

Early Connections

A Newsletter for the Addison County Early Childhood Community
Professional Development Calendar September 2015— January 2016

Child Care Licensing Update

June 2015

The drafts for the Registered & Licensed Family Child Care Homes and Center Based Child Care and Preschool Programs Child Care Regulations are in their final stages of completion at the Child Development Division, and are now on a specific timeline:

1. **Proposed Rules will be available to the public on the Department for Children and Families, Child Development Division website as of August 8, 2015.**
2. **Public Comment Period – August 8, 2015 – September 23, 2015 (Comments can be submitted through Survey Monkey, by mailing comments to the division, and by attending one of the hearings)**
3. **Vermont Interactive Technologies (VIT) Hearings for Public Comment: Bennington, Brattleboro, Johnson, Lyndonville, Middlebury, Newport, Randolph Center, Rutland, Springfield, St Albans, White River Junction, Williston, Montpelier will take place on:**
 - **Monday, September 14, 2015, 9:00 – 11:00 AM**
 - **Wednesday, September 16, 2015, 6:15 – 8:15 PM**
7. CDD Review of Public Comments & Regulation Revisions, and making any changes based on the comments – October 2015
8. File Final Proposed Rules with Legislative Committee on Administrative Rules (LCAR) - Mid-November 2015
9. LCAR (Legislative Committee on Administrative Rules) Hearing - Date TBA ,likely in Jan.2016.
10. Adoption of Regulations
11. **Provider Training on New Regulations - CDD is proposing that these two sets of regulations will be effective on September 1, 2016.**

There is a good possibility that **all** providers who have not taken a child development course will need to take the Fundamentals for Early Care and Education course; you might want to consider getting a jump on the new regulations by taking the course now. See page 3 for more details.

For more information on the Vermont Rulemaking Process visit the Secretary of State's website.

Watch Me, Act Early

As an early care and education provider, you play a critical role in the health and wellbeing of children. You are also very well positioned to help identify children who might need extra help in their development. The Center for Disease Control (CDC) offers a free, 1 hour online training, approved by Northern Lights, as well as many free materials and resources, including free milestone checklists. Check it out at: <http://www.cdc.gov/ncbddd/watchmetraining/index.html> On October 14th, Dr. Jody Brakeley will offer a workshop which will introduce you to these materials, their importance and how to use them. Open to providers and families. **See page 7 for more information..**

Mary Johnson Child Care Services, Vermont Birth to Five (VB3), and the Addison County Child Care Providers Network Cordially Invite You to

REACH FOR THE STARS...

Thursday September 17, 2015 6—8 pm

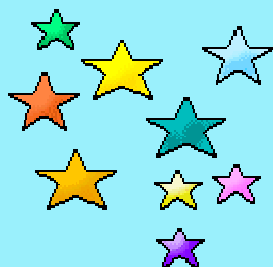


JOIN US FOR A DELICIOUS DINNER AT
FIRE AND ICE RESTAURANT and...

- ⇒ *Receive support in completing your STARS annual report*
- ⇒ *Assess what you need in order to move up in the STARS Step Ahead Recognition System*
- ⇒ *Receive support with completing a STARS Easy for 1 or 2 Stars if you haven't applied yet or would like to move up to 2 Stars.*
- ⇒ *Discuss the creation of STARS workgroups to help you reach your goals.*

Participants who submit their annual review and/or an Easy App, along with a plan with steps to move ahead in the STARS system will receive a \$25.00 bonus!

Our STARS Coordinators, VB5 Mentors, VB5 Representatives , Starting Points Network Leaders and Child Care Services Resource Specialist will be on hand to assist you!



