Greetings from the Child Care Project.

And Happy Summer! In keeping with this month’s article, I am remembering my first garden as a child. I really liked putting the seeds in and I liked spraying the garden with the hose too, although not all the water went in the garden exactly. My enthusiasm lasted all the way until the boring business of weeding began. My parents could do it for hours, it seemed. Playing in the dirt with a shovel, a pail and a dump truck was infinitely more interesting than that. I admit that I put my children through the same routine, but now I am smarter! When I have grandchildren old enough to garden with, I plan to keep my expectations appropriate to their age. Just a few minutes and a just a few weeds! After all, the most important thing is for them to enjoy the world of garden plants and animals.

By contrast, I was fascinated by the indoor garden on the kitchen windowsill, probably because I helped invent it. My mother put an avocado seed in water and it grew! When we planted it, it was a real tree. When she noticed my interest, she put a sweet potato in a jar of water and that REALLY grew. I asked if we could try a “regular” potato and that worked too. From there we experimented with carrot tops in a saucer of water and orange seeds in a pot of dirt. Then turnips tops, watermelon seeds and so on. Some things grew, others didn’t. It was interesting, it was close at hand, we did it in short spurts and we used my ideas. Eventually I lost interest and we stopped doing it. Now that was good teaching, Mom!

We’re going to the garden, kids, bring your trucks and your buckets!

Check us out any time at www.dartmouth.edu/~ccp.
**CCP Training Opportunities**

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**May 2015**

**5+ Strengthening Families Through Child Care & Early Education: A Comprehensive Approach, Parts 6 & 7**

Dartmouth-Hitchcock Medical Center-Auditorium F, Lebanon, NH • 6:30 - 8:30 pm  
See full description in Child Care Project Training Calendar (www.dartmouth.edu/~ccp/docs/ccp_training_calendar14-15.pdf). *Attendance on all seven Tuesdays is required.*  
*See below for Level II description.**  
**Presenter:** Emily Libby Marshia, Early Educator & Certified Strengthening Families Trainer  
**VT Core Knowledge Areas:** 1, 2, 3, 4  
**NH Core Knowledge Areas:** 2, 3, 4  
**CDA Subject Areas:** 3, 4, 7, 8  
**Advanced Specialized Child Care Services:** 2 hours each class

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**14 Biting Bites!**

Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm  
Everyone who has worked with young children (especially toddlers) in a group setting has experienced biting at one time or another. Biting brings out strong emotions in all involved. There is no magic wand for ending biting or for making people feel better about it. We can help families and colleagues understand why it happens and how to reduce the occurrences. During this workshop, we’ll examine biting from many different perspectives. We will look at some of the reasons that children in different developmental domains might bite, ways to respond and how to talk with families about biting.  
**Presenter:** Sunnie McPhetres, Assistant Director, Dartmouth College Child Care Center  
**VT Core Knowledge Areas:** 1, 2, 4  
**NH Core Knowledge Areas:** 2, 3, 4  
**CDA Subject Areas:** 1, 3, 4, 8

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**19 Why Am I So Upset? Understanding Your Own Emotions in Your Work with Young Children and Families**

Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm  
Behavior is a form of communication – even when that communication is difficult to hear! But why do some behaviors challenge us more than others? Our own emotions and feelings can start to help us shape that answer. In this fun and interactive training, we will look at Jacobson’s (2008) work with young children and teachers to discover how emotional memory, personal emotions and feelings can illustrate our interactions with the young children who challenge us the most. Together, we will explore actions and new ways of thinking about behavior.

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*Beyond the Fundamentals: Level II*

Building on entry level knowledge and skills, Beyond the Fundamentals curricula is based on Level II core competencies and the CDA credential subject areas. To assist providers in achieving Level II on the Northern Lights career ladder, there are seven Level II: Beyond the Fundamentals training modules, ranging from 4-17 hours each. Different modules are offered annually in each region of the state and can be taken in any order. Each includes practice and assignments that can be used for a CDA application or Level II portfolio review.

