Greetings from the Child Care Project,

Wow! Flip to the back of this newsletter right now and look at the article on sensory play. This one is so good that you’ll even be able to stay awake after dinner to read it! I got excited right away remembering the fun sensory activities I’ve planned over the years and thinking of new ones. The possibilities are almost limitless. There are so many things to love about sensory play.

Low cost is one. Look at this:

<table>
<thead>
<tr>
<th>Store bought</th>
<th>Home-made</th>
</tr>
</thead>
<tbody>
<tr>
<td>$289.99 Sand &amp; water table</td>
<td>FREE- your dishpan or $17.99/12</td>
</tr>
<tr>
<td>$64.99 Water play kit</td>
<td>FREE- items from your kitchen</td>
</tr>
<tr>
<td>$49.99 Float &amp; sink collections</td>
<td>FREE- household objects</td>
</tr>
<tr>
<td>$21.99 Play sand</td>
<td>FREE- sand from sand &amp; gravel co.</td>
</tr>
</tbody>
</table>

Clean up is part of the play. Have a dustpan and brush nearby. Better yet, have two. You can get a very inexpensive child-sized version in the camping section at your department store – they’re made to sweep out a tent; buy a dust buster at a lawn sale; or, put a sheet underneath it all and take it outdoors to shake away the spills. For water, use a bucket and a mop with the handle cut short, or sponges or rags. Or, put towels under the container and toss them in the wash afterward. Easy!

Containers can be free or cheap. It’s fun to try different ways to present the materials. Dishpans are a classic – easy to clean, easy to store, cheap or free. A cafeteria tray or a cookie sheet will keep goop, gum, silly dough and other potentially messy stuff contained and you can carry them to the sink to clean. Hint: don’t put these things down the kitchen sink. Dump them in the trash so they don’t clog the drain. Your 9x13 brownie pan with a ½ inch of cornmeal and a few small cars and trucks is all it takes. Plastic bins are great too. The kind that go under your bed are a good size for 2 or 3 children to work together. If you still have the lid, you can keep the sand right in it. Or, how about a small wading pool – well, wow!

Sensory play is absorbing, relaxing, educational, scientific, mathematical and fun. How much better can it get? My advice: Share the article with the children and make a list of things you want to try. Start tomorrow!

Happy digging & splashing,
CCP Training Opportunities

November 2014

1. **Basic Specialized Child Care Services***
   Dartmouth-Hitchcock Medical Center-
   Auditorium G, Lebanon, NH • 9:00 am - 3:00 pm
   This six-hour training is required for all providers/programs wishing to attain 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. *Required of Fundamentals students, 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: Robbin LaRue, M. Ed., Certified Human Behavioral Consultant
   - VT Core Knowledge Areas: 1, 2, 5
   - NH Core Knowledge Areas: 1, 2, 3, 4, 5
   - CDA Subject Area: 3

2. **Vermont Child Care Licensing Regulations***
   Dartmouth-Hitchcock Medical Center-
   Auditoriums A/B, Lebanon, NH • 6:00 - 9:00 pm
   This is a session of Fundamentals, a 48-hour course providing a foundation of knowledge needed by early childhood professionals working with young children, birth to age eight. *Enrollment in the entire series is closed; however attendance at individual weeknight sessions is welcome. This class will feature an interactive presentation by our local licenser 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

3. **Communication: Building Relationships***
   Dartmouth-Hitchcock Medical Center-
   Auditorium E, Lebanon, NH • 6:00 - 9:00 pm
   This is a session of Fundamentals, a 48-hour course providing a foundation of knowledge needed by early childhood professionals working with young children, birth to age eight. *Enrollment in the entire series is closed; however attendance at individual weeknight sessions is welcome. This class addresses the skills all professionals need to effectively communicate with other adults. Strategies for creating an environment that promotes and encourages respectful communication with colleagues and families will be discussed. Participants will also learn how to approach families and talk about difficult topics. Presenter: Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery
   - VT Core Knowledge Areas: 2, 5
   - NH Core Knowledge Areas: 1, 2
   - CDA Subject Areas: 4, 6