*For more information and/or to RSVP,
please contact Amethyst at:
resource@mjcvt.org or 388-4304*

Vermont Kin As Parents
Presents the 11th Annual Kinship Conference
Parenting Revisited:
From Connection to Hope
Wed, Sept. 16, 2015
At the Doubletree in So. Burlington, VT



Offering hope and understanding in today's reality of substance abuse and its impact on children, families, and kinship care, VKAP is honored to have as the keynote speaker:

Dr. Nancy K. Young

Director of Children and Family Futures
Director of the National Center on
Substance Abuse and Child Welfare



*Vermont Kin As Parents, 33 Blair Park Rd, Ste. 100 B, P.O. Box 415, Williston, VT 05495 ** 802-871-5104*

Vermont Kin as Parents is committed to support relatives who are raising children and to educate the public and community partners about the joys and difficulties these families experience.

Addison County Starting Points Network

September 9th (Wednesday) - Wellness Network - Food Allergies and Sensitivities

September 14th - Support Network - Pot luck/discussion/reflection on this past year and what we want for next year

September 28th - Curriculum Network - Follow up on parent communication study group, review of year and conversations about next year

October 5th - Wellness Network - Coping with Depression and S.A.D—Seasonal Affective Disorder

October 12th - Messy Play and Brain Development workshop, see page 5

October 19th - Chakra Yoga and Bracelet making

October 26th -Curriculum Network - Follow up on Messy Play

November 2nd - Wellness Network - Pot luck celebration

November 9th - Support Network - Taking Care of Me

November 30th - Curriculum Network

December 7th - Support Network - Holiday Celebration

All Network meetings take place at the Counseling Service of Addison County (CSAC) with the exception of the holiday celebration which will be at the home of Gerri Barrows, Discovery Hill Family Child Care, in New Haven.



Barbara Papandrea, College St. Children's Center, has earned her Master's of Education with a concentration in Curriculum Instruction

Becca Holbrook, Parent/Child Center—for achieving an Associates Degree from the Community College of VT

Katina Whitcomb, FCC Provider, Bristol—for achieving 4 Stars in the in the STARS Step Ahead Recognition System

Janette Dumont, FCC Provider, Ferrisburgh—for achieving a NL Level IIIB certificate

Michele Fouts and The Sapphire Center, New Haven—for achieving 5 Stars in the STARS Step Ahead Recognition System

Vermont Sun Children's Center—for achieving 1 Star in the STARS Step Ahead Recognition System

SAVE the DATE!

VAEYC Fall Conference and Retreat October 15-17th

Killington Grand Hotel and Conference Center

For more information go to: www.vaecy.org

Mary Johnson Child Care Services
Barrera House
81 Water St., Middlebury, Vt. 05753
Phone: 802-388-4304
Fax: 802-388-3063

Protective Services/Family Support:
Doumina Noonan
Email: FS-PS@mjcvt.org

Resource Specialist:
Amethyst Peaslee
Email: resource@mjcvt.org

Financial Assistance Specialist:
Jane Reilly
subsidy@mjcvt.org

Referral Specialist: Ginny Sinclair
Email: referral@mjcvt.org

Food Program: Susie Pidgeon
388-2853 or cacfp@mjcvt.org

Schoolage Programs: Anne Gleason

RESOURCES FOR CHILD CARE PROVIDERS:

Need your Fire Extinguisher checked? Drop it off at Cole's Flowers on Mondays, pick it up on Tuesday afternoon. Cost \$10—20 depending on what needs to be done. **388-4003**

D & M Fire & Safety Equipment will come to your program to inspect and tag your Fire Extinguishers for \$35.00 per visit.
434-5005

Helpful Websites:

- ♦ ♦ <http://www.vanderbilt.edu/csefel/> (social/emotional dev.)
- ♦ ♦ <http://www.earlyliteracylearning.org/> (literacy)
- ♦ ♦ **Northern Lights:** <http://northernlights.vsc.edu/>
- ♦ ♦ **The Child & Family WebGuide:** www.cfw.tufts.edu
- ♦ ♦ <http://www.safekids.org>
- ♦ ♦ www.Bornlearning.org
- ♦ ♦ www.familyeducation.com
- ♦ ♦ www.zerotothree.org
- ♦ ♦ www.commercialfreechildhood.org/
- ♦ ♦ **www.VermontFamilyNetwork.org** is a statewide network of support and information for families who have a child with special needs or disabilities, and the professionals who work with them.
- ♦ ♦ **www.redleafinstitute.org:** information & resources for Family Child Care, including taxes and deductions

