

Early Connections

A Newsletter for the Addison County Early Childhood Community
Professional Development January—May 2015

A Complicated Holiday

Modified slightly from Bruce T. Marshall

I wish for you this year a complicated holiday. Not the holiday of simple joys and warm memories that we feel obligated to strive for, but a season in which there is room for the complexities that occur during this time. ~ A season of complicated memories, of happiness and pain, of comfort and loss, of disappointment and fulfillment. ~ A season of gifts, some that remind us of the relationships that sustain us, some that remind us of the silliness and excess to which we are also subject. ~ A season of joy that also has room for sadness, because gladness and sorrow take place together. ~ A season of busyness that also grants us times to pause. A season of bustling that also allows time for quiet. ~ A season of celebrations that also encourages time for reflection. ~ A season of stories and songs about which we have complicated feelings. Some fill us with warmth of nostalgia, some make us cringe with discomfort, and some bring messages of truth and hope that we still yearn to hear. ~ A season of light that brings us to see more intensely the shadows of our lives. ~ A season of hope that underscores how far we still must travel to realize these dreams.

How to Handle Grief—Helping Children Grieve

- Be aware of what you yourself are feeling; have some safe ways of expressing your feelings both with children and away from children.
- Provide ample time and a comfortable physical space to listen.
- Respect whatever unique ways children express their feelings; know that their expression is likely to be intense, brief, and repeated.
- Arrange some physical methods for children to express their feelings, especially anger. Examples: clay, paints, old magazines or telephone books for ripping, blocks, etc.
- Do not overload children with information; answer only the questions they ask. Be patient when they repeatedly ask the same questions.
- Offer lots of appropriate choices for decision-making--often. Death may bring feelings of losing control.
- Answer children's questions with simplicity and honesty. "I don't know" is an acceptable answer. Describe death and dying in literal terms.
- Remember that young children will generalize and associate about important people and emotions. Example: if a sibling died in the hospital, then hospitals are likely to hold certain fears.
- The basics count all the more. Regular routines, schedules, familiar people and places are best and good food and a warm bed are comforting.
- Know that a child will grieve cyclically--at each new developmental level he/she will relive his/her loss as he/she continues to integrate the loss into his/her life at new ages.
- Observe that a child grieves as part of a family, and the entire normal family structure has shifted. This may mean a change in roles and additional loss to grieve.
- Respect, encourage, and honor a child's feelings, whether they are fear, grief, sadness, guilt, anger or love. These are natural feelings that help the child process, integrate and heal from the loss.

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 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.safekids.org>
- ♦ www.Bornlearning.org
- ♦ www.familyeducation.com
- ♦ www.zerotothree.org
- ♦ www.commercialfreechildhood.org/
- ♦ **www.VermontFamily Network.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**
- ♦ **WOMENSAFE HOTLINE:** 388-4205 or 1-800-388-4205; business office 388-9180; TTY: 388-4305



Star Porter, Starksboro Coop Preschool, for successful completion of
The Child Care Apprenticeship Program

Cookie Cummings, for achieving 4 stars in the STARS Step Ahead Recognition System & an Affiliate I Instructor Certificate through Northern Lights Career Development Center

Ashley Bessette, Director, Evergreen Preschool, for successful
completion of Step 1 of Directors Credential

For successful completion of the Fundamentals Course:

Mindi Armell - VT Sun Children's Center
Courtney Bean - VT Sun Children's Center
Megan Bedard - Parent/Child Center
Maria Bedell - VT Sun
Kim Crawford-Evergreen Preschool
Tina Davis - New Leaf Montessori
Kirsten De La Cruz - Family Child Care
Jessica Donnell - Otter Creek Child Center
Jessica Dunham - Otter Creek Child Center
Keri Gould - Rutland Co. P/CC in Brandon
Laura Hannah - Lincoln Coop Preschool
Kelli Powers - Otter Creek Child Center
Whitney Prouty - VT Sun Children's Center
Melissa Ruitenbergh - Cornerstone Preschool

Grants and Bonuses from the Child Development Division

As many child care providers know, the 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



Supporting Children Exposed to Substance Abuse

**Tuesday January 6th and 13th 6 – 9 pm
Isley Library Community Room**

This 2 part workshop will begin with a viewing of **The Hungry Heart**, a documentary film by Bess O'Brien about prescription drugs, addiction and recovery in Vermont. (To see a trailer of the film go to <http://thehungryheartmovie.org/>). This will be followed by an exploration of how adult substance use impacts children and what we can do in our roles to help.