4. **Waldorf: More Than Just a Salad, Part 1***
   Dartmouth-Hitchcock Medical Center-
   Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
   What does the term Waldorf education mean? Is it a set of techniques? Is it a philosophy? Or both? Join us for a two-hour hands-on introduction to Child Care Project Newsletter
this approach that in the early years focuses on providing practical, hands-on activities; stresses the role of the imagination in learning; and places a strong value on integrating intellectual, practical, and artistic themes and environments that encourage creative play. Follow up with a three-hour seasonal artistic experience and bring home a little finger puppet, songs, circle material and a resource list that you can begin to use right away in your setting. **Attendance at both sessions, November 6 and 8 is recommended.** **Presenter:** Pamela Perkins, M.Ed., Infant/Toddler Specialist & Independent Trainer  
**VT Core Knowledge Areas:** 1, 3  
**NH Core Knowledge Areas:** 3, 4  
**CDA Subject Areas:** 2, 3, 8

### 8 Waldorf: More Than Just a Salad, Part 2  
Dartmouth College Child Care Center-Multi, Hanover, NH • 9:00 am - 12:00 pm  
See full description under November 6. **Attendance at both sessions, November 6 and 8 is recommended.** **Presenter:** Pamela Perkins, M.Ed., Infant/Toddler Specialist & Independent Trainer

### 12 Child Development: Language and Literacy*  
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm  
This is a session of Fundamentals, a 48-hour course providing a foundation of knowledge needed by early childhood professionals working with young children, birth to age eight. **Enrollment in the entire series is closed; however attendance at individual weeknight sessions is welcome.** This class will identify milestones related to children’s typical language and literacy development, as well as explore how language and communication are related. Participants will learn strategies for encouraging communication with children and how literacy supports communication. **Presenter:** Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery  
**VT Core Knowledge Areas:** 1, 3  
**NH Core Knowledge Areas:** 3, 4  
**CDA Subject Area:** 2

### 13 Reducing the Risks of SIDS & Sudden Unexpected Infant Death; Promoting a Safer Sleep Environment for Infants  
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm  
This presentation will include an overview of SIDS (Sudden Infant Death Syndrome) and other possible causes of Sudden Unexpected Infant Death with a focus on deaths in the sleep setting; your role in carrying out the latest American Academy of Pediatrics’ recommendations to reduce the risks and promote a safer sleep environment; and what happens when an infant dies suddenly and unexpectedly in New Hampshire. There will be time at the end for questions and discussion. **Presenter:** Audrey Knight, MSN, RN, Child Health Program Manager, SIDS Program Coordinator/NH SUID Project Coordinator, NH Division of Public Health Services  
**VT Core Knowledge Area:** 4  
**NH Core Knowledge Area:** 4  
**CDA Subject Area:** 1

### 19 Positive Workplace Environments and Family Centered Practice*  
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:00 - 9:00 pm  
This is a session of Fundamentals, a 48-hour course providing a foundation of knowledge needed by early childhood professionals working with young children, birth to age eight. **Enrollment in the entire series is closed; however attendance at individual weeknight sessions is welcome.** This class focuses on effective communication with adults, understanding the needs of adults, and how to work successfully with peers and families. Family-centered practice will be defined; how adults change and develop will be addressed. **Presenter:** Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery  
**VT Core Knowledge Areas:** 2, 5  
**NH Core Knowledge Areas:** 1, 2  
**CDA Subject Areas:** 4, 5
22 Professionalism and Fundamentals for Early Childhood Professionals
Course Wrap Up*

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 9:00 am - 3:00 pm
This is the last session of Fundamentals, a 48-hour course providing a foundation of knowledge needed by early childhood professionals working with young children, birth to age eight. *Saturday classes are restricted to those enrolled in the entire series. Your professional development and growth will be the focus of the morning. Students will learn the components of and begin to outline their own Individual Professional Development Plan (IPDP), and receive information about the Child Development Associate Credential (CDA). Ethical practices will also be discussed. 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 & Trainer, Center for Learning, Adventure, and Discovery

VT Core Knowledge Area: 5
NH Core Knowledge Area: 1
CDA Subject Area: 6

25 Clay Play

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
In this hands-on workshop participants will explore and learn how to integrate clay into their program with young children. Be ready to play, using different tools, household objects, natural items and your own hands to create different textures and forms out of clay. Come have fun and experiment with multiple techniques for using clay to strengthen the fine motor skills of children in your care. Presenter: Sarah Sprague, MA, Education Coordinator, Shelburne Craft School

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

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

(603) 646-3233 • (800) 323-5446
cchild.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.
Get Organized and Earn More Money in 2015 and Beyond: Record Keeping and 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 provider 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 introduced. Learn how you can maximize your deductions, thus increase your profit as a unique small home business. Any recent changes to the tax laws will be discussed and 2015 Calendar Keepers will be available for purchase at a discounted rate.

