschool Professionals Group, the next FREE local training is scheduled for November 18 from 6:00-8:00 pm at Sharon Elementary School in Sharon, VT. For more information and to sign-up, contact Dana Anderson, ExCEL Program Director at daanderson@wnwsu.org or (802)767-4632 x3140.

Using Nature and Natural Materials for Learning, Adventure and Discovery

Children learn from experience and hands-on activities. What better way to do that than with nature and materials found in nature? Planned for Saturday, December 7 from 10:00 am-12:00 pm, this workshop will be held at the new Center for Learning, Adventure, and Discovery in Plainfield, NH where there is an outdoor classroom in progress. Learn about tree cookies and other materials that support development and learning outdoors. The materials can be brought back in too! Presented by Lori Harris, founder of Center for Learning, Adventure, and Discovery. For more information, including fee, email Lori at lhloriharris@gmail.com.

Online Offerings through Child Care Aware Training Academy

Vermont is one of thirteen states participating in the Military Child Care Liaison Initiative, a US Department of Defense (DoD) funded project in partnership with Child Care Aware of America to expand the availability of quality, affordable, community-based child care for military families. DoD is funding a series of three FREE online trainings for providers working in VT licensed programs.

- Developmentally Appropriate Practice
- Planning Language and Literacy Experiences
- Math & Science Experiences for Young Children

These trainings count toward VT licensing requirements and professional development hours for STARS. A certificate indicating completion of three training hours will be awarded upon completion of all courses. To verify these trainings, participants must submit to Northern Lights Career Development Center the certificate and their reflections on way(s) they will transfer this new knowledge to practice and ideas/resources they would like to explore further.

To take advantage of this opportunity, one must register by December 31 and complete the three modules by June 30, 2014. Enroll by visiting nacccrra.smarthorizons.org/mccl/.

2013 NAEYC Annual Conference & Expo

The National Association for the Education of Young Children's (NAEYC) annual conference will take place November 20–23 in Washington, DC. This event is the largest early childhood education conference in the world, where tens of thousands of educators choose from hundreds of presentations and exhibits. For information on schedule, fees, housing and registration, visit www.naeyc.org/conference/.

November/December 2013
BFIS in VT
www.brightfutures.dcf.state.vt.us
The Bright Futures Information System (BFIS) is a Vermont data management system designed and operated by the VT Child Development Division of the Department for Children and Families. Hundreds of statewide early care and education professional development opportunities (such as workshops, classes and conferences) are listed and updated regularly in the BFIS Course Calendar. Go to www.brightfutures.dcf.state.vt.us, click on Course Calendar in the box on the left hand side of the page and start searching.

Child Care Aware of NH
http://nh.childcareaware.org
Providers can find information on workshops and training events being offered through the NH Child Care Resource & Referral Network. Searches can be filtered by catchment area and/or month from the home page (right hand side, mid-way down page under Search For Training).

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

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
Fall classes continue through December 16. Spring semester runs January 21-May 5; spring/summer registration begins November 4.

River Valley Community College
1 College Drive, Claremont, NH
(603) 542-7744 x411 • www.rivervalley.edu
Fall classes continue through December 16. Spring semester runs January 21-May 12; registration underway.

Granite State College
Lebanon Academic Campus
24 Airport Road, West Lebanon, NH
Claremont Regional Campus
27 Pleasant Street, Claremont, NH
(603) 542-3841 • www.granite.edu
Fall classes continue through December 6. Winter semester runs January 4-March 28; registration underway.

Lebanon College
15 Hanover Street, Lebanon, NH
(603) 448-2445 • www.lebanoncollege.edu
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.)

• **BONUS MEETING on Nov. 4**: open to ALL providers, in DHMC's Aud. D. Following light snacks (no pot-luck), there will be presentations by the VT Child Care Providers Association focusing on member benefits and how this organization can support you as a child care provider, and VT Association for the Education of Young Children sharing information on the concept of Shared Services, a strategy to ensure sustainable, high quality early care and education.

