Greetings from the Child Care Project,

There are peak moments when beauty in nature is just so, well, beautiful that it’s hard not to notice. I love those moments: the deep blue of the sunset after the light has nearly faded, the sunrise turning the tops of the hills to pink, the black night sky with the spray of stars, the sun shining on the trees after an ice storm. At times like this you don’t have to have a finely tuned sense of beauty and wonder to know that something important is happening. I taught my children, I think, to appreciate these moments, or perhaps we just innately appreciate those things. What they taught me blurred my adult definition of beauty. Unbound by cultural definitions, their big thinking and little moments of awareness lead us to different kinds of beauty.

• Ladybugs are show stoppers, but cabbage butterflies swarming the broccoli plants have a special dance of their own. And so do the little green “worms” that hatch from their eggs.
• A field of lupines is easy to appreciate, but a fistful of dandelions is awfully pretty and you can pick as many as you want. They also have a distinctive smell, the sap is sticky and they have a bitter, pungent taste, should you be so inclined as to try.
• On a sunny and cloudless day at the beach, the sun dances and reflects on the water, but on a rainy day, there is water everywhere and what is more dazzling, more entralling, more limitless in potential than a mud puddle. Beautiful!

Beauty is where you find it. You can seek it, you can let it come to you or, you can follow the children and see where they lead you.

Have a beautiful summer,

Check us out any time at www.dartmouth.edu/~ccp.
care providers, this training can offer extra support around the sensitive topic of child sexual abuse. 

Presenter: Robin Castle, MA, Child Sexual Abuse Prevention Manager, Prevent Child Abuse Vermont

VT Core Knowledge Areas: 1, 2

NH Core Knowledge Areas: 2, 4

CDA Subject Areas: 4, 8

Advanced Specialized Child Care Services: 3 hours

13 Approaches to Learning - Physical and Intellectual Development, Part 8 (*Beyond the Fundamentals: Level II)

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

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

Enroll in the entire series or attend individual sessions as desired. *For more information on Beyond the Fundamentals: Level II, see page 7 of the Child Care Project Training Calendar available online at www.dartmouth.edu/~ccp/providers/ccp_training_calendar13-14amended_01-23-14.pdf. 

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

VT Core Knowledge Areas: 1, 2, 3

NH Core Knowledge Area: 3

CDA Subject Areas: 1, 2, 7, 8

Commit to Kids: Vermont’s Act 1 Training

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

Open to all Vermont center staff, attendance at this training meets the mandate of section 10 of Act 1, which states: "A licensed child care facility shall ensure that all individuals working at the facility receive orientation, based on materials recommended by the Agency of Human Services and the Department of Education, on the prevention, identification, and mandatory reporting of child abuse, including child sexual abuse, signs and symptoms of sexual abuse, sexual violence, grooming processes, recognizing the dangers of child sexual abuse in and close to the home, and other predatory behaviors of sex offenders." The basics of each of the topics required by the legislation will be covered. The 35-minute Commit to Kids video will also be viewed and discussed. Directors, teachers and staff working in Vermont programs are welcome. For those having already met the Act 1 requirement, as well as family child

page 2
Demystifying Disabilities

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

Jeanine Fitzgerald is back! In our work with children, we will have the opportunity and privilege to interact with children with disabilities and their families. To some of us, this is a frightening thought because we feel ill prepared to handle what might be involved. This session offers a general overview intended to answer some of the questions that fuel your concerns, such as "what is a disability?" "what is inclusion?" and “how do we create an inclusive environment?” A quick survey of the more common diagnoses in early childhood will be shared, as well as state of the art insights and interventions. 

Presenter: Jeanine Fitzgerald, The Fitzgerald Institute, Certified Human Behavior Consultant

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

Advanced Specialized Child Care Services: 3 hours

Mother Goose Cares About Math & Science, Part 3

Dartmouth-Hitchcock Medical Center-Fuller Board Room, Lebanon, NH • 9:00 am - 4:00 pm

See full description under April 12 (online at www.dartmouth.edu/~ccp/providers/ccp_training_calendar13-14amended_01-23-14.pdf). 

Attendance at all three Saturdays, April 12, May 3 and May 17 is required. Offered in collaboration with Vermont Center for the Book. 

Presenter: Sally Anderson, Executive Director, Mother Goose Programs, VT Center for the Book

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

RE-invigorating Your Preschool Program

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

Using the book Beautiful Stuff: Learning with Found Materials by Cathy Weisman Topal and Lella Gandini as an inspiration, we’ll examine ways to enrich your preschool classroom environment and curriculum through the use of open-ended, natural and recycled materials. In this hands-on workshop, come learn how to encourage children to express their creativity as they discover, collect, sort, arrange, experiment and think with natural and recyclable “stuff.” Many of the approaches to be shared have been influenced by educators from Reggio Emilia, Italy; we’ll explore an American interpretation of these ideas and beliefs. 

Presenter: Tara Gravelin, Consultant, Tinkering Project

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

Musical Fun for the Non-Musical

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

This training was rescheduled from December 3; if you were signed up in December, you DO need to contact us to register for this new date.

