Early Connections

A Newsletter for the Addison Early Childhood Community

Summer 2009

PROFESSIONAL DEVELOPMENT PROMOTES QUALITY

Research indicates early care and education providers who participate in ongoing professional development have higher quality environments and interactions with children and families. (The Early Care and Education Teaching Workforce: At the Fulcrum Cornerstones for Kids; National Center for Children and Families: Teachers College, Columbia University; November, 2006)

The first step in providing high quality care is knowledge of child development - knowing what children are typically capable of at various stages of development will help you provide environments and experiences that are age appropriate. This decreases frustration levels for children which in turn decreases challenging behaviors. **Knowledge of individual children's interests and strengths is also vital to high quality care.** Developing your curriculum based on observations of children's strengths and interests helps boost their self-esteem and resiliency. It also promotes more engagement which in turn reduces challenging behaviors as well.

If you have never taken a course on child development, the Fundamentals is the place to start. This course is recommended for those who are new and not so new to the child care profession. The **Fundamentals** course is also a **great first step in pursuing a Child Development Associate (CDA) credential as well as a good bridge to prepare for college level work.** For more information on the **Fundamentals** course see page 4.

Praise for the Fundamentals course from Family Child Care Providers:

- **"**It was great class, that I think all parents and providers should take. Knowing what to expect, what we are encountering, and having a common language and understanding would make interacting with and for children so much more positive."
- **"**My understanding of child development grew tremendously from the articles and information provided by Doumina. Learning to take the time to observe children and document what I observed has really helped me grow and to know the children so much better, so that in turn I can provide a healthy environment that enhances their growth."
- "I love being able to communicate intelligibly and a little bit more knowledgeably with parents about their children and his or her development, interests, social interactions. We can work as a team with our focus being the child(ren)."
- "I highly recommend it. There was so much valuable information I use everyday. It gave me a new focus in working with children and families."
- It was validating to discover how many of the things I do with children meet the Vermont Early Learning Standards, and I now I can incorporate them with more intentionality."

For college level courses, check out our local Community College at ccv.edu as well as the VT Child Care Apprenticeship Program at: http://www.vtchildcareindustry.org/
For masters level courses leading to an Early Childhood Endorsement and/or Teacher Licensure: http://www.vthec.org

Addison County Child Care Services
81 Water St., Middlebury, Vt. 05753
Phone: 802-388-4304
Fax: 802-388-3063

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

Resource Specialist: Amethyst Peaslee
Email: **resource@mjccvt.org**

Subsidy Specialist: Jane Reilly
Email: **subsidy@mjccvt.org**

Referral Specialist: Ginny Sinclair
Email: **referral@mjccvt.org**

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

Schoolage Programs: Anne Gleason
388-2853 - schoolage@mjccvt.org

NEED INFORMATION ABOUT the BUSINESS OF FAMILY CHILD CARE? The Red Leaf Institute has information and resources: www.redleafinstitute.org

- **Helpful Websites:**
  - *** The Child & Family WebGuide: www.cfw.tufts.edu**
  - **www.Bornlearning.org * www.familyeducation.com**
  - *** www.zerotothree.org**

- **http://www.commercialfreechildhood.org/Download a free copy of the 2008-09 Toy Action Guide at: http://www.truceteachers.org/**

- **For a copy of Addison County Community Resources contact Addison County Child Care Services at: 388-4304**

- **For help in finding community services call: 211**

- **www.vtpic.com—VPIC** 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.toysafety.org**

- **www.alliancefor children.org**

CONCERNS ABOUT CHILDREN

CHILDREN'S INTEGRATED SERVICES (CIS) Team: Call 388-3171 if you have concerns about your child or a child in your care, who is birth to 5 years old.

EARLY EDUCATION OFFICES: If you are concerned that your preschool child or a child you care for has a developmental delay, call your local Early Education office. They will answer questions and provide support/resources.