• **Nov. 11: Early Literacy training** presented by the Stern Center for Language and Learning. Take a journey through children’s literature and learn ways to create a language rich environment as well as valuable extension activities. Members will receive quality literature books, in addition to monthly curriculum materials.

• **Dec. 9**: Dedicated to the continued hard work, professional development and exemplary care given by the group’s members, members will enjoy a delicious meal (not pot-luck) at Jesse’s Restaurant in Lebanon, NH and participate in a Secret Santa exchange of gifts.

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

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 Bradford Elementary School in Bradford, VT

Upcoming events:

• **Having Fun With Fossils & Dinosaurs: Fun With Science Program**: community event children and families on Nov. 16 from 10:00 am-12:00 pm at Grace United Methodist Church in Bradford, VT. Dressed for digging, intrepid fossil hunter Paulette Morin introduces children to the wonders of dinosaurs and our prehistoric past. This presentation touches on the who, what, where and when of the dinosaurs. Children will be sure to learn and have fun.

• **Mind in the Making**: training sponsored by the VT Early Educators United, AFT on Nov. 9 & second date TBD from 9:00 am-3:00 pm at Oxbow Union High School in Bradford, VT. Free; morning snacks and lunch included. RSVP by Nov. 7 to Emily Creighton-Pryer at (802) 222-5699.

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

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

Focus of upcoming meetings:

• **Nov. 12**: sharing and updates among attendees

• **Dec. 10**: Sunnie McPhetres, Assistant Director at Dartmouth College Child Care Center, presenting on staff evaluations

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

**Congratulations**

- **Ammie Collins** of Fairlee, VT has been awarded a VT Northern Lights Career Development Center Step 1 Program Director Credential. Excellent, Ammie!

- **Emily Creighton-Pryer** of Bradford, VT has been awarded a VT Northern Lights Career Development Center Level II certificate. Kudos, Emily!

- **Kristy Kimball** of South Royalton, VT has been awarded a VT Northern Lights Career Development Center Level IV-A certificate. Great work, Kristy!

- **Anne Perry** of Post Mills, VT has been awarded a VT Northern Lights Career Development Center Level IV-A certificate. Fine job, Anne!

- **Karen Pierson** of Hartford, VT has been awarded a VT Northern Lights Career Development Center Level I certificate. Way to go, Karen!

- **Lisa Pike** of Bradford, VT has been awarded a VT Northern Lights Career Development Center Level III-A certificate. Nicely done, Lisa!

- **Sara Dube**, 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. Congrats, Sara!

- **Lauren Skaskiw**, a registered family child care provider in Strafford, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with one star of recognition AND been awarded an endorsement certificate by Eco-Healthy Child Care. Yahoo, Lauren!

- **Rainbow Playschool**, a licensed program in Woodstock, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with two stars of recognition. Well done!

- **Valley Cooperative Preschool**, a licensed program in Bradford, VT has renewed in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with five stars of recognition. Impressive!

**VT Child Care Financial Assistance Program Provider Rate Increase**

The Child Care Financial Assistance Program’s (CCFAP) provider rates are increasing for regulated programs starting November 3. The new rates are available on the Child Development Division website: http://dcf.vermont.gov/cdd/. The VT Legislature approved this 3% increase to the rates in the 2013 legislative session. Most programs will see this increase in the payment on November 25 for attendance starting on November 3. Remember, the CCFAP is only able to pay the state rate or the program’s rate, whichever one is lower. Program’s can update their rates in Bright Futures Information System (BFIS) at any time by completing a Provider Agreement, Part 1: Financial Services and faxing it to the division at (802) 769-2064. Updated rates go in effect the pay period following the date it was entered in BFIS. If you have questions about this rate increase or how to update your rates, call (800) 649-2642.