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

Presenter: Sharon Adams, M.S., Early Childhood Education Consultant and Master Instructor

VT Core Knowledge Areas: 1, 3
NH Core Knowledge Areas: 3, 4
CDA Subject Areas: 2, 8
29 Never Too Early, Part 1
Dartmouth-Hitchcock Medical Center- Fuller Board Room, Lebanon, NH • 6:30 - 8:30 pm
This two-part training by the Vermont Humanities Council offers an introduction to reading and sharing books and conversation with children. Take a journey into the world of children’s literature! In this lively, interactive workshop, learn the importance and joy of sharing picture books and stories with infants, toddlers and preschoolers. Through hands-on exploration of children’s books, learn about early literacy and related developmental issues. Learn ways to create a literacy-rich environment, and share practical ideas with others. Discover ways to make books come alive through animated reading, rhymes and extension activities that encourage language development. Take home ideas you can put to use immediately in your program, along with a free set of gift books. “Music in Nature” will be a highlight of this year’s training. *Attendance at both sessions, May 29 and June 5 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

June 2014

5 Never Too Early, Part 2
Dartmouth-Hitchcock Medical Center- Fuller Board Room, Lebanon, NH • 6:30 - 8:30 pm
See full description under May 29. *Attendance at both sessions, May 29 and June 5 is required.* **Presenter:** Brenda Metzler, MA, VT Humanities Council literacy trainer

10 Water Play is Essential Play
Dartmouth College Child Care Center- Multi & Outside, Hanover, NH • 6:30 - 8:30 pm
Water play offers endless enjoyment for adults and children of all ages. It is open-ended and involves opportunities for social interactions, physical skills and concept development. Prepare to get wet in this hands-on workshop as we explore ideas for enhancing water play and introducing children to scientific and mathematical water concepts. Learn how to turn every day materials into exciting water play toys and explore fun sensory activities beyond the water table. *Dress for wet, messy, outside play.* **Presenter:** Sharon Adams, M.S., Early Childhood Education Consultant and Master Instructor

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

12 Creating Peace-Full Learning Environments with Stories and Songs
Dartmouth-Hitchcock Medical Center- Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
Come explore the concept using stories and songs to create of a peace-full learning environment with Patrice McDonough who has been sharing and facilitating stories, games and activities for children for more than 35 years. Leave with ideas you will not want to wait until Monday morning to integrate into your home or child care center. In this fun, hands-on playshop we will explore many different ways to tell stories, including using magic books, child-generated stories, story chests and kamishibi story boxes. You’ll learn a variety of songs and finger plays that can be used for furthering relationships, helping children calm down and making transitions go more smoothly. Children of all ages, from infants to their caregivers will benefit from this approach to creating a peace-full learning environment. **Presenter:** Patrice McDonough, Early Childhood Educator and Storyteller

VT Core Knowledge Area: 3
NH Core Knowledge Area: 3
CDA Subject Areas: 2, 3
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 First Aid & Adult, Child & Infant CPR Certification: May 10, 9:00 am-3:00 pm. $110. Heartsaver Adult, Child & Infant CPR Certification: May 27 or July 8 or Aug. 5, 6:00-9:00 pm. $55. Heartsaver First Aid Certification: June 3 or Aug. 12, 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: May 14 or August 13, 5:00-8:30 pm. $50, plus $13.95 for textbook. Heartsaver First Aid: May 21 or August 20, 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.

- **New London Hospital**
  Heartsaver Adult, Child & Infant CPR Recertification: May 22 or July 28, 6:00 pm. $25. Heartsaver First Aid & Adult, Child & Infant CPR Recertification: Aug. 18, 5:00 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.

- **ProCPR.org**
  ProCPR Healthcare Adult, Child & Infant CPR Recertification: Online. $29.95. ProFirstAid Adult, Child & Infant CPR & First Aid Recertification: Online. $39.95. (888) 406-7487 or www.ProCPR.org. (Accepted in VT.)
Upper Valley Ambulance, Inc. in Fairlee, VT is an American Heart Association Training Center; for CPR and first aid training information, contact Mike Hanchett at (802) 333-4043.

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

You 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. Another upcoming option is on **May 14, 21 and 29** from 6:00-8:00 pm in Morrisville, VT. Call (802) 888-5529 to register.

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

Owners of child care facilities (including family child care homes) built before 1978 are required to attend this training once before getting registered and perform lead paint stabilization procedures annually. To reserve a seat at one of the following Vermont Department of Health approved FREE Essential Maintenance Practices trainings, call (800) 290-0527. Registration is on a first come, first serve basis. For more information, visit Lead-SafeVermont at www.leadsafevermont.org/html/landlords.html.

**May 13,** 5:00-9:00 pm at Windham Windsor Housing Trust in Brattleboro, VT

**June 2,** 5:00-9:00 pm at Howard Dean Center in Springfield, VT

**June 5,** 1:00-4:00 pm at AGC Capital Conference Center in Montpelier, VT

**June 25,** 5:00-9:00 pm at City Hall in Burlington, VT

**Family School Connections Child Care Resource & Referral Trainings**

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

**May 8:** Child Care Basic- Caring for Infants and Toddlers with Patti Harford, 6:00-9:00 pm at Sugar River Valley Regional Technical School in Claremont, NH

**May 17:** Saturday Special Combination- Is This a Good Place For Me?  Learning Spaces That Work and Challenging Behaviors with Cindy Wallace and Megg Thompson, 9:00 am-2:30 pm at Southwestern Community Services in Claremont, NH

**May 20:** Introduction to the NH Credential System with Jessica Locke, 6:00-8:00 pm at Little Lakers in Sunapee, NH
June 2: Child Care Basic - Emergent Curriculum for Emerging Learners with Cathy Pellerin, 6:00-9:00 pm at The Kid's Place in Newport, NH

June 10: Emergency Preparedness for Family Child Care Providers with Cathy Pellerin, 6:00-8:00 pm at Southwestern Community Services in Newport, NH

June 30: Social Emotional Development for Infants, Toddlers, and Their Families with Jessica Sugrue, 6:00-8:00 pm at Sugar River Valley Technical Center in Claremont, NH

VCCPA 1st Annual Family Child Care Conference
Vermont Child Care Providers Association (VCCPA) is sponsoring their first ever Family Child Care Conference, Strengthening Families by Building Provider/Family Relationships on May 3 from 8:30 am-4:15 pm at the Steak House Restaurant in Barre, VT. VCCPA member's fee of $20 includes morning workshop with Barbara Thompson-Snow on family child care home regulations, keynote by Lisa Guerrero and choice of afternoon workshop (6 hours of training total), as well as continental breakfast and lunch. To register for the conference and become a member of VCCPA is $45. For more information and to register, visit www.vccpa.org, email vtchildcareprovassoc@gmail.com or call (802) 524-5449.

