

# Early Connections

A Newsletter for the Addison County Early Childhood Community  
Spring 2014

## INVOLVING FATHERS AND MALE NURTURERS IN CHILD CARE

Exemplary programs make specific efforts to reach out to and engage fathers and other male family members, whether they are a child's primary caretaker or not. These programs play a pivotal role in enhancing communication between parents by bringing developmental and safety issues to the attention of both parents. In cases where parents don't live in the same household and don't have an amicable relationship, the center's role as an advocate for children becomes extremely important. It provides otherwise rare opportunities for both parents to focus on the children, express their concerns and care for the children to one another, teachers and other staff, and work together on resolving issues.

Research has shown one of the attributes of a successful non-violent family is role flexibility—especially gender roles. This means family members expect to share responsibilities when necessary, even if they are not consistent with traditional gender roles. Exemplary programs don't assume what activities moms or dads perform, but give complete information to both parents and respond equally to parents' questions. They show both little boys and girls examples of both men and women in nurturing roles. They break down stereotypes about fathering and mothering, showing both parents they are equally equipped to nurture children. Programs often help fathers develop stronger relationships with their children by expanding both fathers' and mothers' ideas about what it means to be a good dad. Through these strategies, exemplary early care and education programs model a central aspect of successful family functioning.

### **Tips for Programs:**

- ◆ Plan father-friendly activities that attract men to the program. These might include traditionally male activities, such as sports events; opportunities for men in the program to get to know each other, such as a fathers' breakfast; or opportunities for fathers to explore parenting, such as father child activity nights.
- ◆ Create an advisory committee of fathers and male staff members to plan and organize events that are of interest to men.
- ◆ Create clear policies to involve both parents, including practices to engage non-custodial parents. Inform parents of these policies when they first come to the program.
- ◆ Encourage fathers to come to the center regularly to pick up or drop off their children, attend parent-teacher conferences, or participate in regular events. Include them in invitations that go out and welcome them when they come.
- ◆ While it is important to create some activities designed to specifically appeal to men, design the bulk of parent activities to appeal to both sexes.
- ◆ Endorse male nurturing through staff modeling, pictures, program materials, and fathering classes.
- ◆ Promote the notion of a "good dad" as a multifaceted one, and encourage fathers to pay attention and talk to their children, to show affection to their children, and to be present in their children's lives in meaningful ways.

*From the Strengthening Families Guidebook, [www.cssp.org](http://www.cssp.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**  
schoolage@mjcvt.org  
388-2853 - schoolage@mjcvt.org

### RESOURCES FOR CHILD CARE PROVIDERS:

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

**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.cfw.tufts.edu)
- ◆ <http://www.safekids.org>
- ◆ [www.Bornlearning.org](http://www.Bornlearning.org)
- ◆ [www.familyeducation.com](http://www.familyeducation.com)
- ◆ [www.zerotothree.org](http://www.zerotothree.org)
- ◆ [www.commercialfreechildhood.org/](http://www.commercialfreechildhood.org/)
- ◆ [www.VermontFamilyNetwork.org](http://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](http://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](http://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
- ◆ WOMENSAFE HOTLINE: 388-4205 or 1-800-388-4205; business office 388-9180; TTY: 388-4305

PROMISES TO KEEP - RESOURCING THE NEEDS OF VERMONT'S CHILDREN AND FAMILIES



# REGISTER TODAY

## FOR EARLY CHILDHOOD DAY AT THE LEGISLATURE

VERMONT  
EARLY CHILDHOOD ALLIANCE



WEDNESDAY, MARCH 12, 2014  
9:00 AM - 4:00 PM

Join early childhood professionals, parents, employers and policymakers at the Vermont State House and the Capitol Plaza Hotel in Montpelier to:

- Take action at the State House
- Meet with legislators about early childhood issues
- Be inspired by guest speakers
- Engage in the Work: Community Discussions
- Celebrate two decades of early childhood advocacy

**REGISTER BY FRIDAY, MARCH 7**  
**WWW.VERMONT-EARLYCHILDHOODALLIANCE.ORG**

### When you register:

- Volunteer at the day
- Reserve organizational table space
- Sign up for an advocacy training
- Nominate an early childhood champion
- Submit your story or decorate a doll

\$30 registration fee, includes agenda, breakfast and lunch

Scholarships and on site child care available upon request



Turrell Fund



A.D. Henderson Foundation

### Questions?

Contact Sarah Alberghini Winters, ECDL Coordinator, at [sarahalberghiniwinters@gmail.com](mailto:sarahalberghiniwinters@gmail.com) | 802-272-1218