COMMUNITY RESOURCES

- ♦ ♦ **CHILDREN'S INTEGRATED SERVICES (CIS):** If you have concerns about your child or a child in your care, birth—3 years old, or if you have concerns about the social emotional development of a child birth—5 years old, please contact the **CIS Team at 388-3171.**
- ♦ ♦ **YOUR EARLY EDUCATION OFFICE:** If you are concerned that your preschool age child or a child you care for has a developmental delay, contact your local **Early Education** office. They can answer questions and provide support/resources and guidance for talking with parents:
 - * **Addison Central/ Middlebury: 382-1760**
 - * **Addison Northeast: Bristol: Carol Birdsall: 453-3674**
 - * **Addison Northwest: Vergennes: Deb Angier: 877-2867**
- ♦ ♦ **VERMONT'S CHILD PROTECTION LINE:** Call 1-800-649-5285 — 24 hours a day, 7 days a week to report suspected child abuse or neglect .
- ♦ ♦ **CHILD CARE CONSUMER LINE:** To report concerns about a child care provider, call 1-800-540-7942 or go to www.brightfutures.dcf.state.vt.us; click on 'Contact' in the upper right corner.
- ♦ ♦ **PARENTS' STRESS LINE:** 1-800-CHILDREN (1-800-244-5373) - for more information see p. 11
- ♦ ♦ **DIAL 2-1-1** for free and confidential information and referrals for help with food, housing, employment, health care, counseling and more. 211 is a service of the United Way.
- ♦ ♦ **HOSPICE VOLUNTEER SERVICES:** For help in supporting children and families with the loss or terminal illness of a loved one, please call Hospice Volunteers at 388-4111.
- ♦ ♦ For a copy of **ADDISON COUNTY COMMUNITY RESOURCES** contact Mary Johnson Child Care Services at: 388-4304
- ♦ ♦ **WIC/Health Dept.—388-4644**

FUNDAMENTALS FOR EARLY CARE AND EDUCATION

Tuesdays September 8th - November 10th 6 - 9 pm
Plus 2 Thursdays 6 - 9 and 2 Saturdays 8:30 am—3 pm
Instructor: Doumina Noonan, M.ECE/Adult Learning
Location: Mary Johnson Children's Center

Course Fee: \$50.00—Scholarships are available

Who should take Fundamentals for Early Childhood Professionals?

The Fundamentals course meets the education requirement in the Vermont child care licensing regulations for Teaching Assistants and lays a good foundation to obtain the CDA credential. The Fundamentals course is specifically suited for early childhood professionals who:

- Are beginning to work in the field of early childhood (birth-age 8)
- Have taken child development courses in high school or a regional technical center
- Have worked in the early childhood field for a long time but have not taken a college course in child development or applied for any Northern Lights career level certificate.

Fundamentals will provide you with a foundation in child development and developmentally appropriate practices, including child guidance, communicating with families, cultural sensitivity, and health and safety - all vital components to quality care. Knowing what children are typically capable of at various stages of development will help you provide environments and experiences which are age appropriate, decreasing frustration levels for children. Developing your curriculum based on observations of children's strengths and interests will support children's social emotional well-being and promote more engagement, reducing challenging behaviors as well.

All providers who successfully complete the course and have worked in the field for one year can apply for a Northern Lights Level I certificate and receive a \$100 bonus.