Presenter: Jeffrey Kent, Registered Tax Return Preparer & President, Kent Tax and Business Services, LLC

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

Seasonal Songs and Musical Games

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

Come learn active songs, quiet songs, finger plays and musical games based on the season. These are age appropriate, child-tested materials that promote self expression, belonging, self esteem and FUN. Ideas about the benefits of music in the child's overall development and the benefits that both providers and children enjoy in a music-rich program will be integrated into the training. Tips on maximizing children’s involvement and overcoming providers’ blocks to singing will be included. This class will be entirely hands-, feet- and voices-on. Activities will be accessible to people with no special musical training. There will be some simple chants you can use with your children immediately. Handouts of words and music will be provided and you are welcome to bring your recording devise.

Presenter: Brooke Wilkinson, Music Educator

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

Never Too Early, Part 1

Dartmouth-Hitchcock Medical Center-Auditorium C, 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. Early literacy and authentic nature play will be one topic included in the discussion.

Attendance at both sessions, December 9 and 11 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

Never Too Early, Part 2

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

See full description under December 9. Attendance at both sessions, December 9 and 11 is required.

Presenter: Brenda Metzler, MA, VT Humanities Council literacy trainer
Coming up in Winter 2015

1/13: Science on a Shoestring
TU
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Presenter: Tracy Truzansky, Project Manager for Training and STEM Initiative, Vermont Afterschool

1/20: Principles of Child Development and the Learning Environment, Parts 1 & 2 (Beyond the Fundamentals)
TU
TH
Dartmouth-Hitchcock Medical Center-Auditoriums F, Lebanon, NH • 6:00 - 9:00 pm
Attendance on both dates, January 20 and 22 is required. Presenter: Sharon Adams, M.S., Early Childhood Education Consultant and Master Instructor

1/24: 0-3 Brain Development-The Effects of Trauma and Stress in the Developing Brain, Part 3
SAT
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 9:00 am - 3:30 pm
Attendance at last academic year's parts 1 and 2 will be beneficial, but not required. Presenter: Scott Noyes, Empowering Programs

1/27: Domestic Violence-It's Impact on the Development of Our Children, Parts 1 & 2
TU
TH
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
Attendance on both dates, January 27 and 29 is recommended. Presenter: Steve Atkins, Psy.D., Psychologist and School Consultant, SCA Psychological Services

2/3: I am Moving, I am Learning (IMIL)-Healthy Learning Environments, Parts 1 & 2
TU
TH
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Attendance on both dates, February 3 and 5 is required. Presenter: Marla Ianello, M.S., Pre-K Consultant, Upper Valley HEAL

2/10: Program Management- Written Policies for Healthy Learning Environments, Parts 1-3
TU
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
Attendance on all three Tuesdays, February 10, 17 and 24 is required. Presenter: Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery

2/12: Scapegoats, Heroes and Invisible Kids-The Impact of Substance Abuse on Children and Families
TH
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
Presenter: Tonya McMurray, M.Ed., Mental Health Counselor, The Family Place

2/19: Recycled Playthings
TH
Oh. Art Studio, WRJ, VT • 6:30 - 8:30 pm
Presenter: Cj Stephens, MFA, Education Director, Oh, Art Studio

SAT
Dartmouth College Child Care Center- Multi & Outside, Hanover, NH • 9:00 am - 12:00 pm
Presenter: Jen Brown, Four Winds Nature Institute
Other Training Opportunities

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

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

Family School Connections
Child Care Resource & Referral
Heartsaver Adult, Child & Infant CPR Certification: Nov. 1, 9:00 am-12:00 pm. $45.
Heartsaver First Aid Certification: Nov. 1, 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 Adult, Child & Infant CPR Recertification: Nov. 4, 6:00 pm. $25. Weber Room, 273 County Road in New London, NH. American Heart Association classes. www.newlondonhospital.org/events/courses_classes_schedule/# or (603) 526-5501.

Dartmouth-Hitchcock Medical Center
Women’s Health Resource Center
Heartsaver Adult, Child & Infant CPR Certification: Nov. 11, 6:00-9:00 pm. $55. On the Mall (9 Hanover Street) in Lebanon, NH. American Heart Association classes. Scholarships available. (603) 650-2600 or http://patients.dartmouth-hitchcock.org/womens_resource_ctr/all_whrc_classes.html.