**VCLF Awarded $535,103 Grant by US Department of Treasury**

The VT Community Loan Fund (VCLF), a nonprofit, mission-driven lender, has been awarded a $535,103 grant by the US Department...
of Treasury’s Community Development Financial Institutions Fund to grow their services to VT’s small businesses, child care programs, community facilities and affordable housing developments. The award will support VCLF’s loan programs – money for lending to VT’s child care programs – and provide permanent lending equity. VCLF’s lending programs focus on creating opportunities leading to healthy communities and financial stability for all Vermon ters. For more information on the VCLF, visit www.investinvermont.org/borrowers/child-care or contact Maria Lamberti, Loan Coordinator for Child Care Programs, at (802) 224-9141.

No Impact on VT CDD Programs from Federal Government Shutdown
The Federal Government resumed business on October 17, which means there will be no impact on VT Child Development Division (CDD) programs. If you have any questions, call CDD at (800) 649-2642.

Changes at NH’s Family School Connections
Cathy Pellerin has been hired to replace Cathy Paradis as Child Care Resource and Referral Specialist at Family School Connections. The office has moved, as well, to 96 Main Street (the Southwestern Community Services building) in Claremont, NH. Phone and fax numbers remain the same. Cathy can be reached via email at cpellerin@claremont.k12.nh.us.

2014 Calendar-Keepers Are Available
2014 Calendar-Keepers are 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 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, November 1-April 12 are 10:00 am-4:00 pm.

Child Care Project Lending Library
Remember... 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/ccp-book-library.pdf to view the material available. Contact us at child.care.project@dartmouth.edu or (603) 646-3233 to arrange to borrow an item.
Today’s families are more diverse than ever, and early childhood programs may be the first place a child or family will share who they are with the wider world. This puts early educators in a unique position to engage our growing diversity in ways that positively impact young children’s sense of self and sense of belonging. In this article, we aim to briefly describe the rapidly shifting and expanding diversity of modern families, and at the same time, look beyond labels to appreciate the often unexpected and unique strengths, challenges, experiences and perspectives of individual children and families.

We share insights from conversations we’ve had with several families about their own experiences, every one rich with joys, frustrations and more. Their stories and perspectives illustrate the complexity of today’s families. They compel us to go beyond helping children ‘fit in’ to instead strive for ways to learn about, incorporate and leverage what is unique about each child and family, and to create a trusting, welcoming and accepting community for parents, children and teachers that will continue to evolve with each new child and family we meet.

A Word on Language

Lisa writes: On a typical day at our house, two of my boys, ages 9 and 10, argue over whether or not a ‘contest’ and ‘competition’ are the same. I suggest they consult that authoritative tome of our common understanding of the words we use: our big, old, red American Heritage Dictionary of the English Language from my college days. As usual, this only leads to more arguing over synonyms, antonyms and the like. They carry their dispute outside, and I get back to work on this article. The abandoned dictionary beckons, and I flip to the following entry:

fam·i·ly — noun: pl. fam·i·lies
1. A fundamental social group in society typically consisting of one or two parents and their children.
2. Two or more people who share goals and values, have long-term commitments to one another and reside usually in the same dwelling place.
3. All the members of a household under one roof.
4. A group of persons sharing common ancestry.

What a relief to learn that over the last 30 years, the definition of family has broadened to recognize families like ours and ones we’ve introduced in this article. Recent research reveals that young children already have an even more sophisticated understanding of family:

• They recognize there are many different types of family structures.
• They give family a social rather than a biological meaning.
• They see family more in terms of significant relationships than close blood relatives.

Diversity is the New Norm

In my family, what I want people to know about me is that I’m adopted. We were all adopted. The only one who wasn’t adopted in my family is Daddy. — Mason, middle schooler
What is the gay lifestyle? It’s about getting the laundry done and figuring out what’s for dinner every day. — Stephen and Rudy

We’ve moved around a lot and seen more than just what’s here. Laural and I are opposites, in a way. She was raised by a single mom. I have two stable, married parents. We’re a large family... five kids. We’ve got the mixed-race thing, and I’m a veteran. We’re just normal people. Everybody is unique. — Brian

We are a bilingual, bicultural family. We’ve lived in the United States and México. Our children went to preschool in México. They’ve always spoken English, but did not use it academically until we came here. — Ellen