We will focus on three main areas:

- How our professional caregiver role is impacted by issues of addiction, and resources for self-care and support;
- Identification of current issues showing up in your programs (what you are seeing related to the impact of substance use on children and families) and;
- Practical strategies to benefit individual children and your program as a whole.

Emphasis will be placed on real issues and working together to share effective strategies that promote healthy outcomes for children and their families.

CDA: #3 & 4

Advanced Specialized Services

***Presenter Robbin LaRue M.A. (Ed)** brings a richly diverse background to her work with over 30 years' experience in human development, parent-child health, early care and education, primary prevention and the promotion of optimal emotional health and wellness across the lifespan.*

**Dinner will be served both evenings!
Please come early if you are able...**

The workshop is open to parents and other community members as well.
Please spread the word; **RSVP 388-4304 or resource@mjcvt.org**

Funded through the generosity of the Vermont Birth to Three Project— vermontbirthtothree.org

Movement and Brain Research for Afterschool

**January 8th 6:30 8:30 pm
Mary Johnson Children's Center**



Participants will examine current brain research that links movement to academic performance, mood regulation, and wellness. Movement strategies will be introduced that can be used in an afterschool space to enhance programming.

***Laura Boudreau M.Ed.,** has been a classroom teacher in PreK-6 setting for the last 19 years. It was during her master's program that Ms. Boudreau stumbled across new brain research that linked movement to greater academic successes in students, as well as a daily mood regulator. Since then, she has been off and running creating tools for child centered settings to encourage children to move before, during, and after an activity takes place.*

Children's Integrated Services Consultation Group
Second Wednesday of Each Month 6:30—8 pm
At the Parent/Child Center

Join members of the Children's Integrated Services Team—Howdy Russell, Becky Bertrand and others—to discuss your work with children and families. These evenings will provide the opportunity to have facilitated conversations regarding challenging situations you may encounter in your program and brainstorm ways to respond under the guidance of the CIS Team. **CDA # 3,4 Advanced Specialized Care**

Please RSVP to Amethyst—388-4304 or resource@mjcvt.org

Strengthening Families
7 Tuesdays January 20th—March 3rd 6:30—8:30 pm
(Bad weather dates: March 10th and 17th)

*We will start this series by attending part 1 of Robbin LaRue's workshop on T. Jan. 6th so we may view *The Hungry Heart*; participants are encouraged to attend part 2 of Robbin's workshop, but it is not required.*

This series:

- ◆ Builds on family strengths, buffers risk, and promotes better outcomes for children.
- ◆ Builds on and can be integrated into existing programs, strategies, systems and community opportunities.
- ◆ Can be implemented through small but significant changes in everyday actions.
- ◆ Is grounded in research, practice and implementation knowledge.
- ◆ Will give you the ability to apply for 3 points in the STARS Families and Communities Arena

Using the Strengthening Families approach, programs and practitioners have altered their work with children to provide everyday opportunities for families and to build protective factors needed to nurture young children effectively. It's about helping all families be the best they can be, even under stress. And about helping children thrive. ***It's about Strengthening Families.***

Advanced Specialized Care CDA #4

Doumina Noonan, M.ED, Children's Integrated Services Child Care Coordinator

Amethyst Peaslee, M.ED, Resource Development Specialist

This series is intended to be taken as a whole.

Breaking Down Barriers:
Strengthening the Prevention of Child Sexual Abuse
Thursday January 12th 6:30—8:30 pm
Mary Johnson Children's Center

This workshop builds on the concepts learned in Nurturing healthy Sexual Development (NHSD) and further explores the prevalence, dynamics and prevention of child sexual abuse. Participants will build a better understanding of how sexual abuse happens and practice skills for identifying, responding to and preventing abuse. Participants will:

- Practice responding to children's questions, comments and behaviors in ways that promote healthy sexuality
- Learn what adult responsibility for keeping children and youth safe looks like.
- Define 'grooming' and differentiate between adult/adolescent behaviors that are nurturing vs. predatory
- Explore strategies for supporting children who disclose sexual abuse and for holding accountable people whose behavior with children makes us uncomfortable

Advanced Specialized Care CDA #1,3

Willow Wheelock, WomenSafe Education Coordinator

The Roots of Violence Against Women and Your Role in Creating Cultural Change
Thursday January 22nd 6:30—8:30 pm
at Mary Johnson Children's Center

In this workshop, participants will explore the deep cultural roots that support the perpetration of violence against women, even in today's progressive environment. Strategies for shifting the culture towards equality will be identified and participants will come away with an understanding of why domestic and sexual violence is everyone's business. **CDA #4**

Willow Wheelock, WomenSafe Education Coordinator

A Year of Exploration!