## **EARLY CONNECTIONS PROFESSIONAL DEVELOPMENT CALENDAR**

*Classes are open to both early care and education providers and parents, and take place at Mary Johnson Children's Center in Middlebury, unless indicated otherwise.*

*Please pre-register by contacting Amethyst at: 388-4304 or [resource@mjcvt.org](mailto:resource@mjcvt.org)*

### **HELPING FAMILIES UNDERSTAND SOCIAL-EMOTIONAL DEVELOPMENT WITH A FOCUS ON TEMPERAMENT** Saturday March 8th 8:30 am – 3:30 pm

**LOCATION: CSAC Conference Room, Catamount Park, Middlebury**

The foundation for healthy social-emotional development laid in the first 3 years helps a child establish meaningful relationships with parents, caregivers, and peers and supports his or her learning, both in and out of school. When children experience difficulty in acquiring social-emotional skills, they are at increased risk emotionally, developmentally and academically.

A child's temperament influences not only his or her style of interaction but the very way s/he understands and experiences the world and the people in it. Participants will become aware of how their own temperaments, their reactions to others' temperaments and the child care environment can interact to support a child's healthy development. In addition, participants will discuss how best to assist parents in understanding their own and their children's temperament.

**Sharon Adams, Infant Toddler Specialist    Advanced Specialized Care    CDA #3 & 4**

**Breakfast snacks and lunch will be provided.**

*This workshop is offered through collaboration between VAEYC—the Vermont Association for the Education of Young Children and your local Resource Development Specialist. Funding is provided through a grant from the VT Child Development Division; CDD grant funding is through Workforce Education and Training Funds from the Vermont Department of Labor. It is also supported in part by CYTAP—the Child and Youth Technical Assistance Program through a collaboration with VT's Military Child Care Liason.*

### **NURTURING HEALTHY SEXUAL DEVELOPMENT, part 2** Tuesday March 25th 6 - 9 pm

This workshop is a continuation of Nurturing Healthy Sexual Development offered in the fall; it provides an opportunity to ask questions based on your experience, pose scenarios derived from your work with children, and take a more in-depth look at the subject.

**Willow Wheelock, Education Coordinator for WomenSafe**

**Advanced Specialized Care    CDA # 3**

**PROMOTING HEALTHY SOCIAL EMOTIONAL DEVELOPMENT:  
FOUNDATIONS OF EARLY LEARNING**

**Tuesdays April 1st, 8th and 15th , 6—9 pm and Saturday April 5th, 8:30 am—3 pm**

This 15 hour mental health series is aligned with the teaching pyramid model for supporting social competence and preventing challenging behavior in young children. This series is based on training and tools provided by the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) Preschool Modules 1 and 2. This research-based series creates a strong foundation to support all children.

**Advanced Specialized Care                      CDA #3**

**Rebecca Webb** has been an early educator since 1997, first, as a preschool and toddler teacher in childcare centers. She earned her Master's in Special Education for birth to 6 year olds in 2002. She has worked as an EEE teacher and currently provides services in community childcare centers. Additionally, she is an Teaching Strategies Gold instructor..

**Amethyst Peaslee** works as the Resource Development Specialist for Mary Johnson Child Care Services; she has a Masters in Early Childhood Special Education and previously worked in child care programs with ages 3—5 years old.

**COOKING WITH QUINOA**

**Monday, April 7            6:30-8:30 pm**

Let's explore quinoa and its many colors and varieties. Quinoa is a grain and is packed with protein and quicker to cook than rice. We'll experiment with a variety of cooking techniques: boiling, cooking as a casserole, and using a slow cooker. We'll try Quinoa- Spinach "Mac" and cheese, Quinoa and Vegetable Salad, and Plain Quinoas in Red, Black, and White.

**Suzanne Young, CACFP Nutrition Educator            CDA #1**

**BASIC SPECIALIZED CARE**

**Wednesday April 16th and 23rd    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 is required for all programs wishing to attain the "Basic Specialized Child Care Provider" status. Working with children with special needs is also touched upon.

**Doumina Noonan, CIS Child Care Specialist & a local DCF representative.    CDA # 3, 4, 6**

**EARLY SPROUTS:**  
**INCORPORATING MORE VEGGIES INTO MEALS AND SNACKS**

**Tuesday, April 22 6:30-8:30 pm**

Still trying to incorporate more veggies into your meals and snacks? Come try some recipes and activities from a great agricultural and food education resource: “Early Sprouts, Cultivating Healthy Food Choices in Young Children”, by Karrie Kalich. We’ll try some hands-on activities for getting children involved with veggies and cooking, and then make our own food with recipes from the book. We’ll make: Green and Orange Pasta Salad, Bell Pepper and Couscous Castles, and Cheesy Swiss Chard Squares.