I’m 73, and my husband is 71, and we’ve been parenting our grandchildren. My daughter is an addict. After a long period of treatment and recovery, she’s doing well, but her youngest remains with us and only spends weekends with her mom. We’re fortunate to have our family close. We feel grateful to be able to help. — Sherry

The rest of my family is in Kansas. And even in Kansas, the surprising thing about my family is not that we’re lesbian, but that we’re vegetarian! — Leah

I am from two families. — Lauren, elementary student

There are so many ways to describe our family. We never know what’s going to be on the front burner. — Lisa

Family diversity comes, not surprisingly, in all shapes and sizes, origins, colors and combinations. The children and families who share their stories with us are not unusual. Some may face some significant challenges, but all are basically getting by or doing well. Experiences have included divorce, single parenting, immigration, learning English, grandparents as caregivers, sandwich generations, special needs, adoption, fostering, step-family blends, military deployments, homelessness, disabilities, parents or offspring who are lesbian, gay, bisexual or transgendered (LGBT), religious minorities and more. Beyond that, these and all families are fluid — continuously touched and reshaped by illness, death, separation, divorce, the addition of family members, economics and other caregiver-related changes. We can no longer think of each instance of diversity as an exception.

Acknowledging and accepting this growing diversity and fluidity of families can challenge our own experiences, and our beliefs or attitudes about what makes a family and even how to teach young children. Doing so requires us to stretch, sometimes in uncomfortable ways, to communicate more and take more risks. It also gives us the opportunity to create environments that are welcoming to all, where children and families are invited to help build community rather than being asked to ‘fit in.’

What We Do Matters

Before Ilsa started preschool, it was like living in a big cocoon. With preschool, it was like, this is the start of coming out of the cocoon. — Kirsten

Most children who come into our care already have a sense of belonging in their families. Our job as early educators is to help them carry this over into their social identities. The images, words and representations of families in media, books and even in our daily language have not changed as rapidly as reality. Trumbull and Pacheco report, “There are countless ways that children in ‘traditional’ nuclear families have their reality mirrored back to them. Kids in other kinds of structures often feel invisible or even ashamed.”

Handed-down assumptions about children, families and learning that pervade our culture and institutions require that we make a conscious effort to truly shift our views and actions to pay attention to the messages we send to children and families through our words, expectations, images and learning materials. Hollins notes that with few exceptions, the culture of American schools represents a system of beliefs, values and practices that reflect the implicit values of the dominant U.S. culture, which in turn influence how students interact with each other, how teachers and students interact, and how the rewards system is
organized. This unconscious, dominant perspective is more visible and at times more daunting to families who do not fit the traditional mold.

**Looking Beyond Labels**

Understanding demographic shifts is a beginning, not an end, to understanding the diverse experiences of the children and families we work with.

*Some things about our family are visually obvious, such as both parents are women, we are older than most parents with kids our age, and our family is interracial. Other things are not as obvious: we are Jewish, vegetarian and very committed to nonviolent conflict resolution.* — Clare

*I’m Swedish. My husband is African American. My children are surprised when people think they are black. They see themselves as mixed, and both sides are important to them. We don’t really understand what all the fuss is about.* — Susanne

*In the military we used labels all the time. It was a way to dehumanize others. It made people less than what they were. We need to see beyond descriptors to understand people more three-dimensionally, to have successful relationships.* — Brian

*The biggest thing I want people to understand is we are a committed two-parent family. Whoever sits at the dinner table every night doesn’t have to have a specific sex. We may look different on the outside, but we want our children to be respected, cared for, and loved.* — Kirsten

**Unexpected Strengths and Challenges**

Some differences have inherent challenges. It’s simply hard to live in poverty, to face a health crisis or to manage in a new culture or with a new language. But keep in mind, other differences present challenges that arise or are amplified by cultural norms or expectations. Furthermore, what challenges some families may be a non-issue or even a strength or source of pride for others. When families differ from the norm, they may be able to think more deeply or broadly about who they are. They may be more aware of or in tune with things going on behind the scenes. And through it all, their ‘insides’ are far more complex than their ‘outsides.’