For more information, including an overview of the entire series, visit http://northernlightscdc.org/training/state-wide-curricula/beyond-the-fundamentals. To see which modules are being offered locally this academic year, check out page 7 of the Child Care Project training calendar (www.dartmouth.edu/~ccp/docs/ccp_training_calendar14-15.pdf).
No Such Thing As a Bad Kid:

Understanding and Responding to At-Risk Young Children Using a Positive, Strength-Based Approach

Charlie Appelstein

Strength-based practice is an emerging approach to guiding at-risk children that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. Join us in exploring many of the key principles and techniques of this transforming method. We will look at what strength-based practice is and the power of a positive attitude and culture; the effects of trauma and positive emotions on the brain; strength-based communication principles and techniques; self-esteem building and activities for at-risk youngsters; how to help cognitively-inflexible young people; the importance of being family centered; why, how and when to use incentives; the importance of controlling personal emotions (i.e., managing number one first); respectful limit setting; and a host of creative cognitive behavioral strategies to use with young children. Leave energized, armed with the knowledge and practical tools to better engage and relate to the challenging youngsters in your program.

Mini Conference Fee: $35

$35 fee includes six training hours, continental breakfast, afternoon snack and a chance at door prizes. Lunch is on your own – bring a brown bag, dine on site in the cafe or food court, or eat off-campus and return by 1:00 pm.

Half-scholarships are available for family child care providers in the Child Care Project coverage area in need of financial support. For more information, or if you require special accommodations in order to participate, contact child.care.project@dartmouth.edu, (603) 646-3233 or (800) 323-5446.

Passionate, humorous and informative, Charlie Appelstein is a highly sought after speaker. He is a nationally prominent child and youth care specialist whose primary focus is on teaching positive, strength-based theories and techniques to professionals who guide at-risk children and youth.

President of Appelstein Training Resources, Charlie trains and consults throughout the United States as well as internationally, with treatment facilities, foster care associations, parent groups, schools and early childhood programs, and juvenile justice programs. He has authored three books that are widely used within the field, including No Such Thing as a Bad Kid: Understanding and Responding to the Challenging Behavior of Troubled Children and Youth. His latest creation, a self-help CD for moms and dads titled, Parent Rapsody – Songs and Musical Mantras for Successful Parenting won a national Mom’s Choice award. Charlie lives in southern New Hampshire with his wife and teenage daughter.

Register by mail only (no phone or email registration accepted). Contact us for registration form or go to www.dartmouth.edu/~ccp/providers/ccp_mini_conference_15.pdf
management and discover strategies to enrich self understanding, reflection and our work with young children and families. Presenter: Jessica Sugrue, MS, ECMPWT/AMPWT, Independent Education and Training Consultant

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

20 Where Do Children’s Minds Come From? The Relational Roots of Healthy Brains
Wilder Event Center, Wilder, VT • 1:00 - 5:00 pm

Allan Schore was the first neuropsychologist to relate brain development to the quality of babies’ attachment. His 1994 book, *Affect Regulation and the Origin of the Self*, changed the climate of scientific opinion about the nature of the mind. This workshop will describe how early experience shapes children’s brains, how it builds mental capacity to manage feelings and behavior. Participants will learn how they can promote self-regulation in young children and strengthen these functions in troubled older children. The afternoon will consist of two 75-minute lectures, each followed by discussion. Bring your questions to this leading expert in brain science. Talk with him about its surprising and hopeful implications. This advanced workshop is designed for child care directors and staff, family home providers, and all persons interested in child development (including early interventionists, preschool special educators, home visitors, mental health professionals, social workers, and elementary school teachers).

This rare opportunity is sponsored by the Early Childhood Mental Health Network of the Upper Valley, Child Care Project and Let’s Grow Kids.

Preregistration **IS required and there is a fee of $40, payable in advance**; scholarships are available.
Presenter: Allan Schore, Ph.D., Award-winning researcher and Professor, David Geffen School of Medicine, UCLA

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

Advanced Specialized Child Care Services: 4 hours

20 Promoting Life-Long Health: The Psychological Roots of Physical Well-Being
Dartmouth College, Moore Hall- Filene Auditorium, Hanover, NH • 7:30 - 9:00 pm