To register, contact Amethyst at: resource@mjcvt.org or 388-4304

Praise for the Fundamentals Course

“The Fundamentals course gives you everything you need to begin offering a high-quality program. It covers every aspect of child care from nutrition to curriculum, the importance of play and Specialized Care. Doumina creates a safe and comfortable environment for communicating and sharing—everyone contributes something to the group and you will get to know others in the child care community. I highly recommend the Fundamentals course!”

~ Casey Ragan-Selecky , FCC provider, Middlebury.

T. Sept. 8: Introduction to the Fundamentals: Addresses course expectations and requirements, ethics, confidentiality; giving & receiving constructive feedback as well as portfolios/ professional development documentation and CDA connections. **CDA # 5, 6**

Sept. T. 15: Healthy and Safe Environments: Members from VT's Licensing Team will answer your questions regarding licensing regulations, discuss ways to provide safe and healthy environments for children, and how the regulations are linked to Developmentally Appropriate Practice (DAP). CDA # 1, 5, 8

S. Sept. 19: Communication in the Early Childhood Workplace/Understanding Diversity: Topics to be covered: respectful and effective communication with families and co-workers; family-centered practice, how to talk about difficult topics, and developing and supporting an understanding of diversity. Between the ages of 2 and 5, children become aware of gender, culture, ethnicity, family differences and disabilities. The environment we provide and our interactions have a positive influence on children's appreciation of diversity. CDA area # 3, 4, 8

T. Sept. 22: Observing and Recording: Introduces various ways of observing & recording children's behavior. Observation is a foundation of developmentally appropriate practice & is a key concept of this course. CDA # 7

T. Sept. 29: Introduction to Child Development: Quality care is based on knowledge of child development as well as what is known about individual children. This session delves more deeply into Developmentally Appropriate Practice (DAP) as well as attachment, brain development, resiliency and an overview of cognitive and social and emotional development. CDA # 3, 8

S. Oct. 3: Infant/Toddler Interactions, parts 1 & 2: Topics to be covered in part 1: Attunement, supportive interactions, transitions, cognition, conflict/redirection. Part 2 will cover: how music, movement, language and literacy support communication, as well as nutrition and physical development. CDA # 1, 2, 3, 8

T. Oct. 6: Interactions with Preschoolers, part 1: Topics to be covered – Social and emotional health, cognitive and physical development, literacy, language & communication. CDA # 2, 3, 8

T. Oct. 13: Interactions with Preschoolers, part 2: Transitions, conflict resolution, the effects of family/life stressors, self-regulation. CDA #3, 4, 5

T. Oct. 20: Promoting Children's Healthy Sexual Development: Fostering the Prevention of Child Sexual Abuse: see page 8 of newsletter for more information.

Thursdays, Oct. 22 and 29: Basic Specialized Care: see page 8 of newsletter for more info.

T. Oct. 27: Creating Engaging Environments: How do we help children and families feel welcome in our environments? Room arrangement, learning centers, accommodations for children with differing needs, and selection of materials and equipment, both indoors and out will be covered. CDA #1, 2, 3

Nov. 3: Creating Developmentally Appropriate Curriculum: What is curriculum? How can we best prepare children for school? How can we use the Vermont Early Learning Standards to help us provide curriculum based on children's interests and strengths? CDA # 5, 6

T. Nov. 10: Sharing Final Projects/Wrap up CDA # 6

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Classes are open to all who work with and care for young children and schoolagers.

All classes take place at Mary Johnson Children's Center, unless indicated otherwise.

Please pre-register by contacting Amethyst at: 388-4304 or resource@mjccvt.org

Food Allergies & Sensitivities: Tips and Tricks

Wednesday September 9th 6:30—8:30 pm

Location: Counseling Service of Addison County, 102 Catamount Park

There are many possible reasons why a particular food may not agree with you. Learn the most common underlying causes, how to adapt, things to avoid, and delicious replacements. The possible effects of food additives will also be discussed. **CDA #1, 6**

Dr. Maxine Fidler is a Naturopathic Doctor practicing in Middlebury.