Valley Regional Hospital
Heartsaver Adult, Child & Infant CPR - New & Recertification: Nov. 12, 5:00-8:30 pm. $50, plus $13.95 for textbook. Heartsaver First Aid: Nov. 19, 5:00-8:30 pm. $20. 243 Elm Street in Claremont, NH. American Heart Association classes. Private courses for groups of six or more scheduled upon request. (603) 542-1839 or beth.thibault@vrh.org.

www.ProCPR.org
ProCPR Healthcare Adult, Child & Infant CPR Recertification: Online. $29.95. ProFirstAidAdult, 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:

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

- **Family Support** for a child in a family experiencing significant stress where child care is part of a larger family plan to address specific issues;
• **Special Need** for a child in child care with a special physical or developmental need.

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

- **Nov. 1**, 8:30 am-3:00 pm in Rutland, VT. Call (802) 747-0033 to register.

- **Nov. 4 & 11**, 5:30-8:30 pm in Springfield, VT. Call (802) 886-5242 to register.

- **Nov. 7**, 6:00-8:00 pm & **Nov. 8**, 8:00 am-12:00 pm in St. Johnsbury, VT. Call (802) 748-1992 to register.

- **Nov. 13 & 20**, 6:00-9:00 pm in Brattleboro, VT. Call (802) 254-5332 to register. ($24 fee)

- **Nov. 17, Nov. 24 & Dec. 1**, 6:00-8:00 pm in Morrisville, VT. Call (802) 888-5229 to register. (may be a fee)

**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 trainings, call the number listed. Registration is on a first come, first serve basis. For more information, visit LeadSafeVermont at www.leadsafevermont.org/html/landlords.html.

- **Nov. 12**, 5:00-8:00 pm at Windham Windsor Housing Trust in Brattleboro, VT. Call (802) 463-9927 x208 to register.

**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.

- **Nov. 4**: Child Care Basic: Strengthening Families, Strengthening Care with Shelly Kernozicky, 6:00-9:00 pm at One Step Ahead Child Care in Charlestown, NH

- **Nov. 13**: Ready For Kindergarten with Cathy Pellerin, 9:00-10:30 am at Newport Head Start in Newport, NH

- **Nov. 13**: Child Care Basic: What are You Trying to Say? Behavior is an attempt to Communicate with Cathy Pellerin, 6:00-9:00 pm at Kidsview Academy in Enfield, NH

- **Dec. 4**: Preventing Child Abuse and Neglect: Supporting Staff in Their Work with Parents with Sue Foley, 6:00-8:00 pm at Southwestern Community Services in Claremont, NH

- **Dec. 9**: Emergency Preparedness for Family Child Care Homes with Cathy Pellerin, 6:00-8:00 pm at Southwestern Community Services in Claremont, NH
**Genuine Happiness: Signature Strengths**

Sponsored by the VT Springfield Area Parent Child Center, Scott Noyes will present the second part of the Genuine Happiness series on **November 13** from 6:30-8:30 pm in Springfield, VT. Research has shown that happiness can be cultivated by finding and nurturing personal traits in children and in ourselves. The ambition of this presentation is to debunk *happiology* or hedonics, while gaining practical insight into becoming lastingly happy and raising children who seek gratifications over pleasures. Participation in Genuine Happiness part one is not required. Free. For more information and to register, call Kim Kiniry at (802) 886-5242.

**Caring For Our Children: Health, Safety and Nutrition Conference**

The Manchester, Concord and Laconia, NH Child Care Resource and Referral programs are collaborating to offer a full-day conference specifically devoted to health, safety and nutrition related topics to assist child care programs and early childhood professionals to enhance and improve their health and safety practices. This event, scheduled for **November 15** from 8:00 am-5:00 pm in Concord, NH, features a keynote presentation by NH’s Child Care Training Specialist and Strengthening Families State Project Lead, Jessica Sugrue and boasts a choice of 14 trainings. The conference will award participants five hours of professional development and includes lunch and networking time. Fee is $35. For details and registration information download the conference brochure at www.lrcs.org/wp-content/uploads/2013/09/Caring-for-Our-Children-2014-Brochure.pdf, email juliec@lrcs.org or call (603) 581-1579.