Four Winds Nature Institute is partnering with Mary Johnson Child Care Services to offer A Year of Exploration workshop series* this upcoming Winter, Spring and early Summer . A hands-on and minds-on professional development opportunity, each two hour workshop offers:

- Current research and background information on the positive impacts on child development of time spent interacting with the natural world.
- Reflection and collaboration on integrating regular unstructured time outside into your program.
- An introduction to the local natural highlights of each season, what can you find and explore with children outside your door in Winter, Spring and Summer?

Winter Wonders	Saturday January 24th	9—11 am
Sensing Spring	Thursday April 16th	6:30—8:30 pm
Signs of Summer	Thursday May 14th	6:30—8:30 pm

Please note: There is a \$10.00 fee per person for each workshop.
Workshops may be taken individually or as a full series.

Learn It Online!
Thursday February 5th 6:30—8:30 pm
at Mary Johnson Children's Center

What is online learning and how is it different from learning face to face? How can online learning "count" for your annual training requirements? Is all online learning the same, and how can you find what you want? Come and peek inside several non-credit online learning modules and discover how to find and use approved online training to support your professional development in Vermont. Learn to identify quality, and to select online training that is right for you. No computer experience required, but curiosity is a must! Upon completion of this workshop, participants will have:

- Recognized if they are ready for an online learning experience, why they might do this, and what kind of online learning best meets their needs
- Identified sources for online learning that meets their needs and how to begin

Instructor Nancy Sugarman - Director of the Northern Lights Career Development Center

Children and Sleep
Thursday February 12th 6:30—8:30 pm
Mary Johnson Children's Center

Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. That is why it is important for parents and caregivers to start early and help their children develop good sleep habits. In this workshop we will discuss how parents and caregivers can help infants and toddlers develop healthy sleeping habits. We will touch on why sleep matters, sleep deprivation, sleeping through the night, sleep training, co-sleeping and use of pacifiers. We will also go over hints, tips and other ideas for helping children learn to fall asleep independently by building successful bedtime routines. **CDA #2,4**

Michelle Audette, M.Ed is a member of the Addison Co. Children's Integrated Services Team

Coming to Terms: How to Effectively Use Contracts and Policies with Parents
Wednesday February 18th 6:30—8:30 pm
Mary Johnson Children's Center

Participants will learn how to establish an effective contract and policies and enforce their agreement with parents. Content includes:

- How to establish a business relationship with parents
- The four key elements of a contract
- How a contract and policies differ
- How to resolve conflicts and enforce agreements
- How to write a transportation policy that protects you and the children

This live Webinar is presented by Tom Copeland and supported by funding from **Vermont Birth to Three**. There will be a facilitated discussion/reflection following the webinar. **CDA # 4, 5 & 6**

Tom Copeland is the nation's leading expert on the business of family child care. He is an independent consultant, trainer, author, and family child care advocate and is featured on the National Association for Family Child Care's Business Center. To read more about Tom's work go to: **www.nafcc.org**

Calling all Program Directors!
Monday March 2 6:30—8:30 pm
at Mary Johnson Children's Center

Are you a program Director, or think you might like to be a Director? Afterschool and Early Childhood Program Directors need to have knowledge and skills in many areas: child and youth development, family involvement, teaching and learning, health and safety, organizational management, budgeting and grant writing, regulations, personnel, leadership, and more! Discover new resources for program directors, learn how to use them, and take away tools that can be shared with your Board, staff and colleagues. Assess your skills as a director and the next steps that you can take to become even more confident and effective. **CDA # 5, 6**

Co-facilitated by Nancy Sugarman of Northern Lights and an experienced Program Director.

Physical Development—How to Support It & Red Flags to Watch Out For
Thursday March 5th & 12th 6:30– 8:30 pm
at Mary Johnson Children's Center

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. Part I will cover Infant/Toddler physical development; part 2 will cover ages 3—5 years. Bring your questions and concerns.

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

Caring for Ourselves, Caring for Others
March 7th 9 am—2 pm
Counseling Service of Addison County, 102 Catamount Park (off Exchange St.)