***This workshop is co-sponsored by the Addison County Starting Points Network
and is part of the Wellness Network Series.***

Introduction to Teaching Strategies (TS) Gold

Saturday September 12th and 26th 8:30 am—3:30 pm

Location: Counseling Service of Addison County, 102 Catamount Park

In this hands-on lab session, teachers will learn the basic skills they need to begin implementing TS *GOLD* in their classrooms. They will examine the progressions of development and learning and the assessment process, practice evaluating a child's portfolio, create useful assessment information by linking curricular objectives to documentation, and develop conference forms to communicate with families.

CDA#5,6,8 *Lunch is not provided. A laptop is needed to participate.*

To register, follow this link: <https://www.research.net/r/TSGsept12n26>

Instructor Linda January is the Director of Otter Creek Child Center.

Nutrition and Brain Development

Monday September 21st 6:30—8:30 pm

Participants will explore how nutrition and healthy brain development relate. We all know the human brain begins forming early in prenatal life (just three weeks after conception), but in many ways brain development is a lifelong process. How do the foods mothers eat while pregnant and the food we feed our children in the first few years of life affect their cognitive, motor and socio-emotional abilities? Join us and learn how you can play a role in promoting optimal child development through food and experiences in your child care program and at home. **CDA #1**

Gillian MacKinnon, Registered Dietitian with the Vermont Department of Health



4th Annual Farm to Preschool Gathering
Wednesday September 23rd 6 – 8 pm
Location: Footprint Farm, Tatro Rd. Starksboro

This year we are pleased to collaborate with ACORN and Footprint Farm for our annual Farm to Preschool Gathering. Have a farm tour, snack on yummy local foods, participate in hands-on farm and food/garden-related activities—including possibly a food fermentation station. You will receive CACFP or regular training credits. **Participate in 2 other food related workshops this fall and receive a copy of *Cultivating Joy and Wonder*, courtesy of ACORN. CDA #1, 5 RSVP to Amethyst**

Art as Discovery for the Young Child
Thursday September 24th 6:30—8:30 pm

Ann Moore and John Cipora of Springfield College will lead a workshop in which participants and presenters discuss and share how to best support an open-ended approach to art for young children. Participants will explore the benefits and the value of this approach. Current research about the value of creative exploration for young children will be presented with handouts on the topic. The group will have the opportunity to participate in two hands-on activities using art-making materials. **CDA #2, 8.**

Accounting and Budgeting for Child Care Providers
Wednesday September 30th 6:30—8:30 pm
Location: Vermont Technologies, 5 Court Street, Middlebury

Join us for this basic accounting and budgeting workshop designed for both center and home-based child-care providers. Some sample topics to be covered in this workshop:

- How to break down your budget into line items.
- How to use excel formulas for budgets.
- Your fiscal responsibility to the IRS.
- How to maintain a stable budget year to year.
- How to do a balance sheet, a profit and loss sheet, and a budget.
- How to calculate employee taxes.

Instructor: Steve Paddock, Vermont Small Business Development Center CDA #5

Co-sponsored by the Addison County Building Bright Futures Early Childhood Council.

Sustaining a Healthy Mood through Winter and Beyond
Monday October 5th 6:30—8:30 pm
Location: Counseling Service of Addison County, 102 Catamount Park

Whether it's winter blues or holiday stress, learn centering, calming, and focusing techniques to finish this year and start the new one in a good frame of mind. CDA #1, 6

Dr. Maxine Fidler is a Naturopathic Doctor practicing in Middlebury.

This workshop is co-sponsored by the Addison County Starting Points Network and is part of the Wellness Network Series.

The Importance of Play in Early Childhood Learning Environments.

Thursday October 8th

6:30—8:30 pm

If we are going to be successful advocates for play in the lives of children and families, then we need to be in touch with our own playful selves. Participants will explore several types of play in an effort to re-connect with their own playfulness. From there, participants will deepen their understanding of the value of play and discuss ways in which they can promote play as the foundation for educating and strengthening the families in their programs. **CDA #4, 8**

Lisa Guerrero, M.Ed is an early educator and consultant in Chittenden County.