**BFIS in VT**

www.brightfutures.dcf.state.vt.us

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

**Online Training & Coursework**

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

Colleges and other sponsors of professional development all over the world offer online training. VT’s Northern Lights Career Development Center reviews and approves sponsors of online training that is not for college credit. These are VT approved sponsors whose modules and workshops may count as training hours required by the Child Development Division for licensing/registration, Step Ahead Recognition System (STARS) for STARS application/renewal, Child Development Associate (CDA) for initial credential and/or Agency of Education for educator licensure renewal, and more. See page 10 for more information.

**Child Care Aware of NH**

http://nh.childcareaware.org

Providers can find information on workshops and training events being offered through the NH Child Care Resource & Referral Network. Searches can be filtered by catchment area and/or month from the home page (right hand side, midway down the page under **Search For Training**).
VT Approved Sponsors of (not for college credit) 
Online Courses
Northern Lights Career Development Center reviews and approves sponsors of online training that is not for college credit. Below are currently approved sponsors. For more information, including links to sponsors’ websites, visit http://northernlightsdcd.org/training/online-training-and-coursework/.

- **Better Kid Care**
  - **Cost:** $0-$5; average $2.50/hour
  - **Focus:** early childhood ages 0-5, afterschool ages 5-18, program director; approved CEU; includes video; CDA support

- **Building Blocks for Literacy**
  - **Cost:** $50 for 12 hour course
  - **Focus:** early childhood ages 0-5; includes video

- **Care Courses**
  - **Cost:** $17.20-$52; average $8.50/hour
  - **Focus:** early childhood ages 0-5, afterschool ages 5-18, program director; CDA support

- **Child Care Aware Training Academy**
  - **Cost:** $35-$299; average $2.50-$17.50/hour
  - **Focus:** early childhood ages 0-5, afterschool ages 5-18, program director; approved CEU; CDA support

- **ChildCare Education Institute**
  - **Cost:** $15-$2,800; average $15/hour
  - **Focus:** early childhood ages 0-5, afterschool ages 5-18, program director; approved CEU; CDA support

- **Early Sprouts**
  - **Cost:** $55-$95; average $5.50-$9.50/hour
  - **Focus:** early childhood ages 0-5, program director

- **ProSolutions**
  - **Cost:** $10-$100; average $8-$10/hour
  - **Focus:** early childhood ages 0-5, program director; approved CEU; CDA support

- **Quality Assist**
  - **Cost:** $0-$30; average $10/hour
  - **Focus:** early childhood ages 0-5, program director; includes video

- **Smart Horizons**
  - **Cost:** $10-$249; average $2.08-$10/hour
  - **Focus:** early childhood ages 0-5, afterschool ages 5-18, program director; approved CEU; CDA support

- **Youth Development Institute Courses**
  - **Cost:** $0-$15; average $8.30/hour
  - **Focus:** afterschool ages 5-18, program director; includes video

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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

Fall classes continue through December 15.  
Spring semester runs January 26-May 8; spring/summer registration begins November 3.

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

Fall classes continue through December 19.  
Spring semester runs January 20-May 11; spring registration begins November 10.

#### **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 5.  
Winter semester runs January 5-March 27; registration underway.
New Teacher-to-Teacher Networking Group Forming

Come, join an informal group gathering of both NH and VT home- and center-based teachers in the Upper Valley. Get to know your peers and share your experiences as group members help to support each other on their adventure through the world of early childhood education. The first meeting is planned for Monday, November 10 at 6:30 pm at Dartmouth-Hitchcock Medical Center Child Care Center in Lebanon, NH. No RSVP required; feel free to bring your dinner or snacks and plan on spending an hour (or more, if you want) getting to know other attendees and sharing ideas. For more information and directions to DHMCCCC, contact Kathy Audette at kathleen.audette@hitchcock.org.

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 (unless otherwise noted)

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

• Nov. 10: Craft activity; will meet in conference room 5A at DHMC
• Dec. 8: Holiday party (dinner & Yankee Swap) at Jesse's in Hanover, NH from 6:00-9:00 pm. RSVPs due by Nov. 10 meeting.

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 Valley Cooperative Preschool in Bradford, VT

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 meeting:

• Nov. 11: Sarah Buxton, Regional Coordinator of the Northern Windsor and Orange Counties Building Bright Futures Council will attend to discuss VT Building Bright Futures and VT Pre-K rules.