*I’m a single parent. My parents, who live separately, do much in providing overnight care and in getting my daughter to daycare in the morning when I have to be at work. We have support from friends in town, too. My daughter is well loved and cared for by many people.* — Frannie

*Because of our own experience, we are more conscious of race and how it affects all people and what race means in different parts of our community.* — Beth

*Because of the differences we have, we have more... openness? We are more respectful of others who have differences. Because there’s a parent with a disability in our family, I think it makes us more comfortable with others who have disabilities.* — Leah

*We are sensitive to how differences are portrayed in the media, and in society, because the messages that are sent are often about us. And they are often wrong!* — Lisa

*Our strength is that we have love, respect for each other, structure in our family and strong moral values.* — Leah

*It’s a challenge getting used to people asking us questions and learning how to answer or deflect them. Maybe that’s a strength, too, because we get opportunities to talk to people about family.* — Beth

*I am a wiser and better parent now than I ever would have been in my 20s, or even 30s, so I do think there are advantages to being an older parent.* — Frannie

To be continued (part 2) in the next issue, January/February 2014.

Chocolate Truffles
These easy chocolate truffles by cookbook author Jill Hough are exactly that: easy. Melt. Mix. Freeze. Roll. That’s all it takes. The original recipe calls for cognac, but you can substitute vanilla extract. Jill also gives directions for raspberry, lavender and cafe latte variations. Get details at www.jillhough.com/recipes/easy-inspired-truffles-recipe/

Homemade Lollipops
Although the steps to make these homemade holiday lollipops from Just a Taste are very easy, many of them involve hot sugar and quick work that should be done by a grownup. Once it’s time to decorate, though, it’s all about the little ones. Pass a bowl of holiday sprinkles and let them go to town. No matter what they do, these pops will come out looking gorgeous. Tie one into your gift ribbon to make a present extra special. Get details at www.justataste.com/2012/12/easy-homemade-holiday-candy-lollipops-recipe/

Ginger Hot Chocolate Mix
A friend demanded that I post the recipe on my site, One Hungry Mama. Apparently, a little ginger makes hot chocolate a lot more special. Stuff this simple mix into a pretty mug to make a lovely gift. Get details at http://onehungrymama.com/2011/12/recipe-easy-homemade-edible-gift-ginger-hot-chocolate-mix/

Maple Bacon Peanut Brittle
Maple Bacon Peanut Brittle. Enough said? Cook the bacon ahead of time, per the recipe from What Katie Ate, have your kids help with the rest – then try not to eat this ridiculously delicious treat before packaging it up. Get details at www.whatkatieate.com/recipes/maple-bacon-peanut-brittle/

Hot Fudge
There is no more homey food gift than homemade hot fudge, period. This version from Cookie Monster Cooking is quick and easy, and can be made with ingredients that you likely have on hand. If you want to get schmancy, package a jar of this sauce in a box with ice cream cones and sprinkles for a summery take on the holiday classic. Or just put it in a mason jar and tie with a festive ribbon. Get details at http://cookiemonstercooking.com/2012/08/27/homemade-hot-fudge-sauce/

White Chocolate Peppermint Popcorn
I promise that all of these recipes are quick and simple, but if melting chocolate or creating lollipops still seems like too much, I’ve got you covered with this recipe. Okay, okay, you have to melt a little chocolate for this recipe, but just enough to drizzle. You can do it in the microwave, and if you want to save even more time, start with naked store-bought popcorn which will work just as well. Get details at www.simplyscratch.com/2012/11/white-chocolate-peppermint-popcorn.html

Source: www.coolmompicks.com/2012/12/10_easy_edible_holiday_gifts_t.php
Child Care Project Newsletter
November/December 2013

What Is Inside…

Welcome Letter p. 1
CCP Training Opportunities p. 2
Other Training Opportunities p. 7
Local ECE Professional Support Networks p. 11
Notes of Interest p. 12
Today’s Families: Who Are We and Why Does It Matter? Part 1 p. 14
Easy, Edible Holiday Gifts That Your Kids Can Help Make p. 17

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