Greetings from the Child Care Project,

What great days we have had to be outside and what great days lie ahead. In fact, every day is a great day to be outside! For much of the day children must use their indoor voices and save the running for outside. What a relief to be outside and loud and fast! It’s an important part of every child’s day – morning, afternoon and, in this lovely weather, in between.

Fall is a great time to be spontaneous. Recently I visited a group of preschoolers who were actively learning about African animals. Their interest had grown from a book selected and read by the teacher. This book spurred several children to ask questions and to share information and their imaginings about jungle and savannah animals. Later when the teacher had time, she took a few moments to find short, factual video clips on the internet. She previewed the clips to make sure that they were appropriate and she watched with the children to see what they understood and what they were interested in. This lead to more questions, which were captured on paper for later exploration, and a rich new play theme. On a morning when the children were pretending to be the animals they were learning about with increasing volume and activity level, the teacher helped them save their energy for outside by redirecting their interest into making animal masks. This lead to some face painting which led to a factual book about animals with realistic pictures which lead back to the video clips for another look. After watching the video for a second time, one child blurted, “Let’s make a movie.” Knowing a great idea when she heard one, the teacher grabbed her phone and made a short video. The children were thrilled and wanted to make a real movie. Over the next few days, children fashioned animal costumes, built a Humvee from a cardboard box and dictated a script about a safari to the teacher. When they were ready, a parent volunteer brought in a movie camera, filmed the documentary and added voice over. The video was left playing on loop for parents when they arrived and emailed to them later. What a wonderful project grown from one spontaneous moment after another when the teacher was wise enough to listen to the children and to say yes.

What I learned this month: listen to the children for great ideas and say yes whenever you can. And, go outside!

Check us out any time at www.dartmouth.edu/~ccp.
11 Kick-Off with Jeanine Fitzgerald: No Senseless Behavior

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

As has become tradition, Jeanine Fitzgerald will once again kick-off the Child Care Project academic year of professional development. Challenging behaviors are not just a reflection of some emotional or social disturbance in a child. They are a symptom of an unsolved problem, often related to unmet needs or a lack of skills and resources. Therefore, we must focus on what a child needs, instead of what an adult or system demands. It is time we move beyond tradition and see challenging behavior as an opportunity to teach alternative ways to get authentic needs met. This session helps us do just that! **Presenter:** Jeanine Fitzgerald, Certified Human Behavior Consultant, The Fitzgerald Institute

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

13 Managing Your Money to Meet Short Term Goals

Dartmouth-Hitchcock Medical Center-Level 5A, Lebanon, NH • 9:00 - 11:00 am

In this facilitated group webinar, participants will learn how to make better financial decisions between now and retirement. How to reduce spending, increase savings and reduce debt will be addressed. Also included in this training will be what is acceptable and unacceptable debt and how to set short and long-term financial goals. The webinar will involve large group presentation, discussion and group reflection; personal computer not required. Cosponsored by VT Birth to Three. **Brunch included; space limited. Presenter:** Tom Copeland, JD, Consultant & Trainer, former Director of Redleaf National Institute

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

18 Meet Your Local VT Parent Child Center Staff and Find Out What They Do for Kids and Families

The Family Place- Conference Room, Norwich, VT • 6:30 - 8:30 pm

Since 1985, The Family Place has been serving children and families throughout the Upper Valley. Come greet the staff and learn about the many programs and services they offer. Children's Integrated Services (including Early Intervention, Nurse Family Partnership, Family Support, Nursing, Early Childhood/Family Mental Health and Specialized Child Care), Child Care Financial Assistance, Families Learning Together, Parent Education, Reach Up, Child Advocacy Center, Playgroups and more! Tour the facility, meet the staff and hear about the great resources available for VT and NH children, families and child care providers. Put a name and face to the voice on the other end of the phone, and be sure to bring your questions! **Facilitator:** Mary Nyhan, Family Services Coordinator, The Family Place