This day will provide you with information and strategies for supporting children and families struggling with complex trauma as well as ways to use art materials, yoga and mindfulness to nurture and support yourself as you nurture and support others. More details to come!

CDA #1,3,4,5 Advanced Specialized Care

Betsy Graziadei, Registered Art Therapist, and Deb Sherer, Trauma-informed Yoga teacher

Eggs!
Tuesday March 24th 6:30 -8:30
at Mary Johnson Children's Center

Spring is the perfect time to learn more about cooking with eggs and try some egg experiments and activities. Learn about the anatomy of an egg, how to judge the freshness of eggs, and how strong egg shells really are! Plus we'll cook up a couple of egg dishes that will boost your protein component options for meals served in your programs. **CDA #1**

Suzanne Young, CACFP Food Educator

From Sheep to Art
Thursday April 9th 6:30—8:30 pm
at Mary Johnson Children's Center

Join us for an exploration of wool and fibers. We will find ways to incorporate sheep and wool into all learning areas of our programs. There will be ideas and activities for children from infants to school agers as well as fun for the adults. The first half of the workshop will be exploring an integrated curriculum based on sheep and fiber and the endless possibilities for play and exploration. The second half will be playing with the fiber and learning how to needle felt a picture. We will also learn about simple wet felting techniques to use with children. Everyone will take home a sample of raw fiber for their program. **CDA #2, 5**

Presenter Muffy Kashkin-Grollier is an artist and family child care provider.

Plugged In: Technology, the Internet, and Child Safety
Thursday April 2nd 6:30—8:30 om
Addison County Parent/Child Center

This 1.5 hour training is for or parents and caregivers of young children. Early childhood educators are challenged to look at the pros and cons of using computers in their classrooms and child care centers and homes. Screen time and effects of technology on early brain development are discussed. Discussion also includes the major risks to children using technology such as, cyber bullying, exposure to pornography, online gaming, and "sexting." Multiple ways of keeping children safer with emphasis on supervision and education are discussed. This workshop is presented as part of the Building Bright Futures Early Childhood Regional Council meeting. Council updates will follow the presentation. **CDA # 2,3,4, 6 Advanced Specialized Care**

Presented by Prevent Child Abuse VT

Rock Solid: The Social Emotional Foundations of Early Learning
3 Tuesdays April 7, 14 and 28 6—9 pm
Mary Johnson Children's Center

Want the children in your care to get along with others, feel secure, and be confident, engaged learners? This 3 part workshop series will teach you strategies for enhancing the social emotional growth, competency and success of the young children in your care. Building positive relationships, responsive environments & routines, enhancing emotional literacy and friendship and play skills will be covered. These modules are based on material from the Center for the Social Emotional Foundations of Early Learning (CSEFEL). **CDA # 3, 5, 8**

Advanced Specialized Care ***Instructor TBD***

Gardening with Children
Tuesday, April 21st 6:30-8:30
at Mary Johnson Children's Center

Come get your hands dirty as we learn about preparing our gardens for spring and little hands and feet! We'll try some activities to engage children and get them interested and curious about what's growing. **CDA #1 & 2 Suzanne Young, CACFP Food Educator**



The Farmer Correspondence Program

The Farmer Correspondence Program matches classrooms with farmers based on interests and grade level. Farmer pen-pals correspond with students during the winter and spring, educating them about life and work on the farm. Farmers appreciate a response from the students to their letters. Educators are matched with a local farmer and receive four letters during the year. Teachers may use the letters as they see fit to suit their educational goals. Teachers can also shape students' responses to help achieve those goals using drawings, letters, or other tools. Typically the educator will arrange a visit to the pen pal farm in May. The program is free to schools/child care programs, but we do ask for samples of the letters/drawings your students send to the farmers, and we respectfully ask permission to use photos of your farm visit in the spring.

We believe the change needed to promote health and well being for all of us begins with young children understanding where their food comes from and how our communities work. If your child care home, center, or pre-school would like to participate in this project, please contact Cheryl.W.Mitchell@gmail.com using **Farmer Correspondence Program in your subject line**. Please let us know how many students are in your group, their ages, and any special interests they have related to food and farms.