Science on a Shoestring
Whenever we explore science phenomenon with kids, it is helpful to look for concepts or “big ideas” that span across the disciplines of physical, life and earth science. In this way, kids begin to see the way science fits together and how investigations can be linked together. Afterschool staff will be exposed to the seven “cross cutting concepts” identified in the Next Generation Science Standards adopted by Vermont Agency of Education in 2013. Each concept will be illustrated through participation in a simple, low-cost investigation appropriate for afterschool settings. Sponsored by Vermont Afterschool Inc., this training to be presented by Tracy Truzansky is scheduled for May 21 from 6:00-8:00 pm at the Sharon Elementary School in Sharon, VT. For more information and to register, contact Dana Anderson at daanderson@wnwsu.org or (802) 767-4632 x3140.

2014 3SquaresVT Outreach & Policy Conference
Coordinated by Hunger Free Vermont in collaboration with the Department for Children and Families and the statewide 3SquaresVT Work Group, this conference is planned for May 29 from 9:00 am-3:15 pm at the VT Technical College in Randolph, VT. 3SquaresVT, the largest federal nutrition program, provides benefits to 93,000 Vermonters.

This conference will offer an opportunity to gain a deeper knowledge of 3SquaresVT participation processes from the DCF food and nutrition team, learn about recent and upcoming federal and state policy changes, enhance outreach skills with media and messaging, network with colleagues from across the state, and participate in focused discussions with seasoned advocates. A broad range of organizations and people are invited to attend including those from community action agencies, schools and child care centers. $10 non-refundable fee includes a light breakfast and lunch. If you have any difficulties registering or the fee is a hardship, contact Hunger Free Vermont at (802) 865-0255. For more information and to register, visit www.hungerfreevt.org/learn/trainings.

Free Online College Course in Afterschool Education
For the fall semester 2014, Vermont Afterschool is partnering with the VT Child Development Division (CDD) to offer a 3-credit, online course for afterschool professionals through the Community College of Vermont (CCV). This is a tuition-free opportunity for those who are currently working in a VT-regulated child care setting (or VT residents working in a NH-regulated child care setting).
**Introduction to Afterschool Education (EDU 1320)** engages students in an exploration of the field of afterschool age care and education. The course provides students with an understanding of the history of the afterschool field and examines the skills and training that are needed to successfully develop and administer high-quality programming in afterschool settings. Semester runs September 2-December 15. Registration is open now. For more information and to register, contact Karen Scott at karenscott@vermontafterschool or visit www.vermontafterschool.org/training/online-college-courses/. Note that registration is NOT through CCV.

**Water Safety Training**

**On-line Courses**

It is strongly preferred that adults who are supervising water activities with young or school-age children participate in a live presentation. However, for those who are unable to attend such a course, these on-line courses offers a basic skill set for supervising young or school-age children during water activities. Successful completion of either on-line course will fulfill the NH Child Care Program Licensing Rule He-C 4002.29(q)(3) training requirement and meet the requirement for a basic water safety course.

Go to [www.empoweringprograms.com/watersafety.htm](http://www.empoweringprograms.com/watersafety.htm) for a NH approved on-line water safety training from Scott Noyes. Information provided pertains specifically to NH child care providers. There is NO cost to take the training. A certificate of completion is available for $7 emailed as a personalized, numbered and dated PDF within 48 hours; a mailed paper certificate is available for $8 and is sent within 5 business days. Either certificate is available after the course is completed. The course is designed to take approximately 60 minutes to complete.

Another NH approved training can be found at [www.onlinewatersafetycourse.com](http://www.onlinewatersafetycourse.com). All of the course content, video, and testing/evaluation materials are free and can be accessed anytime. A certificate of completion, typically emailed out within 24 hours of receipt of your request and payment, costs $8 for one name and $12 for two names per certificate. Certificates are valid for one year from date of issue.

**BFIS in VT**

[www.brightfutures.dcf.state.vt.us](http://www.brightfutures.dcf.state.vt.us)

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

**Online Training & Coursework**

[http://northernlightscdc.org/training/online-training-and-coursework](http://northernlightscdc.org/training/online-training-and-coursework)

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

**Child Care Aware of NH**

[http://nh.childcareaware.org](http://nh.childcareaware.org)

Providers can find information on workshops and training events being offered through the NH Child Care Resource & Referral Network. Searches can be filtered by catchment area and/or month from the home page (right hand side, midway down the page under Search For Training).
Local Colleges' Evening & Online Early Childhood Education Classes

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

Summer semester runs May 19-August 11; fall semester runs September 2-December 15. Summer and fall registration is underway.