**VT Core Knowledge Areas:** 2, 5
**NH Core Knowledge Areas:** 1, 2
**CDA Subject Areas:** 4, 6
**Advanced Specialized Child Care Services:** 2 hours
20 Getting Outdoors and Using Natural Materials
Center for Learning, Adventure, and Discovery, Plainfield, NH • 9:30 am - 12:30 pm
Children love to be outside. As adults, we don’t always know what to do out there other than find a playground or climbing structure. Exploration and discovery spark children’s natural curiosity and provide excellent learning opportunities! Being in and with nature is a great way to build skills at all ages and stages, as well as link to standards for those of you who want to use assessment outdoors. Come explore the new Center for Learning, Adventure, and Discovery in Plainfield, NH where we will talk about curriculum outside using nature and start a kit that you can bring back to your program. (We’ll give you the box…) Held RAIN OR SHINE – come dressed for whatever weather September 20 brings. Presenter: Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery

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

23, Skills for Conflict Engagement, Parts 1 & 2
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Conflict is a normal part of life. Handled poorly, it results in undue stress and negative outcomes. Handled well, it can lead to shared solutions and improved relationships. This two-part workshop uses a blend of presentation, demonstration and practice, to center on a few key attitudes and skills for successful conflict engagement, in particular: beliefs about conflict; moving from "fight or flight" responses; active listening; assertion; unlocking positions to discover interests; and constructive problem-framing. Come explore ways of stepping away from win-lose contests and towards shared problem-solving. Attendance at both session, September 23 and 25 is required. Presenter: Susan Titterton, MS, Consultant, Susan Titterton Consulting & Mediation

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

Advanced Specialized Child Care Services: 4 hours

30 The Strengthening Families Approach in Action: An Overview
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
This training is designed for early care and education providers, home- and center-based, to develop strategies and practical application using the five protective factors of the Strengthening Families™ approach to prevent child abuse. Through discussion and activities, participants will explore ways to demonstrate leadership and modeling for parents that will build parental resilience, provide social connections, offer concrete support in times of need, and increase knowledge of parenting and child development. Participants will also discuss the importance of augmenting the social and emotional competence of children in the context of abuse prevention. If interested in more in-depth training on the Strengthening Families™ approach, check out the 17-hour series being offered beginning in March 2015. Co-sponsored by Prevent Child Abuse VT. Presenter: Amy Johnson, MA, Child Sexual Abuse Prevention Trainer & Coordinator, Prevent Child Abuse VT

VT Core Knowledge Areas: 1, 2, 3, 4
NH Core Knowledge Areas: 2, 3, 4
CDA Subject Areas: 3, 4, 8
Advanced Specialized Child Care Services: 2 hours
**Level I: Fundamentals for Early Childhood Professionals**

October 4 - November 22, 2014
10 Tuesdays & Wednesdays, 6:00-9:00 pm and 3 Saturdays, 9:00 am-3:00 pm
at Dartmouth-Hitchcock Medical Center in Lebanon, NH

NO CHARGE: VT and NH center- and home-based providers welcome

This FREE 48-hour, non-credit course is based on the VT Northern Lights Core Competencies for Early Childhood Professionals: Level I. It builds a foundation of knowledge and best practice skills that are needed when working with groups of children ages birth to eight years old; satisfies the VT child care licensing requirement for training for staff of licensed centers who have not had professional development in early childhood care and education; integrates opportunities to meet requirements for the Level I certificate on the Northern Lights career ladder, elements of the Child Development Associate (CDA) credential, requirements for providing Basic Specialized Child Care, and more. **Instructor:** Lori Harris, MS, Early Childhood Education Consultant and Trainer

*Enroll in the entire series or attend individual sessions as desired.*

Check out the CCP Training Calendar ([www.dartmouth.edu/~ccp/docs/ccp_training_calendar14-15.pdf](http://www.dartmouth.edu/~ccp/docs/ccp_training_calendar14-15.pdf)) for individual class descriptions or check out dates in this and future newsletters.
7 Emotional Development, Part 1: Introduction to Observation and Recording Behavior*
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. **Enroll in the entire series or attend individual weeknight sessions as desired.** *See page 4 for details.

This class will explore milestones in the emotional development of young children. Activities will include how and when children develop self-control and appropriate responses to typical developmental stages. The role of observing and recording children’s behavior will be introduced, and different methods for observing and recording shared. **Attendance at part 2 is recommended.** 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, 5
**CDA Subject Areas:** 3, 7, 8

8 Emotional Development, Part 2: The Influence of Culture*
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. **Enroll in the entire series or attend individual weeknight sessions as desired.** *See page 4 for details.