In this 45-minute lecture, Dr. Schore will describe how early psychological experience establishes habits of mind, body and behavior that set the path for life-long health or disease. Designed for all who care about children’s development, from policy makers to parents, the lecture will be followed by a 45-minute discussion. Bring your questions about how brain science applies to our community’s children. Sponsored by the Early Childhood Mental Health Network of the Upper Valley, Child Care Project and Let’s Grow Kids, this event is free and open to the public – **preregistration is NOT required**; documentation of professional development certificates will be available.
Presenter: Allan Schore, Ph.D., Award-winning researcher and Professor, David Geffen School of Medicine, UCLA

VT Core Knowledge Area: 1
NH Core Knowledge Area: 4
CDA Subject Area: 8

Advanced Specialized Child Care Services: 1.5 hours
26 Being Non-Judgemental and Compassionate with Families Facing Extreme Stress
Dartmouth-Hitchcock Medical Center-Auditorium E, Lebanon, NH • 6:30 - 8:30 pm
We all deal with a lot of stress everyday. Sometimes this stress can be due to severe poverty, substance abuse, transportation woes or mental health challenges. When children are involved, their very intuitive nature picks up on this stress and how the adults in their lives handle the situation. Supporting parents to manage their daily stressors in a strengths-based and non-judgemental way is challenging and very rewarding. The children we care for reap the benefits of the adults in their lives working collaboratively to solve problems through caring and understanding. Join us this evening for an opportunity to vent, learn about resources, and gain new skills to support families with challenging stressors in an open and caring way. Presenter: Margot Holmes, Easter Seals & Certified Human Behavior Consultant
VT Core Knowledge Area: 2
NH Core Knowledge Area: 2
CDA Subject Area: 4
Advanced Specialized Child Care Services: 2 hours

28 Italy in Northern New England? Images and Implications of the Reggio Emilia Approach
Dartmouth-Hitchcock Medical Center Auditorium F, Lebanon, NH • 6:30 - 8:30 pm
Reggio Children is an internationally known and respected organization focused on early childhood education and based in Reggio Emilia, Italy. This workshop will bring current ideas and images from Reggio Emilia home to rural New England. Key concepts underlying the Reggio approach, such as the teacher as researcher and the child as protagonist, will be explained and illustrated with video footage of infant/toddler centers and preschools in Reggio Emilia. Current challenges facing early education in Reggio Emilia and their ongoing pilot with primary grades curriculum will be shared. The presenter participated in a study tour sponsored by Reggio Children in March 2013, and viewed the new traveling exhibit, The Wonder of Learning, in Albuquerque, NM in June 2014. Participants will discuss the role of culture in implementing the core principles of this approach in our own programs. Presenter: Dottie Bauer, Professor, Early Childhood Education at Keene State College
VT Core Knowledge Areas: 1, 3
NH Core Knowledge Areas: 3, 4
CDA Subject Areas: 2, 3, 8

June 2015

2 Carrots in Ice Cream? Kale in Juice? Making Healthy Food Fun and Enticing
The Family Place- Kitchen & Conference Room, Norwich, VT • 6:30 - 8:30 pm
Most children would probably choose chocolate chip over carrot ice cream and fruit punch over kale juice, but there are ways you can make healthy foods enticing and ensure the children in your care are getting proper nutrition daily. Children's food preferences are set as young as age 5. Serving a variety of foods to young children helps them develop the taste for fresh and healthy meals, nourishes their growth and development, and fosters a life long habit of eating well. Also, children who participate in the growing, planning and/or preparing of food are much more likely to eat what is served. Join us for this very hands-on workshop and leave with tips and recipes for fun, healthy and enticing foods to prepare with your children. Cosponsored by Upper Valley HEAL. Presenter: Marla Ianello, M.S., Pre-K Consultant, Upper Valley HEAL
VT Core Knowledge Areas: 3,4
NH Core Knowledge Areas: 3, 4
CDA Subject Area: 1

Summer 2015
Pre-registration is required for all Child Care Project training.

(603) 646-3233 • (800) 323-5446
child.care.project@dartmouth.edu

Registration is accepted beginning the first of the month prior to each class.

Contact us now to sign up for May & June Child Care Project training.

If plans change and you cannot attend a workshop for which you have registered, please do let us know as soon as possible.

Reminder: The Child Care Project does not offer training during the summer; trainings on pages 2-6 are our last scheduled workshops until fall. Please plan accordingly.