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

3-credit online summer classes:
- EDU 1030-VO01 Introduction to Early Childhood Education with Jackie Boyd
- EDU 1250-VO01 Fostering Creative Learning for Children with Suzanne Purcell
- EDU 2010-VO01 Foundations of Education with Jenna Collins
- EDU 2075-VO01 Literature for Children with Suzanne Purcell
- EDU 2042-VO01 Program Management for Early Childhood Education with Jannice Ellen
- PSY 1020-VO01 Child Abuse & Neglect with Anie Sklar
- PSY 2010-VO01 Child Development with Anie Sklar
- PSY 2025-VO01 Development of the Young Child: Ages 3-8 with Marie Olsen
- PSY 2020-VO01 Infant & Toddler Development with Marie Olsen

Granite State College
Lebanon Academic Campus
24 Airport Road, West Lebanon, NH
(603) 542-3841 • www.granite.edu

Summer semester runs July 5-August 29; fall semester runs September 6-December 5. Fall registration begins July 8.

4-credit online summer classes:
- EDU 510 Foundations of Education with Tammy Carnevale
- EDU 550 Foundations of Early Childhood Education with Betty Mulrey
- EDU 555 Language & Literacy Development with Barbara Krol-Sinclair
- EDU 601 Observation & Assessment in Early Childhood Education with Tessa McDonnell
- EDU 602 Young Children with Exceptionalities, Birth-Age 8 with Susan Dame
- EDU 624 Assessment of Young Children in Early Childhood Special Education, Birth-Age 8 with Betty Mulrey
- EDU 625 Science, Technology, Engineering & Math in Early Childhood & Early Childhood Special Education, Birth-Age 8 with Patricia Howson
- EDU 761 Young Children with Exceptionalities, Birth-Age 8 with Susan Dame
- EDU 764 Science, Technology, Engineering & Math in Early Childhood & Early Childhood Special Education, Birth-Age 8 with Patricia Howson
- PSY 508 Child Development with Beth McKenna
- PSY 521 Language Acquisition with Denise Pazdon

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

Summer semester runs June 2-August 14; summer registration underway

Summer 2014
Upper Valley Child Care Association

For: All Upper Valley child care center directors, administrators, family child care providers and early childhood professionals from both NH and VT

Meets: 2nd Tuesday of each month, 1:00-3:00 pm at Franklin Pierce University in West Lebanon, NH

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

Connections

For: All Orange County, VT child care and other professionals directly working with young children

Meets: 1st Wednesday of each month, 6:30-8:30 pm at Valley Cooperative Preschool in Bradford, VT. No meeting in July.

Focus of upcoming meetings:

• May 7: Safety Issues Related to Our Programs with Sgt. Bridget Tweedie of the Thetford Police Department (2 professional development hours)

• June 4: Art with Melanie French. Melanie French of Visual Eyes Creativity Center will provide lots of hands-on experiences and ideas that can be immediately used within our programs.

• August 6: Back to School Readiness with presenter to be announced. This training will focus on Kindergarten transition and what we can do to help support our children who are preparing to leave our preschool/day care programs and enter public school. (2 professional development hours)

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

Early Childhood Professionals Network

For: All home- and center-based providers from northern Windsor and southern Orange Counties in VT

Meets: 2nd Monday of each month, 6:30-8:30 pm at Dartmouth-Hitchcock Medical Center, Auditorium C in Lebanon, NH

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

• May 5 (date change to 1st Monday): Assembling of bags for the Provider Appreciation Night Dinner & Bingo event on May 9 (see page 11).

• June 9: At 7:00 pm, following the pot-luck, Robin LaRue will present *Applying New Science to Age Old Wisdom, part 1* (1.5 professional development hours). This workshop will explore leading edge science and reflect on how this relates to what we already know about infants, toddlers and young preschoolers. We'll review traditional knowledge in light of recent research-based discoveries and gain insights into how we have the greatest possible impact on the children in our care.

• July 14: At 7:00 pm, following the pot-luck, Robin LaRue will present *Applying New Science to Age Old Wisdom, part 2* (1.5 professional development hours).

• August 11: Ice cream social and group activity.

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

Thank You Teachers
The Upper Valley Child Care Association

Invites you to a celebration of recognition honoring YOU and your colleagues...

Provider Appreciation Night

Dinner & Bingo

Friday, May 9, 2014 from 6:00-8:00 pm

at VFW (Veterans of Foreign Wars)
97 South Main Street, WRJ, VT*

- Doors open 6:00 pm
- Dinner 6:15-6:45 pm
- Bingo 6:45-7:45 pm
- Raffle 7:45-8:00 pm

Funding from VT Child Development Division & Vermont Birth to Three Starting Points grants.

Reservations are required & seating is limited; first come, first served. RSVP to Child Care Project (each attendee must make his/her OWN reservation):
(603) 646-3233 • (800) 323-5446 • child.care.project@dartmouth.edu

* Driving directions: Once on North Main Street in downtown White River Junction, pass The Polka Dot Restaurant on your left and follow the road to the right onto South Main Street. Continue straight (through intersection just past Hotel Coolidge) to stay on South Main Street. Driveway is on the right between Twin State Typewriter and the American Legion. VFW is up ahead on the left. Enter through the main entrance (glass doors) and head up the stairs. Contact us if you need directions to White River Junction, VT.
Notes of Interest

• **Denise Barker** of Post Mills, VT has been awarded a VT Northern Lights Career Development Center Level II certificate. Good job, Denise!

• **Melissa Berry** of Fairlee, VT has been awarded a VT Northern Lights Career Development Center Level III-A certificate. Excellent, Melissa!

• **Melissa Frary** of Chelsea, VT has been awarded a VT Northern Lights Career Development Center Level II certificate. Super, Melissa!