This class will continue to explore milestones in the emotional development of young children; discussion from the previous evening’s class will deepen. Activities will focus on how culture and other characteristics influence emotional development. **Attendance at part 1 is recommended.** 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:** 2, 3, 4
**CDA Subject Area:** 1

14 The Early Childhood Learning Environment*
Dartmouth-Hitchcock Medical Center-Auditorium 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. **Enroll in the entire series or attend individual weeknight sessions as desired.** *See page 4 for details.

This class will focus on creating inclusive and welcoming environments for all children and families. Room arrangement, material selection, learning centers and safety considerations, as well as evaluation and assessment of the environment will be addressed. Outdoor play areas will also be discussed. **Presenter:** Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery

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

16 Hunger and Nutrition in Vermont: A Hidden Key to Success in Early Childhood
Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm

1 in 5 Vermont children struggle with hunger each day yet quality nutrition plays an essential role in learning, development and health. Our youngest children, ages 0-6 are particularly vulnerable to the impacts of hunger. Lack of adequate nutrition and persistent hunger in the crucial early years of life can result in nutrient deficiencies and poor health, increased risk for obesity, emotional and behavioral problems (including aggression, anxiety depression and hyperactivity) and a 40% increased risk for developmental delay. Hunger in early childhood can significantly impact the trajectory of a child’s life. This workshop will open a discussion about this link between nutrition, hunger and the health, development and learning of young children; explore the causes and effects of hunger in young children; and discover ways that we can address this issue. Participants will receive practical information that they can use and share with families to reduce
21 Social Skills Development and A Sense of Oneself*

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

This 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 & Trainer, Center for Learning, Adventure, and Discovery

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

22 Social Skills Development and Understanding Others*

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

This class will address strategies to support the development of positive social skills in children. Conflict resolution, including supporting children with challenging behaviors, and social development milestones will also be discussed. Presenter: Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery

VT Core Knowledge Areas: 1, 2, 3
NH Core Knowledge Areas: 3, 4
CDA Subject Area: 3
29 Cognition and Intellectual Development*

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. **Enroll in the entire series or attend individual weeknight sessions as desired.** *See page 4 for details.

This class will focus on children’s cognitive development. Activities and discussion will center on developmental milestones and brain development. Strategies that children use to organize information, learn new concepts and develop the variety of skills we associate with intelligence will be covered. **Presenter:** Lori Harris, MS, Early Childhood Education Consultant & Trainer, Center for Learning, Adventure, and Discovery

**VT Core Knowledge Area: 1 • NH Core Knowledge Areas: 3, 4 • CDA Subject Area: 2**

### Coming up in 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.** **Presenter:** Margot Holmes, Easter Seals & Certified Human Behavior Consultant

6, 8 Waldorf: More Than Just a Salad, Parts 1 & 2

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

12 Child Development: Language and Literacy

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

13 Reducing Risks of SIDS/Sudden Unexpected Infant Death

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

19 Positive Workplace Environments and Family Centered Practice

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

22 Professionalism and Fundamentals Wrap Up

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

25 Clay Play

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

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September & October 2014
Other Training Opportunities

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

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

Dartmouth-Hitchcock Medical Center
Women's Health Resource Center
Heartsaver Adult, Child & Infant CPR Certification: Sept. 24, 6:00-9:00 pm. $55.
Heartsaver First Aid & Adult, Child & Infant CPR Certification: Oct. 18, 9:00 am-3:00 pm. $110.
On the Mall (9 Hanover Street) in Lebanon, NH. American Heart Association classes. Scholarships available. (603) 650-2600 or http://patients.dartmouth-hitchcock.org/womens_resource_ctr/all_whrc_classes.html.

New London Hospital
Heartsaver Adult, Child & Infant CPR Recertification: Sept. 23 or Oct. 22, 6:00 pm. $25.
Weber Room, 273 County Road in New London, NH. American Heart Association classes. www.newlondonhospital.org/events/courses_classes_schedule/# or (603) 526-5501.

www.ProCPR.org
ProCPR Healthcare Adult, Child & Infant CPR Recertification: Online. $29.95. ProFirst Aid 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. This training is offered annually in the fall through the Child Care Project (see page 7 for details). Other upcoming options around the state include:

September 6, 9:00 am-3:30 pm in Berlin, VT. Call (802) 262-3292 x123 to register.