2015-2016 professional development opportunities for the upcoming academic year, September to June, will be announced in our training calendar emailed and ground mailed to you (and posted to our website) in late August.
Other Training Opportunities

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

Dartmouth-Hitchcock Medical Center Women’s Health Resource Center
Heartsaver First Aid and Adult, Child & Infant CPR Certification: May 30, 9:00 am-3:00 pm. $110. Heartsaver Adult, Child & Infant CPR Certification: June 15 or July 8 or August 3, 6:00-9:00 pm. $55. Heartsaver First Aid Certification: July 29 or August 26, 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 13 or August 12, 5:00-8:30 pm. $50, plus $13.95 for textbook. Heartsaver First Aid: May 20 or August 19, 5:00-8:30 pm. $20. 243 Elm Street in Claremont, NH. American Heart Association classes. Private courses for groups of six or more scheduled upon request. (603) 542-1839 or beth.thibault@vrh.org.

New London Hospital
Heartsaver CPR Recertification: May 19 or June 23 or August 18, 6:00 pm. $25. Weber Room, 273 County Road in New London, NH. American Heart Association classes. Register online. www.newlondonhospital.org/events/courses_classes_schedule/# or (603) 526-5501.

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 mihemhanchett@hotmail.com or (802) 333-4043.

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

You may also find a class by phoning your local fire station - many times they have trained staff willing to teach CPR and/or first aid - or your community recreation department.

VT Essential Maintenance Practices for the Stabilization of Lead Paint
Owners of child care facilities – including family child care homes – built before 1978 are required to attend this training once before getting registered and perform lead paint stabilization procedures annually. To reserve a seat at an upcoming Vermont Department of Health approved Essential Maintenance Practices training, call the number listed. For more information, visit LeadSafeVermont at www.leadsafevermont.org/html/landlords.html.

- May 19, 5:00-8:00 pm at Brattleboro Memorial Hospital in Brattleboro, VT. (802) 463-9927 x208

VT Basic Specialized Child Care Services Training
SpecializedChildCareServices(SCCS) encompasses Vermont subsidized child care for children eligible under one of the following service needs:

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

www.ProCPR.org
ProFirstAid Adult, Child & Infant CPR & First Aid Recertification: Online, $39.95. (888) 406-7487 or www.ProCPR.org. (Accepted in VT for recertification.)
• **Family Support** for a child in a family experiencing significant stress where child care is part of a larger family plan to address specific issues;

• **Special Need** for a child in child care with a special physical or developmental need.

Providers must attend a 6-hour Basic SCCS Training prior to signing the **Provider Agreement, Part 3** and being granted SCCS status enabling them to care for children with a SCCS need. This training is offered annually in the fall through the Child Care Project. Another upcoming option in Vermont includes:

• **June 16 & 23**, 6:00-9:00 pm in Williston, VT. Call (802) 863-3367 to register. Fee: $30.

### 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 FREE 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.

• **May 14**: PCAN - Helping Parents and Providers Understand Temperament with Shelly Kernozicky, 6:00-8:00 pm at Southwestern Community Services in Claremont, NH

• **June 2**: I Am Moving, I Am Learning: MVPA-It's Everywhere! with Scot Foster, 6:00-8:00 pm at Southwestern Community Services in Claremont, NH

• **June 30**: Understanding the Puzzle that is Challenging Behavior with Jessica Sugrue, 6:00-8:00 pm at Southwestern Community Services in Claremont, NH

### Farm to School and Preschool

**Building Healthier Kids and Healthier Communities**

Champlain College Master of Education in Early Childhood Education, VT Association for the Education of Young Children (VAEYC) and Shelburne Farms are hosting two presentations by Emily Jackson on **May 6** at Shelburne Farms in Shelburne, VT. **Farm to School & Preschool: Recipes for Success With Young Learners** is from 2:00-5:00 pm and **Farm to School & Preschool: Feeding the Whole Community to Grow Healthy, Happy Kids** is planned for 6:30-8:00 pm. From 5:45-6:15 pm there will be a short information session on Champlain College Master of Education online degree program. Cost is $35 for the afternoon session, $25 for the evening session, or $50 for both. Visit www.champlain.edu/masters-early-childhood-education/spring-speaker-series for more information and to register.