• **Kelly Garcia** of White River Junction, VT has increased levels in VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with two stars of recognition. Yahoo, Kelly!

• **Sheila Hathorn** of White River Junction, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with one star of recognition. You rock, Shelia!

• **Tammy Hazlett** of Thetford Center, VT has increased levels in VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with two stars of recognition. Keep it up, Tammy!

• **Jennifer Kinnarney** of South Royalton, VT has been awarded a VT Northern Lights Career Development Center Level I certificate. Great work, Jennifer!

• **Carlene Lyons** of White River Junction, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with one star of recognition. Well deserved, Carlene!

• **Krista Meyerhoff** of White River Junction, VT has been awarded a VT Northern Lights Career Development Center Level V-A certificate. Sweet, Krista!

• **Ethel Montuori** of White River Junction, VT has joined VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with one star of recognition. You go, Ethel!

• **Karen Mugford** of Randolph, VT has increased levels in VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with two stars of recognition. Wahoo, Karen!

• **Jessica Nalette** of White River Junction, VT has increased levels in VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with two stars of recognition. Good job, Jessica!

• **Vicki Prime** of Post Mills, VT has been awarded a VT Northern Lights Career Development Center Level I certificate. Bravo, Vicki!

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

• **Denise Thresher** of Randolph, VT has been awarded a VT Northern Lights Career Development Center Level II certificate. Super, Melissa!

• **Lauren Skaskiw** of Strafford, VT has increased levels in VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with two stars of recognition. Nice, Lauren!

• **Carrie Wright** of Randolph, VT has been awarded a VT Northern Lights Career Development Center Step 2 Program Director credential. Yahoo, Carrie!

Child Care Project Newsletter
• **Little Feet Children’s Center** in East Thetford, VT has increased levels in VT’s Step Ahead Recognition System (STARS) for child care, preschool and afterschool programs with three stars of recognition. Keep up the great work!

• **Sharon Afterschool Program** in Sharon, VT has increased levels in VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with four stars of recognition. Fine job!

• **South Royalton Afterschool Program** in Sharon, VT has increased levels in VT’s Step Ahead Recognition System (STARS) for child care, pre-school and afterschool programs with four stars of recognition. Impressive!

### Vermont Birth to Three Spotlight on Quality

The VT Birth to Three Spotlight on Quality Program is intended to drive and support sustainable quality and growth within VT home-based child care programs. Licensed or registered VT home-based providers with a 1-5 STAR rating may apply for one of the following incentives. STAR rating at time of submission will determine potential incentive.

1 **STAR**: $100 Lakeshore Learning gift certificate or 16gb Apple iPad Mini

2 **STARS**: $200 Lakeshore Learning gift certificate or 16gb Apple iPad

3 **STARS**: $300 Lakeshore Learning gift certificate or 16gb Apple iPad

4 **STARS**: $400 Lakeshore Learning gift certificate or 16gb Apple iPad

5 **STARS**: $500 Lakeshore Learning gift certificate or 16gb Apple iPad Air or $500

Submissions should be made, online, by: May 30, July 31, October 31 or December 31. If approved, incentive will be delivered in the month following the application deadline. One submission allowed per provider in the 2014 calendar year. Please ensure you are at your desired STARS rating prior to submission.

For more information on the VT Birth to Three Spotlight on Quality Program and to apply, visit https://vermontbirthtothree.wufoo.com/forms/vermont-birth-to-three-spotlight-on-quality/. Call Brenda Schramm at (802) 379-7267 with questions. The Spotlight on Quality Program is made possible by a generous monetary gift from A.D. Henderson Foundation, The Turrell Fund and The Permanent Fund for Vermont’s Children.

### VT Afterschool Regulations Update

The Department for Children and Families’ Child Development Division is in the process of updating the state regulations for afterschool programs in Vermont and looking for input from parents, providers and community members on the latest draft of the proposed regulations.

A public hearing on the proposed regulations will be held on **May 8** from 6:00-8:00 pm through Vermont Interactive Technologies in Montpelier, Newport, Rutland, St. Albans, White River Junction and Williston. Comments will also be accepted through an online survey and by mail.

Visit http://DCF.vermont.gov/cdd to view the proposed regulations, access the survey, see the locations of the public hearings, and get directions for submitting your comments by mail. You can also call (800) 649-2642 to request a copy of the proposed regulations as well as information on how to submit comments.

### VT Family Child Care & Center Based Regulations Update

The final documents for the revised VT family child care and center based regulations are currently being drafted. The Child Development Division anticipates the drafts will be available for comment this summer. Watch http://DCF.vermont.gov/cdd/child_care_licensing/regulation_revisions for more information and to review the drafts once they are posted.
Green Mountain United Way’s Micro Grant Funding

Green Mountain United Way’s micro grants are now available. All applications will be reviewed on a rolling basis while funds remain available. Upon approval, funding will be distributed to organizations in a one time payment. To be eligible for a micro grant, organizations must meet the following requirements: be located in Vermont and currently tax exempt under 26 U.S.C. 501(c)(3); be governed by a volunteer board of directors; and have an annual budget size of $250,000 or less. The funding is to be used to purchase supplies and/or equipment in support of activities in one or more of the following counties in Vermont: Caledonia, Essex, Orange, Orleans, Washington. Requested amount needs to be $250 or less and cannot be spent on any administrative, operating or fundraising costs. For more information and an application, contact Nancy at nzorn@gmunitedway.org.