October 2 & 9, 6:00-9:00 pm in Middlebury, VT. Call (802) 388-4304 to register. (Fee may apply)

October 14 & 21, 6:00-9:00 pm in Williston, VT. Call (802) 863-3367 to register. ($30-35 fee)

October 20 & 27, 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 the following upcoming Vermont Department of Health approved Essential Maintenance Practices training, call the number listed. Registration is on a first come, first serve basis. For more information, visit LeadSafe-Vermont at www.leadsafevermont.org/html/landlords.html.

Sept. 17, 5:00-8:00 pm at Cardno ATC in Williston, VT. Call (802) 862-1980 to register. $60 fee.

Family School Connections Child Care Resource & Referral Trainings

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

Sept. 11: Empowering Infants & Toddlers with the Gift of Sign with Tracy Pond, 6:00-8:00 pm at Southwestern Community Services in Claremont, NH

Sept. 22: Child Care Basic: Caring for Infants & Toddlers with Patti Brown, 6:00-9:00 pm at Children’s Center of the Upper Valley in Lebanon, NH

Exploring a Sense of Place in Nature Conference

This collaborative nature based childhood conference presented by Live & Learn Early Learning Center with support from the NH Association for the Education of Young Children is scheduled for September 13 from 8:00 am-4:30 pm at Live & Learn Early Learning Center in Lee, NH. $95 fee includes keynote by Daniel Hodgins, choice of morning afternoon workshop sessions exploring nature based education in action, lunch and endnote by Jeanine Fitzgerald. Dress for the weather - this event is outdoors, rain or shine! For a conference brochure and information on registering, go to www.live-learn.org/resources/teachers/A_Sense_of_Place_Conference/2014_Brochure.pdf.

2014 VT Fatherhood Conference

Hosted by the VT Fatherhood Initiative, a group of volunteers inspired by the cause of nurturing the responsible involvement of fathers with their children and their families, the 2014 VT Fatherhood Conference will be on September 25 from 9:00 am-3:30 pm at the State House in Montpelier, VT. It is free for everyone. Schedule includes keynote address and closing remarks by John Badalament, choice of morning and afternoon workshops, and lunch (provided). For more information, visit http://dcf.vermont.gov/sites/dcf/files/pdf/2014_Fatherhood_Conference_Brochure.pdf. Contact Victoria Priganc at priganc@vnacares.org or (802) 860-4499 x5141 with questions.

NHAEYC Accredited Program Event

The two-day NH Association for the Education of Young Children (NHAEYC) Accredited Program Event on September 26-27 at Rivier University in Nashua, NH will begin with a networking and appreciation reception on Friday evening – an opportunity to learn more about NHAEYC and NAEC accreditation at the local and national level, as well as meet colleagues and make connections with other accredited programs in your region. Saturday’s all-day conference will offer support and training specific to living the NAEC standards each day in our work with young children. With two tracks geared toward teachers/staff and administrators/leadership, and round table discussions with representatives from the NH Child Development Bureau and the NH Early Learning Standards Task Force, there will be something for everyone, no matter your program’s
position in the accreditation process. Registration information will be available soon at http://nhaeyc.org/professional-development/.

**Afterschool Essentials**
Sponsored by VT Afterschool, Inc., Afterschool Essentials is a course designed to meet the needs of the professional with limited experience in the afterschool setting; it benefits the newly hired professional working directly with children, or a new program director who has not worked in this setting before. The course includes: online learning modules from the Youth Development Institute; two workshops on September 26 and November 21 at Lake Morey Resort in Fairlee, VT; a concentration chosen by each participant on which focused, independent work will be completed; and a portfolio documenting all work. Upon successful completion of Afterschool Essentials, participants will be awarded the VT Afterschool Foundations Certificate and may be eligible for a $100 completion bonus. FREE for those working in a licensed school-age or 21C program. Visit http://www.vermontafterschool.org/training/iss-ap/ to apply. For more information, contact Karen Scott, Project Manager for Quality Initiatives at karencott@vermontafterschool.org.

**2014 VAEYC Fall Conference**
The 42nd Annual VT Association for the Education of Young Children (VAEYC) Early Childhood Conference and Retreat will take place October 23-25 at University of Vermont's Davis Center in Burlington, VT. In addition to hearing featured keynote presenters Valora Washington, Janet Gonzalez-Mena and Patricia Dischler, attendees will have many workshops from which to choose. Visit http://vaeyc.org/quality-improvement/conferences/2014-fall-conference-and-retreat/ to view the conference brochure and/or to register. Rates vary; scholarships are available. Registration deadlines are Sept. 15 for early bird rates and Oct. 15 for regular rates. For more information, contact Melissa Riegel-Garrett at melissa.riegel-garrett@vaeyc.org or (802) 244-6282.