Harvest of the Month—Farm to Preschool

Delicata Squash Smiles

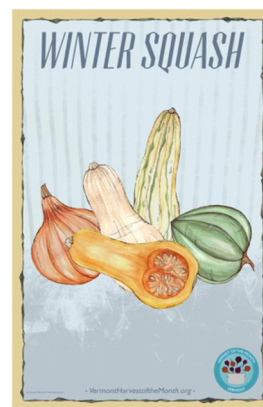
Yield: 4-6 servings

Ingredients:

2 delicata squash
3 Tbsp. olive or canola oil
salt and pepper, to taste
optional: cinnamon

Directions:

1. Preheat oven to 350 °F.
2. Cut squash in half lengthwise. Scoop out seeds. Place squash open side down on cutting board and cut short “smiles”.
3. Place smiles in a bowl. Add oil, salt and pepper, then toss until evenly coated.
4. Place on baking sheet, sprinkle with cinnamon (optional), and roast in oven for 15-20 minutes or until a fork goes through easily. Enjoy!



Maple Roasted Butternut Squash

Yield: 6 to 8 servings.

Ingredients:

1 large butternut squash, cubed (7 to 8 cups)
1/4 cup maple syrup
3 tablespoons extra light olive oil
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Directions:

Preheat the oven to 400F. Toss the squash with the maple syrup and oil. Arrange the prepared squash in a single layer on a foil-lined baking sheet and roast it, stirring once, for 35 to 40 minutes, until it turns golden brown. Serve the maple roasted butternut squash hot or at room temperature.

Harvest of the Month: www.greenmountainfarmtoschool.org

Addison County Starting Points Networks

Bristol/Middlebury/Vergennes Network: 2nd Monday of month, 6:30 pm

Location: Counseling Service of Addison County, 102 Catamount Park

January 12th: Support and Discussion

February 9th: Workshop—Integrating Math into your Program.

March 9th: Support and Discussion.

April 13th: Workshop—Integrating Science into your Program.

May 11th: Workshop—Community/Social Studies

June –August: Book group—Book TBD

Provider Leaders: Michelle Sherwin 623-6476 and Gerri Barrows 453-3707

Addison County Directors Network: 2nd Wednesday of month, 3:30 @ P/CC

Coordinator: SuWhite, Quarry Hill School 388-7297 or quarryhillschool@gmail.com

Orwell Network: 3rd Monday of the month at 6:30 @ Muffy's

Orwell will provide a local meeting in Orwell on the third Monday of the month for the providers who cannot travel. Providers in the Orwell vicinity should contact Muffy if they would like to meet in Orwell.

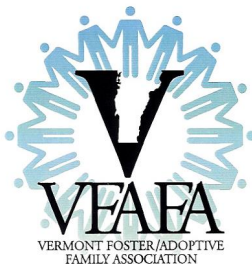
Provider Leader: Muffy Kashkin-Grollier: 948-2561 or muffyvjkg@yahoo.com

Brandon Network: Last Thursday of the month—Call for details.

Provider Leader: Tracy Bruce 247-5427

Traveling Network: The Network Leaders are offering to come to your town and have a Network meeting to get local providers together who can't make other meetings. We are looking for providers who are willing to host a meeting in their home or find a local place to host a meeting. The hostess will also be asked to contact their local providers and invite them to that local network gathering. A hostess gift, refreshments and a discussion topic will be provided by the network leaders. *Please contact Gerri Barrows 453-3707, or Michelle Sherwin 623-6476 if you are interested.*

All Child Care Providers (Home and Center) are invited to Starting Points Network meetings. Network meetings offer time to share the challenges and joys of providing early care and education with others who truly understand. Each group is free to pursue its own definition of support. Sponsored by a Starting Points grant from Child Care Services Division in Waterbury. Newcomers are always welcome!



SAVE THE DATE!

The 28th Annual Conference

Vermont Foster/Adoptive Family Association
MARCH 20-22, 2015 SOUTH BURLINGTON VT

Sheraton Hotel and Conference Center

Check it out at: <http://www.vfafa.org/>

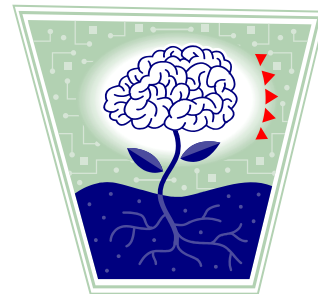
Shared Services Vermont – An opportunity that you won't want to miss!