### VT Afterschool Training

Vicki Hoeffe, author of *Duct Tape Parenting* and *The Straight Talk on Parenting: A No-Nonsense Approach on How to Grow a Grown-Up*, will present at Sharon Elementary School in Sharon, VT on **May 9** from 9:00 am-12:00 pm. To register and for more information, contact Cindy Perry at cindyperry16@gmail.com or (802) 785-4459.

### Building Blocks for Literacy

**Executive Function Training**

Building Blocks for Literacy is offering a FREE training, **Executive Function** on **May 11** from 5:30-8:30 pm at Dartmouth-Hitchcock Medical Center in Lebanon, NH. Play-based strategies and activities based upon current brain research to support the development of executive function will be presented. Participants will receive resources, including children’s books and activities to bring back to their sites. Open to NH and VT early care and education providers, pre-K teachers and staff in the Upper Valley area. To register or for more information, contact Rachel Lapidow at rlapidow@sterncenter.org or (802) 878-2332.
In Bloom: Promising Practices in Nature-Based Early Childhood Education Conference

Antioch University New England is again offering daylong conferences showcasing cutting edge educators who are redefining early childhood education as they use the natural world as their classrooms. Each conference will have unique nationally recognized keynote speakers and unique workshops by local practitioners focused on the educational and health benefits of being outside with children. Choose to attend on May 14 at Antioch University New England in Keene, NH or June 10 at Shelburne Farms in Shelburne, VT. For more information, visit www.antiochne.edu/in-bloom-2015 or contact Peg Smeltz at msmeltz@antioch.edu or (603) 283-2301.

Dr. Allan Schore Trainings in Northern New England in May

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

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

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

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

NIOST Summer Seminars

The National Institute on Out-of-School Time (NIOST) Summer Seminars offer professional development to those in afterschool, out-of-school time, extended day, summer camp, youth development, education or related fields. Three different seminars are offered the week of July 13-17 at Hotel 140 in Boston, MA. Pricing depends on seminars attending; registration closes June 26. For more information, visit www.niost.org/Summer-Seminars/summer-seminars-2015 or contact NIOST at niost@wellesley.edu or (781) 283-2547.

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 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. 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
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.
Local ECE Professional Support Networks

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

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

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

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

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

**Meets:** 1st Wednesday of each month, 6:30-8:30 pm at Valley Cooperative Preschool in Bradford, VT

**Focus of upcoming meetings:**
- **May 6:** *Find Your Inner Mathematician* training presented by Judy Bartlett and Meri Saladino. RSVP to Meri
- **June 3:** *Playground Safety* training presented by Gary Collins, certified playground specialist. RSVP to Meri

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

Early Childhood Professionals Network
*For:* All home- and center-based providers from northern Windsor & southern Orange Counties in VT

**Meets:** 2nd Monday of each month, 6:30-8:30 pm at Dartmouth-Hitchcock Medical Center, Auditorium D in Lebanon, NH (unless otherwise noted)

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

- **May 4** (note change from regular meeting schedule): assemble goodie bags for Provider Appreciation Night; join us if you’d like to help.
- **June 8:** *Safety with Daring: What does that really mean?* training presented by Lori Harris at Center for Learning, Adventure and Discovery in Plainfield, NH
- **July 13:** Coffee social at Panera Bread in West Lebanon, NH
- **August 10:** Recipe share and regular meeting. Make your favorite recipe to share with the group; and bring the recipe for others to copy.

**For more information, contact:** Rachel Hunter at (802) 886-1070 or hunner1@gmail.com
The Upper Valley Child Care Association

U.V.C.C.A.

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

Provider Appreciation Night
Dinner &

BINGO

Friday, May 8, 2015 from 6:00-8:00 pm
at VFW (Veterans of Foreign Wars)
97 South Main Street, WRJ, VT

directions on back

This is an alcohol-free event.

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

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

Funding from VT Child Development Division & Vermont Birth to Three Starting Points grants.
Congratulations
... to Susan Quimby Young of Dartmouth College Child Care Center in Hanover, NH for being awarded Early Learning NH’s Excellence in Child Care Award for 2014. Impressive!