**2014 VT Afterschool Conference**
Mark your calendars for the VT Afterschool Conference, October 24 at the Stoweflake Mountain Resort in Stowe, VT. The conference is a statewide collaboration of three organizations: VT’s Child Development Division, VT’s Agency of Education and VT Afterschool, Inc. There will be over 30 workshop selections and a keynote address by Dr. Robert Brooks. The conference concludes each year with the Afterschool Café – an open networking time where attendees come together for music, food, sharing and fun. The fee is, before October 1, $100 for VT Afterschool, Inc. members; $125 for non-members. After October 1, it is $125 for members; $150 for non-members. For more information and to register, visit www.vermontafterschool.org/training/conference/.

**2014 Early Learning NH Early Childhood Conference**
Early Learning NH is holding their annual conference at Southern New Hampshire University in Manchester, NH on October 25. Choose from many different workshops offered in four 90-minute blocks. Cost, after Sept. 1, is $105 for members, $125 for non-members and includes breakfast and lunch. For more information and/or to register, visit www.earlylearningnh.org.

**Bringing the Protective Factors Framework to Life**
Offered by Prevent Child Abuse NH, this FREE online training for NH child care professionals supports implementation of the Strengthening Families Protective Factors Framework in multiple settings. It consists of seven courses, about two hours each in length. Take all of the courses or just one; upon completion of each course section, participants will receive a certificate of completion from the National Alliance of Children’s Trust and Prevention Funds. Up to 12 professional development hours can be awarded towards child care licensing. For more information and to register contact Julie Day, Strengthening Families Director at jday@nhchildrenstrust.org or (603) 224-1279.
BFIS in VT
www.brightfutures.dcf.state.vt.us
The Bright Futures Information System (BFIS) is a Vermont data management system designed and operated by the VT Child Development Division of the Department for Children and Families. Hundreds of statewide early care and education professional development opportunities (such as workshops, classes and conferences) are listed and updated regularly in the BFIS Course Calendar. Go to www.brightfutures.dcf.state.vt.us, click on Course Calendar under Resources for Early Childhood and Afterschool Professionals near the bottom of the page and start searching.

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

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

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 semester runs September 2-December 15; registration is underway.

River Valley Community College
1 College Place, Claremont, NH
(603) 542-7744 x411 • www.rivervalley.edu
Fall semester runs September 2-December 19; registration is 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 semester runs September 6-December 5; registration is underway.

VT & NH Colleges with Bachelor Degree Programs in Early Childhood Education

BS/BA Programs in VT:
• Champlain College
• Goddard College
• Lyndon State College
• Union Institute & University
• University of VT

BS/BA Programs in NH:
• Granite State College
• Keene State College
• Plymouth State University
• Rivier College
• Southern NH University
• University of NH
Local ECE Professional Support Networks

### 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.)

- **Sept. 8:** *Helping Children Develop Healthy Sleep Patterns* training presented by Scott Noyes

- **Oct. 13:** Meeting at Books-A-Million (BAM) in West Lebanon, NH for group fund-raiser shopping

**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 meetings:**
- **Sept. 9:** *Surprising Things* training presented by Gabrielle Lucke. Explore how well-intentioned statements can sometimes go awry and learn practical steps to improve your effectiveness around issues of diversity.

- **Oct. 14:** Field trip to several area child care centers in the planning.

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

Child Care Project Newsletter
Notes of Interest

Congratulations...

• **Ashley Bean** of West Fairlee, VT has been awarded a VT Northern Lights Career Development Center Level III-B certificate. Nice work, Ashley!

• **Linda Dinsmore** of White River Junction, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with two stars of recognition. You go, Linda!

• **Kayla Eccher** of Quechee, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with one star of recognition. Sweet, Kayla!

• **Lisa Flint** of East Bethel, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with one star of recognition. Excellent, Lisa!

• **Jenn Goodspeed** of Post Mills, VT has been awarded a VT Northern Lights Career Development Center Level II certificate. Super job, Jenn!

• **Sheila Hathorn** of White River Junction, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with two stars of recognition. Great, Sheila!