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

November/December 2014
**Notes of Interest**

**WOW! Congratulations**

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

- **Andrea Abraham** of Fairlee, VT - Level II
- **Patricia Barbour** of WRJ, VT - Level II
- **Lori Beland** of Hartland, VT - Level III-B
- **Linda Dinsmore** of WRJ, VT - Level II
- **Harriet Dumas** of Hartland, VT - Program Director Credential, Step 1
- **Kayla Eccher** of Quechee, VT - Level II
- **Kelly Garcia** of WRJ, VT - Level II
- **Shelia Hathorn** of WRJ, VT - Level II
- **Amanda Howe** of Lebanon, NH - Level II
- **Ingrid Johnson** of Woodstock, VT - Level IV-B
- **Wendy Kidder** of No. Haverhill, NH - Level I
- **Valerie Lund** of Vershire, VT - Level II
- **Carlene Lyons** of WRJ, VT - Level II
- **Ann McNamara-Behremovic** of Woodstock, VT - Level IV-B
- **Ethel Montuori** of WRJ, VT - Level II
- **Angelica Morrison** of Thetford Ctr, VT - Level III-A
- **Karen Mugford** of Randolph, VT - Levels I & II
- **Nicole Olmstead** of No. Randolph, VT - Level III-B
- **Brandee Platt** of WRJ, VT - Level III-B

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

- **Tammy Bernard** of South Royalton, VT - 1 star
- **Melanie Dewey** of Randolph, VT - 1 star
- **Melissa Frary** of South Royalton, VT - 1 star
- **Karin Furman** of Stockbridge, VT - 1 star
- **Rebecca Mattoon** of Chelsea, VT - 1 star
- **Melissa Trzesiara** of WRJ, VT - 1 star
- **Barnard Academy Pre-K Program** in Barnard, VT - 3 stars
- **Dothan Brook School** in Wilder, VT - 3 stars
- **Upper Valley Waldorf School** in Quechee, VT - 3 stars
- **Magic Mountain Children’s Center** in So. Royalton, VT - 4 stars
- **Maple Leaf Children’s Center** in Thetford, VT - 4 stars
- **Rainbow Playschool** in Woodstock, VT - 3 stars
- **Sharon Preschool and Child Care** in Sharon, VT - 4 stars

**VT Afterschool Child Care Programs Regulations Update**

The Child Development Division (CDD) has been working with partners and providers in afterschool to update the Afterschool Child Care Program Regulations. Draft regulations were developed in 2013, and have been going through the state rule promulgation process, with a public comment period in the spring of 2014. The proposed rules, updated based on the comments received, were submitted to the VT Office of the Secretary of State and the Legislative Committee on Administrative Rules (LCAR) for final approval on October 15. CDD has asked the Legislative Committee to consider an effective date of January 1, 2016. This effective date will ensure time to have trainings for licensers and child care providers, along with necessary updates to Bright Futures Information System (BFIS). The final draft of the proposed regulations can be found at [http://dcf.vermont.gov/cdd/child_care_licensing/regulation_revisions](http://dcf.vermont.gov/cdd/child_care_licensing/regulation_revisions).
VT Child Care Provider Rates Reminder

The Provider Agreement, Part I Financial Services (aka, Provider Rate Agreement) must be completed to receive payment from the VT Department for Children and Families, Child Development Division (CDD). Provider Rate Agreements are active for two years from the starting date entered in the Bright Futures Information System (BFIS). It is the child care provider’s responsibility to ensure that the Provider Rate Agreement is complete and reflects current rates charged by the program. This is a legal agreement between the provider and CDD that once completed, signed and processed ensures the money is used as intended and enables CDD to pay providers. CDD staff must enter into BFIS the information as indicated in this agreement. It is important that this form be filled out completely for any age child that may potentially be cared for, and for all types of rates. Any zeroes or incorrectly written rates are the responsibility of the program, and CDD is unable to back date payments due to errors on this form.

New rates may be submitted at any time by completing and sending, to the CDD, a new Provider Rate Agreement. The new agreement will be effective on the next service (pay) period from the date received. Updated rates will be printed on any future Child Care Financial Assistance certificates, however any changes in payments will be applied once the updated agreement is effective. For more information, contact CDD at (800) 649-2642. The Provider Rate Agreement is available at http://dcf.vermont.gov/sites/dcf/files/pdf/cdd/care/fap/Financial_Agreement_Part_1.pdf.