Teaching Strategies Gold - Second Step – Analyze and Respond

Saturday October 10th

8:30 am—3:30 pm

Location: Counseling Service of Addison County, 102 Catamount Park, Middleburyt

In this 1-day advanced session for experienced users of Teaching Strategies Gold, teachers will explore in detail the second step of the four-step assessment cycle: analyze and respond. Through hands-on activities and group discussions, teachers will learn how TS Gold enables them to plan and individualize learning experiences on the basis of what they know generally about child development and specifically about each child in their classroom. **A laptop is needed to participate. You do not need to have taken the Intro to TS Gold but should have experience using TS Gold for a year or more.**

Lunch is not provided.

Instructor: Linda January

To register, follow this link: <https://www.research.net/r/TSGstep2Oct10>

Messy Play and Brain Development

Monday October 12th

6:30—8:30 pm

Location: Counseling Service of Addison County, 102 Catamount Park

Messy is a must for early childhood growth and development. We all know how much fun squishing our toes in the mud is but sensory play and all forms of messy activities are also essential for brain development. Children learn through their senses and they need stimulation to promote healthy brain development. What better way than through the sensory, creative and fun activities of messy play. This workshop will provide activities and resources for activities with all age groups, relate how this promotes brain development and offer some hand-on messy activities. Prepare to get your hands dirty!

Muffy Kashkin-Grollier is a family child care provider and artist in Orwell, VT.

This workshop is co-sponsored by the Addison County Starting Points Network

Watch Me Grow! - Children's Developmental Milestones

Wednesday October 14th

6:30—8:30 pm

Location: Counseling Service of Addison County, 102 Catamount Park

As they grow, children are always learning new things. CDC - the Center for Disease Control - has developed tools and information to help you keep track of your child(ren)'s development and get help if you have concerns. Join **Dr. Jody Brakeley** to learn about the **CDC's Watch Me, Act Early initiative**. Watch me, Act Early highlights the importance of identifying developmental concerns early and gives parents and professionals the tools to help. We will take a walk through the website, learn about free materials and tools available, and learn about the process of making a referral when you have concerns. This workshop is open to both early childhood early care and education professionals and families. **CDA # 8**

Teaching Strategies Gold – Third Step – Evaluate

Saturday October 17th

8:30 am—3:30 pm

Location: Counseling Service of Addison County, 102 Catamount Park

The 3rd step of the TS Gold assessment cycle focuses on evaluating assessment data in order to answer 3 questions: What are the levels of the child's knowledge, skills and behaviors at particular points in time? Is the child making progress? How do the child's knowledge, skills and behaviors compare to those of most children in his or her age-group? **Participants do not need to have taken the Intro to TS Gold but should have at least 1 year experience in using TS Gold. The advanced TS Gold trainings can be taken in any order. To register, go to: <https://www.research.net/r/Step3oct24>**

You will need to bring a laptop. Lunch is not provided.

Instructor Linda January is the Director of Otter Creek Child Center.

Cultivating Healthy Relationships with Food:

Positive Feeding Relationships & Picky Eating Challenges

Monday October 19th

6:30—8:30 pm

In this workshop providers will learn about the importance of adequate nutrition in early childhood and examine best practices for creating positive feeding relationships with the children in their care. Providers will have opportunities to discuss challenges they have faced with managing picky eaters and problem-solve ways to handle food rejection. This workshop will include a discussion on techniques for introducing new foods to children.

Sumra Harper-Deas, Hunger Free VT CDA #1 Counts for CACFP hours

Promoting Children's Healthy Sexual Development:

Fostering the Prevention of Child Sexual Abuse

Tuesday October 20th

6—9 pm

At this workshop, participants will:

- Understand the importance of being an “askable adult” for children
- Identify the importance of teaching children to nurture and express empathy toward others
- Recognize how open, comfortable communication between adults and children about sexuality can prevent child sexual abuse
- Distinguish normal sexual behaviors in children from behaviors that warrant concern.