• **Ethel Montuori** of White River Junction, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with two stars of recognition. Congrats, Ethel!

• **Marisa Osgood** of Corinth, VT has been awarded a VT Northern Lights Career Development Center Level II certificate. Way to go, Marisa!

• **Cronin Sleeper** of Pomfret, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with three stars of recognition. You rock, Cronin!

• **Megan Smith** of Bradford, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with one star of recognition. Nice, Megan!

• **Christine Tullgren** of East Thetford, VT has been awarded a VT Northern Lights Career Development Center Level IV-B certificate. Kudos, Christine!

• **Dalene Whitcomb** of East Bethel, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with one star of recognition. Bravo, Dalene!

• **Green Mountain Children’s Center’s Hartford After School Programs** in Wilder and Quechee, VT have joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with five stars of recognition each. Double wahoo!

• **Little Feet Children’s Center** in East Thetford, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with four stars of recognition. Impressive!

• **Orange County Parent Child Center** in Chelsea, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with three stars of recognition. Great job!

• **School Street Montessori** in Randolph, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with three stars of recognition. Yahoo!

• **Woodstock Nursery School** in Woodstock, VT has moved up in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with three stars of recognition. Yay!

Mentors Available in VT

Want a mentor to help with quality improvement, joining/moving up in VT’s Step Ahead Recognition System (STARS), applying for a Northern Lights Career Development Center level certificate or national Child Development Associate (CDA) credential? Mentors are available for VT registered providers through VT Birth to Three and for VT licensed programs through the VT Association for the Education of Young Children. Contact the Child Care Project today to get connected!
**VT Child Care Rules Revisions Update**

The latest from the VT Child Development Division (CDD) regarding the three sets of revised child care rules being developed in VT: CDD has completed several steps in the rules promulgation process for the Afterschool Child Care Programs Licensing Regulations. Pre-filing with the ICAR (Interagency Committee on Administrative Rules) occurred in the spring of this year. The public comments phase was completed at the end of May. CDD received comments both online and through public hearings and that phase is now completed. They are now reviewing and preparing their response to those public comments and anticipate being able to begin the next step, the Final Proposed Rule filing with the Office of the Secretary of State and the LCAR (Legislative Committee on Administrative Rules), in September. Additional modifications may occur during that phase.

CDD’s goal is to have a coordinated implementation effective date of September 1, 2015, for all three sets of revised regulations, following a training period for licensers and child care providers. This will allow necessary Bright Futures Information System (BFIS) updates to occur as well. This has been a significant body of work by CDD staff, child care providers and child care advocates at multiple levels. CDD is confident that the final drafts will reflect attention to a shared goal of ensuring safe, healthy, developmentally beneficial child care for Vermont children and families within a sustainable business model. CDD will be posting updates and documents on their website as they are available: http://dcf.vermont.gov/cdd/child_care_licensing/regulation_revisions.

**Act 166: Vermont Universal PreK Update**

Act 166 provides publicly funded access to prequalified PreK programs operated by a public school, Head Start or a private provider for 10 hours a week, 35 weeks a year, for all VT three and four-year-olds. The bill went into effect on May 28, 2014, but applies to enrollments beginning on July 1, 2015. The passage of Act 166 provides VT with the incredible opportunity to offer prekindergarten education to every three and four year old child in the state. With its focus on improving quality and expanding access, Act 166 also includes a level of flexibility in the variety of early learning and development programs that can offer prekindergarten education, resulting in a more accessible system for all parents who choose a preschool experience for their children. Additionally, this law sets a statewide tuition rate for all prekindergarten reimbursements established annually by the Agencies of Education and Human Services to promote sustainability and consistency within the system. View details at www.leg.state.vt.us/docs/2014/Acts/ACT166.pdf.

**CVCAC Is Now Capstone**

Central VT Community Action Council, the VT agency that hosts the Child Care Food Program in our region of VT, has changed its name to Capstone Community Action (or just Capstone, for short). Their website is now www.capstonevt.org/. Pat Siergiey, Child Care Food Program Coordinator, can be reached at psiergiey@capstonevt.org, (802) 479-0681 or (866) 479-0688.