Check & Safely Store Personal Belongings

VT Child Care Licensing reminds all providers that making sure that dangerous items are kept out of children’s hands is an important part of protecting children from hazards and keeping them safe in child care programs. One simple thing every provider and staff member can do is to keep all purses, diaper bags and backpacks out of children’s reach at all times. As adults responsible for children’s safety, we can’t always control what comes into children’s environments but we can control what gets into children’s hands. Personal belongings may contain items that are not safe for children. Choking hazards, medications and even weapons can be located in purses, backpacks and diaper bags. Consider checking bags and backpacks when they come in or ensure they are always stored in a closet, locked cabinet or room that children can’t get to to ensure their safety while they are in care.

Information About EV-68 for VT Child Care Providers

A virus called enterovirus-D68 (EV-68) has been spreading in several states. This virus has been causing respiratory illnesses ranging from mild cold symptoms to more serious symptoms that require hospitalization. It spreads from close contact with an infected person who is coughing or sneezing, or from contaminated hands and common objects such as toys, bottles and cups, and furniture surfaces that are soiled with mucous or saliva from an infected person. For more information, visit http://healthvermont.gov/prevent/enterovirus/ev68.aspx. On this site providers can find a letter from the VT Department of Health with information about EV-68 that can be sent to parents.

Northern Lights Career Development Center Staff Change

In August, Maureen Young left her position as Northern Lights Career Development Center (NLCDC) coordinator to return to her former job with teachers at Early Education Services, Head Start in Brattleboro, VT. NLCDC anticipates hiring a new coordinator soon. For now, questions and materials for the Program Director Competencies and Credential, and the Instructor Registry should be directed to Nancy Sugarman, Director at PO Box 489, Montpelier, VT, 05601; (802) 828-2876 and nancy.sugarman@ccv.edu.
2016-2017 Federal Plan Surveys in NH

The NH Division for Children, Youth and Families, Child Development Bureau is preparing to write the 2016-2017 Federal Plan for the Child Care and Development Fund. NH child care staff (center- and home-based), as well as parents, are being asked to take a survey regarding their needs to help with the development of the plan. There are two surveys, one for professionals and one for parents; both will be open until 4:00 pm on November 21. Those taking the short (few minutes) survey will be entered to win prizes. To participate, child care staff should go to www.surveymonkey.com/s/FederalPlanProfessionalSurvey and direct parents to www.surveymonkey.com/s/FederalPlanParentSurvey.

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.

For Sale

- Two kidney shaped tables: one red, one blue; each table seats eight children; laminate surface, vinyl edge bands, rounded corners and adjustable steel legs. Used, but in really good shape. Asking $175 each or $300 for both.

- One green table with indents to seat four children; laminate surface, vinyl edge bands, rounded corners and adjustable steel legs. Also used and in really good shape.

All three tables were purchased new from either Constructive Playthings or Lakeshore Learning by My Second Home in Bradford, VT. They are moving to wood and would like to see these tables used in another program. For more information, call Meri Saladino at (802) 222-4236.

Annual Gingerbread Festival

You’re invited to The Family Place’s 12th annual Gingerbread Festival on Saturday, December 13 from 10:00 am-3:00 pm at Tracy Hall in Norwich, VT. Enjoy children’s activities, cafe food, gingerbread store crafts, music, storytelling, silent auction and, of course, gingerbread houses! Join The Family Place in a wonderful celebration of the season and help support families in the Upper Valley and beyond. Visit http://www.familyplacevt.org/gingerbread-festival-2/ for more information.
Current STARS Benefits

STARS is VT’s quality recognition system for child care, preschool and afterschool programs. Programs that participate in STARS are stepping ahead — going above and beyond state regulations to provide professional services that meet the needs of children and families. It is a program of the VT Child Development Division. For more information, visit http://dcf.vermont.gov/cdd/stars or call (802) 398-2037.

- Child Development Division Bonus for each new star level achieved
  - 1 Star - $250
  - 2 Stars - $500
  - 3 Stars - $1000
  - 4 Stars - $1150
  - 5 Stars - $1550

- NEW - Annual Quality Maintenance Payment (80% of bonus)

- NEW - Annual Nutritious Snacks and Meals Payment (up to $300)

- Spotlight on Quality Incentive from VT Birth to Three (only registered home providers)
  - 1 Star - $100 gift certificate to Lakeshore Learning
  - 2 Stars - $200 gift certificate to Lakeshore Learning
  - 3 Stars - $300 gift certificate to Lakeshore Learning or 16GB Apple iPad Mini
  - 4 Stars - $400 gift certificate to Lakeshore Learning, 16GB Apple iPad or $400
  - 5 Stars - $500 gift certificate to Lakeshore Learning, 16GB Apple Air or $500