Do you wish that you had a well written resource on biting at your fingertips to give to a parent who is dealing with a typical toddler behavior? Are you placing an order for art supplies and would love the best price and free shipping? Are you looking for a useful family survey for your STARS renewal? And, would you like access to timely articles, blogs and publications to keep you up to date on all that is happening in the world of early care and education? If you are a participant in Vermont's Step Ahead Recognition System – STARS- either as a staff member in a STARS rated program or as a provider, you are eligible for free access to www.SharedServicesVT.org . SSVT is a one stop shopping place for discounts, teacher and administrative resources, and so much more. **Sign on today or contact lbeninati@gmail.com for additional information.**

Supporting Brain Development

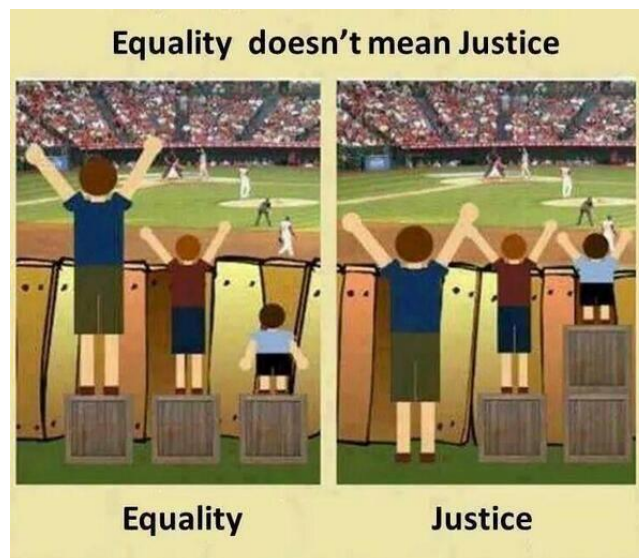
The Brain Needs:

- ◆ Nurturing and stimulating environments
- ◆ Repetition of positive experiences
- ◆ Nutrition, sleep, nature, and physical activity
- ◆ Fun and caring interactive experiences
- ◆ Routines and consistency
- ◆ Positive/consistent relationships
- ◆ Adults who understand development



Did you know?...

- ◆ Laughter is wonderful for the brain.
- ◆ Play and laughter activate the care and thinking areas of the brain
- ◆ Laughing lightens our mood through reducing the level of stress hormones affecting our brains
- ◆ It provides a physical and emotional release.



The Warning Signs of Addiction

Prevention is the best way to stop our addiction epidemic. It is important to openly discuss concerns about drugs with your family, especially your children. Emphasize that the “feel good” reaction of using alcohol and drugs can turn into addiction. Genetic and environmental factors cause drug use to progress to addiction in some people. If you have a family member who has drug addiction or alcoholism it may run in your family. The environmental factors can involve negative influences from family and/or friends, life stresses (money, relationship problems) and more.

Here are some warning signs of addiction to look for:

- Withdrawal from friends or family
- No longer taking joy in activities or events that used to be fun for the person
- Sudden change in friends
- Disconnection and disinterest (“blah” attitude)
- Secretive behavior, disappearing for extended periods of time at family or social events
- Sudden mood swings and unpredictable behavior

You’re probably thinking this list describes most people at one time or another, especially teens. The important thing to remember if you answered “yes” to any items above and your loved one’s behavior changed suddenly, it is worth further investigation. If you suspect drugs or alcohol are a problem, talk to your loved one about your concerns – you might just save a life.

If you or anyone you know needs help, you can find that help right here in Addison County:

Counseling Service of Addison County (CSAC) – (802) 388-6751

CSAC offers specialized services for mental health and substance abuse issues for children, youth and adults of all ages.

Bristol Internal Medicine (BIM) – (802) 453-7422

BIM helps determine if Medication Assisted Treatment (MAT) is the right support to help people eliminate their addiction to drugs. If it is, BIM will provide or refer to the most appropriate MAT services.

Turning Point Center of Addison County – (802) 388-4249

Turning Point offers support for people who have addiction and their families with numerous support groups, recovery coaching and education about addiction.

Vermont 2-1-1 an Information & Referral program of the United Ways of Vermont

Dial 211 to speak with an I&R professional about recovery programs and hundreds of other important community resources.

The objective of all these support organizations is to help recover the lives of those suffering from the disease of addiction.

There is help right here in Addison County

Addison County Drug Addiction Treatment Committee



**Mary Johnson Child Care Services
81 Water Street
Middlebury, VT 05753**



INFANT/CHILD/ADULT CPR AND FIRST AID

Saturdays: January 17 March 14 May 16

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

Funding for this newsletter is provided by the Child Development Division of the Department of Children and Families, & the Addison Building Bright Futures Early Childhood Council