Willow Wheelock, WomenSafe CDA # 1,3, 8 Advanced Specialized Care

Basic Specialized Care

Thursday October 22nd & 29th

6-9 pm

Basic Specialized Care offers all early care and education providers important information for understanding the needs of children experiencing high degrees of stress. In today's world, this could be most children, not just those under Protective Services Care or Family Support. You will gain an understanding of Social Services and your role as a mandated reporter, review normal growth and development, and focus on the effects of abuse and/or neglect, red flags and the intergenerational nature of abuse. This class is essential for serving children who have been victims of abuse or neglect and required for all programs wishing to attain the “Basic Specialized Child Care Provider” status. Working with children with special needs is also touched upon. **CDA # 3, 4,6**

Doumina Noonan, Children's Integrated Services (CIS) Child Care Coordinator

Basic Specialized Care

Thursday October 22nd & 29th 6-9 pm

Basic Specialized Care offers all early care and education providers important information for understanding the needs of children experiencing high degrees of stress. In today's world, this could be most children, not just those under Protective Services Care or Family Support. You will gain an understanding of Social Services and your role as a mandated reporter, review normal growth and development, and focus on the effects of abuse and/or neglect, red flags and the intergenerational nature of abuse. This class is essential for serving children who have been victims of abuse or neglect and required for all programs wishing to attain the "Basic Specialized Child Care Provider" status. Working with children with special needs is also touched upon. **CDA # 3, 4,6**

Doumina Noonan, Children's Integrated Services (CIS) Child Care Coordinator

Paper Making

Thursday November 5th 6:30—8:30 pm

Learn how to make paper with children. There is something in the process for all ages and skill levels: scooping and pouring water, sorting colored scraps of recycled paper, making pulp, forming sheets of paper, singing the special pressing song and laying the papers out to dry. With the finished papers, children can make books, cards, collage, mobiles, decorated shoe box houses and more. Come have fun and be inspired to explore and create. **CDA #1,2**

Laurie Shelton

Building a Trauma Informed Community

Thursday November 12th 6—9 pm

Dr. Joelle van Lent will offer an overview of the impact of early neglect and trauma on a child's development, including their ability to build relationships, learn, and respond to context. This training will incorporate approaches from attachment, family systems theory, clinical practice, and research on building resilience in children facing chronic adversity. An emphasis will be placed on the impact of developmental trauma on relationship capacity and communication skills, as well as specific recommendations for approaches and strategies to use. **Advanced Specialized Care CDA # 3, 8**

Dr. Joelle van Lent is a licensed psychologist with over 15 years of experience working with children and families. Dr. van Lent has expertise as a clinician, evaluator, and consultant, and focuses on child and adolescent mental health, family therapy, trauma, and Autism Spectrum Disorder. For the past 14 years, Dr. van Lent has worked for Northeastern Family Institute. She is currently in private practice based in the northwestern part of Vermont and is working across the state with schools and agencies.

Plugged In: Technology, the Internet, and Child Safety

Wednesday November 18th 6:30—8:30 pm

Location: Ilsley Library Community Room

This workshop is for parents and caregivers of young children and looks at screen time and the effects of technology on early brain development. What are the pros and cons of using computers in classrooms, child care centers and homes? We will also discuss the major risks to children using technology such as, cyber bullying, exposure to pornography, online gaming, and "sexting," as well as ways of keeping children safer with emphasis on supervision and education. **CDA #2, 3, 6**

Dan Ozimek, Prevent Child Abuse VT

Sensory Processing
Thursday January 14th and 21st 6:30—8:30
Bad weather date: January 28th

Do you know a child who seems to crave sensation? Or who seems to miss information on a regular basis or has difficulty with getting from point A to point B? Do you know someone who seems averse to activity and interaction or who is seemingly unable to be still? **Join Occupational Therapist (O.T.) Phoebe Chestna** for this two-part workshop:

- Part I: Introduction to Issues in Sensory Processing: why is sensory processing such a big deal?, recognizing when to be concerned, thinking about differences in sensory processing and patterns of behavior, and getting support when you have identified red flags.
- Part II: Supporting the development of Self-Regulation and Organization: activities and strategies that help with calming, attention, “just right” arousal, and organized performance.