Resource for Summer Meals in VT

Hunger Free Vermont recently produced a webinar with the Agency of Education for afterschool meal providers transitioning to summer meals. This recording discusses ideas for making a seamless transition from afterschool to summer meals and programming. If you are beginning to plan for summer and intend to provide meals through the Summer Food Service Program, check out the recording at www.youtube.com/watch?v=qhUswHdAmXE. Hunger Free Vermont is committed to providing and expanding opportunities for children to eat nutritious snacks and meals after school hours and during the summer months. Visit www.hungerfreevt.org/what/out-of-school-time for information on Hunger Free Vermont’s Out-of-School Time Nutrition Outreach Program, resources and contact info.

Free Blood Lead Level Tests Available in NH Child Care Centers

Lead poisoning is most harmful to children 0-6 years of age. It can cause learning disabilities, speech, language and behavior problems, and hearing damage. Getting a blood test is the only way to measure the amount of lead in a child’s body. Roberta Lawson, R.N., BSN, Public Health Nurse Coordinator at NH Healthy Homes has offered to do free finger stick/toe stick blood lead level tests on all children ages 6 months-6 years who attend a NH child care center. Families need to sign a consent form if they want this screening and can choose to be present or allow child care staff to assist with holding their child. Testing dates and times are flexible, though it would be ideal to have at least 5 children signed up. To learn more or schedule testing, contact Roberta at (603) 271-4718 or roberta.lawson@dhhs.state.nh.us.

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.

“Parenting Your Young Child” Parenting Series

Please share with your families: The Family Place is offering a 6-week series of parenting classes exploring the joyous, frustrating, inspiring and exhausting experience of parenting in the early years (ages 0-8). Taught by Margot Holmes, the series will explore how temperament – of both parent...
and child – can affect behavior and relationships. Other topics will include strategies for validating children’s emotions, engaging cooperation and finding alternatives to punishment. Classes will be held on Thursdays, May 8, 15, 22, 29 and June 5, 12 from 6:00-8:00 pm at The Family Place in Norwich, VT. Cost is $50 (scholarships available); no child care provided. For more information or to reserve a spot, contact Mary at maryn@the-family-place.org or (802) 649-3268 x105.

Car Seat Recycling
Every infant car seat and child booster seat carries an expiration date, usually marked somewhere on the seat’s labeling. If only a manufacture date is shown, the guideline is six years from that date. Because car seats are made of plastic, which becomes brittle and can develop cracks over time, they lose their effectiveness year by year. Any seat that has been involved in an accident is also deemed unsafe for continued use. Since there are very few recycling programs in effect nationwide, most seats are disposed of in the regular trash. Manufacturers recommend disassembling and destroying the seats so that no one will pick up and reuse them, thinking they are safe. Recycling involves a simple process of removing the seat cover, cutting the straps and using a hammer or chain saw to remove any metal hardware from the plastic body of the seat.

The Dartmouth-Hitchcock Medical Center (DHMC) Women’s Health Resource Center and the NH Child Passenger Safety Program Injury Prevention Center at Children’s Hospital at Dartmouth will be accepting car seats for recycling on May 17 from 10:00 am-1:00 pm at DHMC, parking lot 20 (look for signs and balloons) in Lebanon, NH. For more information, call (603) 650-2600.

Job Openings
Hartland Cooperative Nursery School in Hartland, VT is seeking two loving, creative and energetic teachers (lead teacher and assistant teacher) for one of two preschool classrooms. The lead teacher will work closely with the other lead teacher to design the preschool curriculum and with an assistant teacher to implement it in the classroom. The assistant teacher will assist the lead teacher in designing curriculum and in running the classroom. Both are part-time positions. Send letter of intent, resume, three letters of reference and a statement of teaching philosophy to Search Committee, Hartland Cooperative Nursery School, PO Box 97, Hartland, VT 05048 or email hcnsboardpresident@gmail.com. Positions will remain open until filled.

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.

Child Care Project Lending Library
The Child Care Project maintains a lending library of books and media to assist providers with specific concerns, curriculum development and professional development. Visit www.dartmouth.edu/~ccp/providers/lending_library.pdf to view available material and contact us to arrange to borrow an item.

Summer 2014
Beauty in the Lives of Young Children

Beauty, it has been said, is one of the most profound and essential forces in our lives (Gardner, 2011; Gendler, 2007). Many of us know that beauty can bring joy, inspire awe and promote a sense of well-being. Some of us also know beauty as an expression and deepening of the spiritual aspects of our lives.

We see reflections of sensitivity to beauty — or aesthetic sensitivity — in such human characteristics as perception, imagination, observation and creativity. These characteristics can be fostered and are intentionally addressed in some early childhood programs.

Suggestions for Fostering Aesthetic Sensitivity

Not all early childhood programs are in a position to provide art studios and art teachers. They can, however, do many things to foster young children’s aesthetic sensitivity. Perhaps the most powerful way to foster a sense of beauty in young children is to put them in touch with nature. Sandra Duncan (2010) talks about nature as being a ‘gift to our senses, minds and hearts’ and suggests that nature’s greatest gift “is giving children a beautiful and creative perspective of the world.” She suggests helping children assume the roles of gatherer, observer and creator as they interact with nature.

• As gatherers, children collect gifts from nature: simple things like a shiny pebble or a crumbly piece of tree bark.

• As observers, children take the time to explore their collections and make decisions about how to display them.

• As creators, children express their feelings and ideas about nature’s gifts through such artistic expressions as sculpting, painting and drawing.

Here are some additional suggestions for fostering children’s aesthetic sensitivity.

Surround children with beauty.