... to Woodstock Christian Childcare in Woodstock for joining VT’s Step Ahead Recognition System (STARS) with 1 star. Great job!

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

• Linda Dinsmore of White River Junction - 3 stars
• Sara Dube of White River Junction - 2 stars
• Kelly Garcia of White River Junction - 3 stars
• Shelia Hathorn of White River Junction - 3 stars
• Carlene Lyons of White River Junction - 3 stars
• Ethel Montuori of White River Junction - 3 stars
• Karen Mugford of Randolph - 3 stars
• Dothan Brook School in Wilder - 4 stars
• Rivendell Early Childhood Program at Samuel Morey School in Fairlee - 5 stars

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

• Cynthia Brush-Pires of Thetford - Level IV-A
• Melissa Hunt of White River Junction - Level II
• Carin Messier of Bethel - Afterschool Foundations
• Carrie Moote of White River Junction - Level II
• Marci Robidoux of Woodstock - Level II
• Melissa Trzesiara of White River Junction - Level I
• Veronica White of Fairlee - Level II
• Sarah Wright of Vershire - Level V-A

VB3 Peer Mentoring
Peer mentoring programs match seasoned and successful early childhood professionals with less experienced child care providers to form an ongoing relationship that is practical, supportive, and inspirational. Vermont Birth to Three (VB3) selects and trains qualified professionals to become certified mentors, and works diligently to pair up mentors with providers seeking peer support–free of charge. In the mentoring relationship, you identify specific objectives to focus on, such as STARS applications, business operations and curriculum development. Along the way, you provide and receive valuable support and guidance for the important work you do every day with young children. For more information, contact Didi Harris at didi@vermontbirthtotthree.org or (802) 343-7450

FitKids 4th Annual Tot Trot
Please share. FitKids invites all children and families to their fourth Annual Tot Trot – a leisurely one-mile walk and children’s event in support of David’s House – from 10:00 am-1:00 pm on May 2 at River Valley Club in Lebanon, NH. $25 registration fee is due at sign-up. There will be face painting, train rides, raffles, photo booth and more; children are encouraged to dress as their favorite superhero for the event. For more information and registration form, visit RiverValleyClub.com/Tot-Trot or contact Jenn Parker at KidFriendly@RiverValleyClub.com or (603) 643-7720 x 105.

Hampshire Cooperative Nursery School’s Cow Pie Bingo Benefit
Spread the word. Hampshire Cooperative Nursery School (HCNS) is holding this fun-for-the-whole-family event on May 16 (rain date of May 17) from 11:00 am-2:00 pm at HCNS in Hanover, NH. For $25 you get a bingo square and a chance to win $500 (or 20% of sales, whichever is less), as well as your whole family can enjoy music, crafts, games, food and a sing-along with The Flames. For more information, call (603) 643-4640.
**Car Seat Recycling Event**
Did you know that 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 that its expiration 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.

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 16** from 10:00 am-1:00 pm at DHMC, parking lot 20 (look for signs) in Lebanon, NH. Members of Lebanon’s Police Department, Fire Department and Professional Fire Fighters Association will also be on hand to show families the equipment that is used to help keep our community safe. For more information, call (603) 650-2600.

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

VINS is a nonprofit organization, whose mission is to motivate individuals and communities to care for the environment through education, research and avian wildlife rehabilitation. For more information, including driving directions, visit www.vinsweb.org or call (802) 359-5000. VINS is open year round, seven days a week. Seasonal hours now through October 31 are 10:00 am-5:00 pm.

**A Day Without Childcare Video**
What would happen if child care were not available? This was the question the Local Child Care Planning Council of Humboldt (CA) County explored with their video *A Day Without Childcare*. This well-produced video presents some very serious issues about the importance of child care services in a humorous context. Often our advocacy messages are so very serious. This takes a different approach to get the message across. Originally shared in the June 13, 2012 issue of *ExchangeEveryDay*, check the video out at: https://archive.org/details/AH-a_day_without_childcare.

**Help Wanted**
Little Lakers in Sunapee, NH is seeking a full-time Preschool Teacher to join their small, center-based program. Candidates must have at least nine ECE credits and two years experience in a licensed program. Patience, reliability, passion, high energy level, excellent communication skills and teamwork are crucial. For more information, email Samantha Heino at littlelakers2@gmail.com.