Phoebe Chestna, O. T. CDA #2,3,8 Advanced Specialized Care

Make it Count: Nutrient Dense Foods are Key
Tuesday January 19th 6:30—8:30 pm

In this workshop providers will learn about the importance of offering children nutrient rich foods by incorporating more whole grains into the diets of young children, and limiting foods that are high in added sugars. Through hands-on activities, providers will practice identifying whole grain-rich foods and foods high in added sugars. This workshop will include a discussion on techniques for introducing new foods to children. Participants will:

- recognize the importance of limiting foods high in added-sugar and incorporating more whole grains into the diets of young children.
- locate added sugars, whole grains and fiber on a food label and be able to identify products that are whole grain rich or high in added sugars.
- discuss techniques for helping young children become familiar with new whole grain foods.

Sumra Harper-Deas, Hunger Free VT CDA #1 Counts for CACFP hours

ARC—Attachment, Regulation, Competency
Saturday January 23rd (bad weather date Jan. 30th) 8:30 am—3 pm
Location: Counseling Service of Addison County, 102 Catamount Park, 2nd building on left

What is ARC? ARC is a framework for intervention with youth and families who have experienced multiple and/or prolonged traumatic stress. ARC identifies three core domains that are frequently impacted among traumatized youth, and which are relevant to future resiliency. ARC provides a theoretical framework, core principles of intervention, and a guiding structure for providers working with these children and their caregivers, while recognizing that a one-size-model does not fit all. ARC is designed for youth from early childhood to adolescence and their caregivers or caregiving systems. **Advanced Specialized Care CDA # 3, 4, 8**

Tracie Carlson LCMHC, is Program Director of the Diagnostic Assessment Program and Community Based Services at the Northeast Family Institute—NFI-VT.

GRANTS AND BONUSES FROM THE CHILD DEVELOPMENT DIVISION

The Child Development Division (CDD) offers several grants and bonuses to support and recognize professional development and program quality. Grants are available for college tuition assistance, CDA assessment fees, and the Agency of Education Teacher Licensure Peer Review fee. Bonuses are available for Northern Lights Level Certificate achievements, Program Director and Afterschool credentials. All bonuses and grants are for accomplishments, courses etc. that have occurred within two years of the application being submitted to the CDD.

For more information on the available grants and bonuses go to:

<http://dcf.vermont.gov/cdd/grants> It is important to use the forms currently on the website as they are kept up to date. **If you have any questions about grants or bonuses, contact Lynne Robbins at (800) 649-2642 or Lynne.Robbins@state.vt.us**



INFANT/CHILD/ADULT CPR AND FIRST AID

Saturdays: September 26 January 16 March 12 May 14

CPR ONLY (including recert)	8:30 - 10:15	\$30.00
First Aid ONLY	10:00 - 12:30	\$30.00
CPR and First Aid	8:30 - 12:30	\$50.00

Registration forms and payment need to be received a week before the class is scheduled;

**Make checks payable to MJCC and send to:
MJCC, 81 Water St. Middlebury, VT 05753 Attn: Amethyst**

NAME: _____
PHONE #: _____
DATE OF TRAINING: _____

**FOR MORE PROFESSIONAL DEVELOPMENT
CHECK OUT THE BFIS COURSE CALENDAR AT:
<http://www.brightfutures.dcf.state.vt.us/vtcc>**

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