• Add plants, river rocks and other natural materials to the indoor environment. It’s best if children are involved in gathering some of these materials. After providing a few guidelines about what’s permissible to gather from nature, children can be counted on to find objects of beauty outside. You can also share these guidelines with parents and invite them to help their children find beautiful natural materials during their outings together. Basic guidelines for gathering natural materials include not disturbing animals and the places where they live. For example, an abandoned bird’s nest can be gathered, but nests that are being used should not be disturbed. Safety issues should also be addressed.

• Provide books with beautiful illustrations. Look for books with Caldecott Medal awards recognizing excellence and distinction in picture-book illustrations. Favorite children’s books receiving Caldecott Awards include Owl Moon, The Lion and the Mouse, The House in the Night, Kitten’s Full Moon and A Chair for My Mother.

• Use artistic posters and other works of art to decorate the room. Look for posters and banners with beautiful nature photography or drawings of nature. It’s best to avoid cartoon depictions of animals.

• Use tablecloths, curtains and attractive rugs to enhance the décor of the room. While ‘teaching designs’ (i.e., letters and numbers) are sometimes used on fabrics for early childhood classrooms, these should be used sparingly. Such designs often add visual clutter rather than beauty.

• Enhance and call attention to the natural features of the outdoor playspace. Grow a variety of plants, including different types of trees, fruits, vegetables and flowers. Use logs for benches and tables. Add decorative windsocks and bamboo wind chimes to call attention to the wind. Invite wildlife with a bird bath, a hummingbird feeder and a butterfly garden.

Encourage creative expressions and related discussions.

• Provide a variety of art-related materials in an organized space. These materials can be used both indoors and outdoors and should include such natural materials as leaves, seeds and small stones.

• Provide child-friendly work spaces where projects can be continued over time. Individual trays work well for some projects to define a specific space for a child’s project and make saving a more convenient option.
• Display children’s work in an attractively-arranged gallery. Children’s work, when attractively displayed, adds beauty to the classroom and encourages children to take pride in what they do. Just knowing that their work will be displayed can be an incentive for children to be more attentive and purposeful in what they do.

• Engage children in meaningful dialogue about their work. In talking with children, be sensitive to the fact that they may see beauty in ways that we can only imagine. Encourage children to talk about what inspired their work and what they like about what they made. Show a sincere interest in what they have to say and respond positively to their ideas.

Develop individual and/or group portfolios of beauty.

• Make photo albums or PowerPoint slides to capture places and objects of beauty discovered or created by the children. Make these available to the children and share them with parents.

• Create a “Wall of Beauty” by displaying objects (including such natural materials as seeds, shells and leaves) and/or representations of beauty (such as drawings, collages).

Provide direct experience with art and artists.

• Visit art galleries and museums.

• Invite local artists to visit the classroom.

Introduce diverse cultural expressions of beauty.

• Display pottery with traditional Native American designs. If such pottery is hard to get in your area, you could use illustrations of such pottery — perhaps as woven into a wall hanging or table runner.

• Introduce children’s books with stories and illustrations depicting the beauty of various places and different cultures. Books by Byrd Baylor and Peter Parnall (such as The Desert Is Theirs) provide beautiful descriptions of the desert environment, while Under the Lemon Moon by Edith Hope Fine and Rene King Moreno describes a flower-filled Mexican countryside. Other picture books that take children to different places include Under Alaska’s Midnight Sun by Deb Vanasse and Jeremiah Trammell and One Morning in Maine by Robert McCloskey.

• Avoid stereotyping and spreading misunderstandings about what is and isn’t beautiful. Keep in mind that people’s perceptions of what is beautiful or aesthetically pleasing “are socially shaped and grounded in culture and familiarity.” And children may perceive things differently than we do as adults. Consider the following: A four year old announces that his favorite color is brown. His teacher suggests that he might choose a different color, like red or yellow, because “brown isn’t very interesting.” To the little boy, however, brown might be a fascinating color. He loves nature and enjoys playing with mud, exploring the bark of trees and examining the holes in dry leaves. Or consider a preschooler getting upset when the teacher throws cut flowers in the wastebasket after they start to wilt. The child had been watching with interest the change in the flowers over time; first, the tulip bud opened, then the petals spread wide and finally the petals started to fall. This is when the teacher threw the flowers out.

Model and encourage a ‘serene mind’ in the presence of beauty.

• Keep in mind what Henry David Thoreau had to say about beauty: “You cannot perceive beauty, but with a serene mind.” Probably the best way to foster a ‘serene mind’ in children is to display serenity in what you do and say. At times, you can also invite children to join you in sitting quietly as you watch the wind blow through the leaves or listen to the birds in the nearby bushes.

• Through your words and actions, call attention to the spiritual or intrinsic aspects of beauty, such as wonder, joy and peace. Share with children the feelings you have in the presence of beauty: “Just looking at these flowers makes me feel happy.” You can also call attention to some of the qualities of specific places and objects: “Let’s sit under the tree for awhile. It’s such a peaceful place.”

Summary

Beauty is an essential force in our lives, adding zest and joy to the moment. Sensitivity to beauty is also an avenue to wholeness. Early childhood educators can foster children’s aesthetic sensitivity not only by talking about beauty, but by helping children experience it in the incredibly rich and diverse ways that beauty enters our lives.

Looking for an enrichment idea to participate in with your children? Now is the ideal time to plant a butterfly garden! What child doesn’t like digging in the dirt, planting flowers and admiring fluttery friends who might come for a visit? The fluttery insects are in abundance in the spring, summer and fall, and adding a colorful landscape will increase the delight of butterfly watching. Here’s how:

1. Pick the perfect spot to entertain your butterfly guests. Choose a sunny location that is sheltered from the wind.

2. Find a couple of flat stones – dark colored ones that hold the heat of the sun are the best. Butterflies love to sun themselves after a meal.