**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.
Every Child Belongs in a Garden

As the saying goes, more than a seed is planted in a garden. Children can learn not just about how natural systems work in a garden—what critters and plants live where and what do they need to survive, but also about themselves.

Helping plan, plant and tend a garden can cultivate attributes and life skills such as responsibility, independence, leadership, empathy/caring, teamwork and problem solving.

Children often don't know where their food comes from and have no idea of the energy and work it takes to grow, transport, store and prepare their food.

If they don’t have some sort of relationship to the natural world, they won't be prepared to make wise decisions about it.

Here are a few ideas to help get started gardening with children:

- Start small, and build on success. A 3’x3’ plot or raised bed is plenty for a young gardener. As their success and interest increases, enlarge the garden.
- Involve children in the planning and give age-appropriate choices. For a child younger than 5, offer two choices. As they age, children can accept a wider array of choices.
- Give a child his/her own plot. Their interest will be higher if it belongs to them.
- Keep planting simple, especially for young children, by choosing plants that have big seeds such as sunflowers, peas, beans, cucumbers, pumpkins, squashes.
- Grow plants children love to eat and look at:
  - Sturdy plants (bush or pole beans, sunflowers, marigolds)
  - Munchable plants (cherry tomatoes, snow peas)
  - Sensory plants - fuzzy (dusty miller), prickly (squash vines), rubbery (begonias), smooth (peppers)
  - Plants of different sizes (tall sunflowers, huge-leaved squashes, tiny-leaved thyme)
- Capture a sense of fun and design.

  - Plant a Pizza Garden, grown in the shape of a wheel with each wedge planted with a pizza ingredient: peppers, tomatoes, onions, garlic. Don’t forget the “cheese” (marigolds) and “crust” (either plant wheat or oats or just use hay or straw as mulch to represent it).

  - Rainbow gardens are always a hit. Just choose plants that represent the colors of the rainbow (red salvia, yellow marigolds, orange marigolds, green curly parsley, dark blue petunias, purple ageratum and pink/lavender ageratum).
- Teach about tools and how to handle them safely. Children don’t need complicated tools. Child-size tools will help, but buy the sturdy ones. Other than that, regular trowels and hand cultivators work well. (The adult plastic ones are safer and lighter to handle). Buckets and plastic pots to match a child’s size are essential and great for moving rocks and compost.
- Give children clearly defined places to plant. Create mounds, like mini raised beds (picture a mound the size and shape of a loaf of French bread) and have them plant in the TOP of them. Mulch in the troughs between the mounds.
- Plant an extra row, so children can share what they grow. Generosity is a wonderful thing and children are never too young to learn it.

- Give them clearly defined places to walk. Use carpet squares for pathways and they will always know where to walk and where not to. This avoids the need for constant Don’t step on the plants! warnings.

- Water the children as well as the plants! Gardening should be fun and on hot days there is nothing better than getting wet. Figure out what ground rules you feel comfortable with, but in general don’t worry about getting clothing wet. (As a sign of respect however, ask whether they would want their head, hands or whole body wet. You’d want the same courtesy.)

- For safety’s sake, avoid animal manures and pesticides in a child’s garden. Children are especially vulnerable to the effects of commercial pesticides, including some organic preparations. Even composted animal manures may still harbor harmful microorganisms.

- Visit the garden each day to monitor for plant problems. Are those caterpillars on the cabbages friends or foes? Do the beans have a plant disease or some other problem? What’s been eating the sunflowers? Teach them to identify problems early, and explain why preventive strategies work best.

- Become a scientist! Exercise your curiosity and engage children’s. Try a few experiments in the garden. If someone asks, “What if we plant the seed really deep?” Instead of saying it won’t work, say, “Let’s be scientists and find out what happens.”

- Make tending fun. Make a list together of the things that need to be done to help take care of the garden. Then make a wheel with a spinner and have adults and kids take turns spinning the dial to see who does what. Keep taking turns until the tasks are done. You can also, make a pack of index cards with the tasks on them, then simply “pick a card” to get tasks assigned.