- Higher reimbursement rate from the Child Care Financial Assistance Program
  - 1 Star - 5% above the base CCFAP rate
  - 2 Stars - 10% above the base CCFAP rate
  - 3 Stars - 20% above the base CCFAP rate
  - 4 Stars - 30% above the base CCFAP rate
  - 5 Stars - 40% above the base CCFAP rate

- Contribute to the regional STARS participation rate, which determines the amount of funding available to the region through the Strengthening Starting Points grant

- Discounts from Lakeshore Learning, Kaplan and Learning Materials Workshop

- Access to the sharedservices.org website

- Opportunity to apply for funding open only to STARS participants

- Listing on the STARS website (optional)

- Professional development and other initiatives open to STARS participants

- Sense of accomplishment

- Many families rely on providers engaged in STARS as they make that very important child care decision

- STARS shows your commitment to ongoing development and quality
10 Ways to Use the Sensory Table

Preschoolers use their senses to explore and learn about the world. To encourage these explorations, teachers can fill the sensory table with substances and materials for children to touch, smell, see, and hear. Try these ideas to encourage sensory play with items that are fun, affordable, and promote learning.

Let's stay dry!

1. **Button, button, who's got the button?** Fill the table with buttons, scoops, containers, ice trays, tweezers, and laces. Let the pouring, sorting, categorizing, stringing, comparing, and creativity begin. Purchase hundreds of buttons in bulk online for less than $10.

2. **Explore the properties of seeds (corn, thistle, or bird).** Include one or more kinds of seeds with scoops, containers, scales, and funnels. Find seeds at a farmers’ supply store or online. Recycle the seeds by feeding squirrels or dropping them off at a local wildlife center.

3. **Small pebbles or gravel, plus items of your choice.** Small pebbles or gravel make a great surface for various habitats and settings. Add zoo or farm animals, insects, small construction vehicles and workers, or natural items such as sticks and pinecones.

4. **Bottle tops and egg cartons.** Line the bottom of the table with egg cartons. Add bottle tops of various colors and sizes. Provide long-handed spoons and tongs. Invite children to fill the egg carton cups with bottle tops—creating a pattern, sorting by size or color, ordering by size, or just placing them randomly.

5. **Retell a favorite story.** Choose a story that lends itself to retelling with some simple props. Put a thin layer of sand in the bottom of the table. It should be deep enough so that props can stand up. For example, after reading Denise Fleming’s *In the Small, Small Pond*, include toy frogs, geese, dragonflies, turtles, fish, insects, and a raccoon. After reading *Good Night, Gorilla*, by Peggy Rathmann, add zoo animals, a zookeeper, keys, and berry containers or small baskets from the dollar store to use as cages.

**Source:** Teaching Young Children, National Association for the Education of Young Children, October/November 2014, vol. 8, no. 1
It’s okay to get wet!

6. **Do the dishes.** Add dishwashing soap to clean water. Provide scrubbers, sponges, and dishes to wash. Set up a dish rack nearby for drying the dishes. Have towels available for the inevitable spills.

7. **Create a water habitat.** Use aquarium gravel or rocks and plastic plants. Include items related to the children’s study on oceans (fish, sea otters, dolphins) or pond life (frogs, turtles, fish). Encourage children to tell you what other items they need for the habitat.

8. **Squeeze and squeeze some more.** Add sponges of different shapes, sizes, and materials (sea sponges, cellulose, foam) to the water table and measuring cups. Ask questions to stretch children’s thinking, such as *Which sponge can hold the most water? Why do you think that is true? How can you test your theory?* Cut an egg crate foam mattress pad to fit the bottom of the table. Add water and props. Let the fun begin!

9. **Glorious indoor mud.** If you have dirt outdoors, bring it inside to fill the sensory table (use ⅔ dirt and ⅓ sand). If not, make your own mixture with sand and soil you purchase. Provide sticks, leaves, and other natural items. Also include tools to dig with, containers, baking pans, plastic insects and animals, and anything else the children will find of interest. Be prepared for a mess! To make cleanup easier, place an old vinyl tablecloth under the table and provide vinyl aprons or smocks.

10. **From solid to liquid.** Depending on where you live, fill the table with snow, ice cubes, or ice water. Have the children take photos every half hour or so to document the melting. They can make a display with their photos and discuss their observations and discoveries with classmates. Offer food coloring to drip on the snow or ice to change the color of the water as the ice and snow melt.
The Child Care Project is a Granite United Way partner agency.