**Suzanne Young, CACFP Nutrition Educator CDA #1**

**PHYSICAL DEVELOPMENT—HOW TO SUPPORT IT**  
**AND RED FLAGS TO WATCH OUT FOR**

**Thursday April 24th 6:30—8:30 pm**

An essential ingredient in providing developmentally appropriate care is a good understanding of typical development and how to support it, as well as red flags which will let you know when development may not be on track. Join Heidi Wilhelm, Physical Therapist, to gain a deeper understanding of physical development, red flags, and common issues which are cause for a referral. Bring your questions and concerns.

**Heidi Wilhelm, P. T Advanced Specialized Care CDA # 2**

**DEVELOPMENTAL TRAUMA and ATTACHMENT RELATED**  
**CHALLENGES AND INTERVENTIONS**

**Tuesday April 29th and May 6th 6:30—8:30 pm**

This workshop will provide a framework to look at the effects of early trauma on social/emotional development, describe behaviors and characteristics of children who have experienced trauma, and offer strategies for intervention. Examples from the group will be discussed with interventions suggested.

**Leanne LaChance, The Vermont Adoption Consortium**

**Advanced Specialized Care CDA #3, 8**

*For more professional development opportunities, check the  
BFIS course calendar at:*

*<http://www.brightfutures.dcf.state.vt.us/vtcc/>*

*You can also find online training approved by Northern Lights and CDD at:  
<http://northernlightscdc.org/training/online-training-and-coursework/approved-sponsors-of-online-classes/>*

**THE STRENGTHENING FAMILIES APPROACH IN ACTION**

**Thursday May 1st 6:30—8:30 pm**

This 2-hour workshop is designed for Early Care and Education Providers to develop strategies and practical application using the Five Protective Factors of the Strengthening Families Approach to prevent child abuse. Through discussion and activities, participants will explore ways to demonstrate leadership and modeling for parents that will build parental resilience, provide social connections, offer concrete support in times of need and increase knowledge of parenting and child development. Participants will also discuss the importance of augmenting the social and emotional competence of children in the context of abuse prevention.

**Amy Johnson, Prevent Child Abuse VT    Advanced Specialized Care    CDA 4**

**WOODWORKING WITH CHILDREN**

**Tuesday May 13th 6:30—8:30 pm**

Come explore woodworking on a child’s level (no pun intended). In this hands-on workshop, learn how to choose appropriate tools for children as young as three, teach children how to use tools safely, and build simple projects. Additional topics covered will include organizing materials, time and behavior management, and fostering creativity.

**Jennie Harriman, M.A., M.F.A.    CDA # 1, 2**

**INFANT/CHILD/ADULT CPR AND FIRST AID**

**Saturdays:    March 15    May 17**

- ⇒ **CPR ONLY (including recert) 8:30 - 10 am    \$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: \_\_\_\_\_**

**PLEASE CHECK TRAINING NEEDED**



- ◆ **Cookie Cummings, Mountain Road Preschool, Addison, for achieving 3 Stars**
- ◆ **Helen Swenor, FCC in Ferrisburgh for achieving a Level I Certificate and 2 Stars**
  - ◆ **Jennifer Cyr , FCC in Middlebury for achieving 3 Stars**

### HARVEST OF THE MONTH

**Maple Granola—Yield: 5 cups**

**Ingredients:**

- 4 ½ cups old fashioned oats or oat groats
- ¼ cup raisins
- ¼ cup dried apple slices
- 2 Tbsp. ground flaxseed
- 2 tsp. ground cinnamon
- ½ cup vegetable oil
- ½ cup maple syrup
- serve with yogurt (optional)



**Directions:**

- Preheat oven to 350 °F.
- Combine all dry ingredients, except dried fruit, and stir until everything is well distributed.
- Add oil first and then liquid sweetener, and stir until well combined.
- Pour out onto a large rimmed cookie sheet and place in oven. Bake for a total of about 20 minutes, stirring every five minutes. Try it on the cautious side to see how your oven behaves. You don't want to burn it! Granola is done when it is browned and crispy.
- Remove from the oven. Mix in dried fruit.. Serve with yogurt (optional).

***For more delicious healthy recipes visit Green Mountain Farm to School at:  
<http://www.greenmountainfarmtoschool.org/programs/harvest-of-the-month/>***

***You can also visit them on Facebook at:  
Vermont Harvest of the Month***