3. Butterflies require water, so make a small butterfly pond in the mud. Or, improvise and use a plastic lid from plasticware or from a household item such as a butter tub.

4. Choose blooming, hearty plants that love the sun (see below). In addition to flowering (nectar) plants for the butterflies, you’ll want to provide food for larva. Consider Mexican Milkweed or Passion Vine.

5. Include in your design a place to sit, such as a bench, chairs or sitting stones.

Now you’re ready for some spectacular butterfly watching!

12 Perennials That Butterflies Love:
Easy-to-Grow Nectar Plants for a Butterfly Garden

1. Garden phlox (Phlox paniculata)
   Garden phlox may be old school gardening, but the butterflies don’t seem to care. With clusters of fragrant flowers on tall stems, garden phlox offers nectar in summer and fall. Plant Phlox paniculata and expect visits from clouded sulphurs, European cabbage butterflies, silvery checkerspots and all kinds of swallowtails.

2. Blanket flower (Gaillardia)
   Blanket flower is a “plant and ignore” flower. It’s drought tolerant and can handle poor soil conditions. Once established it will push out blooms right to frost. Few butterflies will roll up their proboscises and flutter away from this one. Look for sulphurs, whites and swallowtails once this one flowers.

3. Butterfly weed (Asclepias tuberosa)
   A few plants go by the name butterfly weed, but Asclepias tuberosa deserves the name like no others. Monarchs will be twice as happy when you plant this bright orange flower, since it is both a nectar source and a host plant for their caterpillars. Butterfly weed starts slow, but the flowers are worth the wait. Better get a field guide for this one, because you might see coppers, hairstreaks, fritillaries, swallowtails, spring azures and, of course, monarchs.

4. Goldenrod (Solidago canadensis)
   Goldenrod has gotten a bad rap for years now, simply because its yellow blooms appear at the same time as the sneeze-inducing ragweed. Don’t be fooled, though - Solidago canadensis is a worthwhile
addition to your butterfly garden. Its fragrant flowers appear in summer and continue through autumn. Butterflies that nectar on goldenrod include checkered skippers, American small coppers, clouded sulphurs, pearl crescents, gray hairstreaks, monarchs, giant swallowtails and lots of fritillaries.

5. **New England aster (Aster novae-angiae)**
Asters are the flowers you drew as a child, many-petaled blossoms with a button-like disk in the center. Any variety of aster will do, really, when it comes to attracting butterflies. I like New England asters for their prolific flowers late in the year, which coincide nicely with the monarch migration. Plant asters to see buckeyes, skippers, monarchs, painted ladies, pearl crescents, sleepy oranges and spring azures.

6. **Joe-pye weed (Eupatorium purpureum)**
Joe-pye weed is great for the back of your garden beds, where at nearly 6 feet in height, it will tower over lesser perennials. While my gardening books list Eupatorium as a shade-loving plant of wetland areas, I’ve had success planting it just about anywhere, including in my full sun butterfly garden. Another late season bloomer, Joe-pye weed is an all-purpose backyard habitat plant, attracting all kinds of butterflies, as well as bees and hummingbirds.

7. **Blazing star (Liatris spicata)**
Liatris spicata goes by many names: blazing star, gayfeather, liatris and button snakeroot. Butterflies (and bees) love it no matter what the name. With showy purple spikes of flowers and leaves that appear like clumps of grass, blazing star is an interesting addition to any perennial garden. I added a few white varieties (Liatris spicata ‘alba’) to my butterfly bed for more contrast. Buckeyes are frequent visitors to this perennial.

8. **Tickseed (Coreopsis verticillata)**
Coreopsis is one of the easiest perennials to grow, and with little effort you’ll get a reliable show of summer flowers. Their yellow flowers call smaller butterflies, like skippers and whites.

9. **Purple coneflower (Echinacea purpurea)**
If you want low maintenance gardening, purple coneflower is another great choice. Echinacea purpurea is a native prairie flower of the U.S., and a well-known medicinal plant. Large purple flowers with drooping petals make excellent landing pads for larger nectar seekers, like monarchs and swallowtails.

10. **Stonecrop ‘Autumn Joy’ (Sedum ‘Herbstfreude’)**
When I first saw sedum on a list of butterfly plants, I had doubts. It’s not the showy, colorful perennial you picture when thinking of butterfly gardens. Still, I decided to plant some and wouldn’t you know it - you can’t keep the butterflies off the sedum. With succulent stems, sedum almost looks like a desert plant before it blooms late in the season. Sedums attract a variety of butterflies: American painted ladies, buckeyes, gray hairstreaks, monarchs, painted ladies, pearl crescents, pepper and salt skippers, silver-spotted skippers and fritillaries.

11. **Black-eyed susan (Rudbeckia fulgida)**
Another North American native, black-eyed susans bloom from summer to frost. Rudbeckia is a prolific bloomer, which is why it’s such a popular perennial and an excellent nectar source for butterflies. Look for larger butterflies like swallowtails and monarchs on these yellow flowers.

12. **Bee Balm (Monarda)**
It might be obvious that a plant named bee balm would attract bees, but it’s just as good at attracting butterflies. Monarda spp. produces tufts of red, pink or purple flowers on the tops of tall stems. Be careful where you plant it, as this member of the mint family will spread. Checkered whites, fritillaries, melissa blues and swallowtails all visit bee balm.

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