**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

Free VINS Pass Offer
Interested in taking a field trip or even a weekend outing with your own family? Thanks to funding provided by VT Starting Points, the Child Care Project has a free pass to the Vermont Institute of Natural Science’s (VINS) Nature Center located a quarter of a mile west of the Quechee Gorge at 6565 Woodstock Road (Route 4) in Quechee, VT. The pass is for child care providers and allows entrance to one adult and up to five children over age 2 (children under age 2 are welcome, but are always free and not included in the count) for a day. Contact us 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 October 31 are 10:00 am-5:00 pm.

For Sale
From Constructive Playthings: slightly used Alphabet Pocket Chart (CPX-757, $34.95 new). This durable nylon pocket chart (25” W x 37” H) has four rows of see-through pockets, 26 letter pockets and two extra storage pockets; includes 156 picture cards with words on the reverse side, 52 uppercase and lowercase letter cards, and six blank cards. Asking $25. Also from Constructive Playthings: The H Block Challenge (KRP-237, $49.99 new). Challenge experienced builders with this 120-piece set of H and half-H shaped wooden blocks; box has been opened, but blocks never used. Asking $49.99. Contact Ethel Montuori, Ethel’s Daycare at dominickmontuori@comcast.net or (802) 295-5562.

Beans, Beans, Beans
www.yummly.com/recipes/healthy-bean-kids – check it out for great, kid-friendly bean recipes!

15 Bean Kids Mexican Sushi: multi-bean soup mix • water • onion • salt • cilantro • cumin • tortillas • guacamole • tomatoes • shredded cheese

Fiesta Little Lettuce Wraps: black beans • black-eyed peas • tomatoes • avocado • corn kernels • green bell pepper • low-fat ranch dressing • cumin • garlic powder • salt • romaine lettuce

Vegan Mini Wellingtons: walnuts • brown rice • chickpeas • oat bran • sage • thyme • marjoram • onion powder • soy sauce • dijon mustard • peanut butter • puff pastry • olive oil

Sweet Green Beans: fresh green beans • cloves • butter • maple syrup • honey

Did you know: A nutrient-rich food, beans contain protein, complex carbohydrates, fiber, antioxidants, and important vitamins and minerals to help maintain and promote muscle and provide a sustained energy source?
Building the Brain

A child’s brain develops rapidly during the first few years of life, forming 700 connections every second! As these connections form, the brain builds a foundation for future learning, skill-building and social-emotional development.

80% of the brain develops in the first three years.

The stronger the connections, the stronger the brain ... the stronger the foundation for development!

However, unused or weak connections are gradually lost over time, weakening a child’s foundation for development. To build strong brain connections, children need to experience basic interactions with their caregivers that help them develop language, speech, motor, and social skills—such as reading, singing, playing, and talking.

READ

SING

PLAY

TALK

Reading introduces babies to the sounds and words of language.

Singing exposes babies to rhythm and pitch.

Play teaches children problem-solving, cooperation and motor skills.

Talking to babies helps them focus on the specific sounds of their native language.

Children need to be nurtured and protected by the caregivers in their lives to grow up confident and emotionally secure.
Toxic Stress

We also know that stress impacts brain development. There’s good stress, like self-soothing, but there’s also something scientists call “toxic stress.” Toxic stress is when a child experiences chronic stress like neglect, abuse or violence. This stress is harmful and weakens the formation of strong brain connections needed for a solid mental foundation.

To best prepare our children for life, they need safe and stable places to live and play. We must ensure they have quality early experiences at home and in our communities--from day one. We must focus on the first years.

About Let’s Grow Kids

Let's Grow Kids, a statewide public education campaign, aims to raise understanding of the importance of the earliest years in the lives of Vermont's children. Funded by a collaboration of private foundations, Let's Grow Kids is working with Vermont communities, organizations, businesses and individuals to create positive, lasting change that will allow all of our children to succeed in life.

Take Action

1. Stay informed and sign The Pledge at letsgrowkids.org.

2. Tell your friends, family, neighbors and coworkers about Let’s Grow Kids.

3. Share stories about great programs, childcare providers, kindergarten teachers or businesspeople making a difference for our youngest children. Contact Megan Stearns, Communications Director, at megan@letsgrowkids.org.

4. Tell us about community events. Contact Ryan Emerson, Field Director, with information about fairs, parades, festivals, farmers’ markets, etc., that we should attend.

5. Share our photos and facts on social media! Find us on:

For more information, visit letsgrowkids.org
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The Child Care Project is a Granite United Way partner agency.