- Munch, crunch, cook and eat! Foster good nutrition by harvesting and trying out the foods you grow together in the garden. You’ll encourage children to eat more fruits and vegetables.

- Increase the exercise value of your gardens. Gardening is great exercise, but ratchet that up with weed relays, laps of tag around the outside of the garden or other active games.

- Celebrate! Create a program-wide or neighborhood gathering to have your children show off their accomplishments and share their produce. Include some cooking and eating and fun activities that they can share with others.

- Stay safe! Don’t assume food is automatically safer because you and your children have produced it yourselves. Follow good food safety practices every step of the way, from seed to tummy.

Source: http://extension.unh.edu/Community-Gardens/Gardening-Children

Online Gardening Resources to Check Out

- Planting and Maturity Dates of Vegetables In NH

- Community, School & Youth Gardens
  http://vcgn.org
  https://youthgardencop.wordpress.com

- Farm to School Networks
  www.vitalcommunities.org/agriculture/uvfts
  www.nhfarmtoschool.org/school-garden-resources.html
  http://vermontfarmtoschool.org
  www.greenmountainfarmtoschool.org

- Kids Gardening
  http://www.kidsgardening.org

- Cooperative Extension Gardening Resources
  http://extension.unh.edu/Gardening-Resources
  http://www.uvm.edu/extension/yard
Fun & Unique Gardening Ideas

Potato Tire Tower
1. Prepare the seed potatoes by cutting sprouted potatoes so there is an eye in each piece. Harden the potatoes by storing the pieces in a paper sack in a dry place for a couple of days. They are then ready to plant.
2. Pick a level garden area that gets full sun.
3. With a shovel, mix garden soil with compost.
4. Set two old car tires on the ground, one on top of the other. Fill them with the garden mixture.
5. Plant the seed potatoes.
6. As the plants grow, carefully add another tire to the stack. Fill the area around the plants with more soil. You’ll bury some of the plant but make sure some of the leaves stay above the ground.
7. Add soil and as many as three more tires, one at a time, as the plants grow. If the plants stop making flowers, stop adding more tires.
8. After flowering, the plant will die back. When it looks dead, it’s time to harvest. Lift the tires off the stack and dig through the soil to find your potatoes.
Note: Fertilize regularly while the plants are flowering. Mix liquid organic fertilizer (like fish emulsion) in a watering can. Fertilize the tire tower at least every other week.¹

Bean Tepee
1. Gather 6-10 seven-foot-long poles. Buy bamboo poles from a gardening store, use PVC pipe or, for a more rustic (and inexpensive) look, use saplings or fallen branches.
2. Use a shovel and tape measure to draw a large circle (about 7 feet in diameter) in the gardening area.
3. Prepare the soil along the line for planting.
4. Line up the poles side-by-side. Make sure the bottom ends are even.
5. Use heavy twine to lash the poles together about 12 inches from the top.
6. Gather several children to lift the poles upright. Spread the loose ends apart evenly around the prepared circle.
7. When the poles are stable, weave horizontal lines with twine. Start by tying one end of the twine about 5 inches above the ground to the first pole. Wrap the twine around, move to the next pole and wrap once or twice. Continue wrapping until you get to the seventh pole.
8. At the seventh pole (the one next to the starting pole), turn around and start wrapping in the opposite direction, leaving a door into the tepee. Make the second line of twine about 10 inches above the first.
9. Continue weaving horizontal lines about 10 inches apart until you reach the top.
10. Plant climbing bean seeds around the outside base of the tepee. Bean seeds are planted about 3 inches apart and 1/2 inch deep.¹

Shoe Organizer Herb Garden
1. Decide on a location - a fence or the side of a garage or shed are good options. Use nails or screws to attach a canvas shoe caddy/organizer directly to the wall where it will hang or use a shower curtain rod and hooks; make sure whatever you use will be able to support the weight of the soil, water, plants and the caddy itself.
2. Check the drainage of the pouches before planting by pouring in some water. If there’s not sufficient drainage in the fabric, poke a few small holes in the bottom of each pouch.
3. Fill the pouches with soil or compost, but leave about an inch between the top of the pouch and the soil.
4. Add the herb plants or seeds. And watch your new shoe organizer herb garden grow!²

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