- *** Addison Central/ Middlebury: 382-1760**
- *** Addison Northeast: Bristol: Carol Birdsall/Cindy Kuhns: 453-3674**
- *** Addison Northwest: Vergennes: Deb Angier: 877-2867**

VERMONT'S CHILD PROTECTION LINE: Call 1-800-649-5285
To report suspected child abuse or neglect, please—24 hours a day, 7 days a week.

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 and click on 'Contact' in the upper right corner.

PARENTS'ASSISTANCE LINE 1 - 800 - 727 - 3687 - for more information see page 7

Addison County Child Care Providers Networks

While the Starting Points Provider Networks do not meet over the summer, Network leaders are available to answer questions and offer support.

Bristol/Vergennes: 3rd Monday of the month **- 6:30 PM**
Provider Leaders: Ann Duclos-Collier - 453-7324 & Gerri Barrows - 453-3707

Middlebury: 2nd Monday of the month - 7 PM
Provider Leader: Tammy Dorr - 352-9848

Orwell: 4th Monday of the month **@ 7 PM**
Provider Leader: Lorie Mulcahy - 948-2599 Call for details and location.

Brandon: 6:30 PM @ the Brandon Fire Department. Please RSVP.
Provider Leaders: Jennifer Bertrand - 247-9254 & Jenn Popp 483-9420

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

SUBSIDY NEWS

- **Summer Care Schedules for School Age Children:** Please remind parents of your school age children to notify our office to report weeks/hours of care that they need for the summer. Getting this information in the system early will ensure correct payments.

- **Reminder about Provider Rates:** Whenever you are changing your rates, it is important to notify Waterbury. We have the necessary form in our office or you can call Waterbury and request it from them. We cannot change rates in our office (Ginny can only change them in her database); it needs to be done in writing with the state form.

- **Be an Eprovider:** For those who have not done so (and many of you have!), if you want to sign up to be an eprovider, please contact **Chris @ the Help Desk (1-800-649-2642 ext. 3694).**

CONGRATULATIONS!

On the opening of two new child care centers in Addison County

Newton Academy in Shoreham, in the former Shoreham Preschool building
Owner, Judy DeAngelis

Happy Hands and Feet Child Care in Starksboro VT
Owner, Elizabeth Whitcomb

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

TOUCHPOINTS
For Health Care, Early Childhood and Early Intervention Professionals

June 22, 26, 29, 2009
Location: TBD (Randolph or vicinity)

Using Touchpoints as **windows of opportunity** for providers to communicate with parents, the model:

- **Emphasizes prevention** through developing relationships between parents and providers. The earlier the alliance between provider and parent is formed, the greater the opportunity to create a strong collaboration.
- Acknowledges that **developing and utilizing relationships** is critical to appreciating the significance of cultural, religious and social dynamics for families.
- Encourages the provider to **focus on strengths** in individuals and families, rather than deficits.
- Provides **insight into the emotional experience of the developing parent.**

Registration fee is $140 by June 12 (Some scholarships may be available on request for individuals who would otherwise be unable to attend.) 1 graduate and 1 undergraduate credit option pending from Union Institute of Vermont. Additional assignments required and an additional registration fee of $90 to the Union Institute (Requests must be received by June 5th)

Make checks payable to: *Vermont Child Care Industry and Careers Council*. Payment or PO required for registration .**Mail to: Peggy Poppe -TP in Vermont ; PO Box 4574 Burlington, VT 05406-4574 Questions?** ppoppe@myfairpoint.net

FUNDAMENTALS FOR EARLY CARE AND EDUCATION

The Fundamentals course will be offered in the fall beginning Tuesday September 15th. Classes are from 6 - 9 pm and will run until Tuesday December 8th at Mary Johnson Children's Center. This course provides a foundation in child development and developmentally appropriate practices, including child guidance, communicating with families, cultural sensitivity and health and safety. It is recommended for all providers. The course also fulfills the state licensing requirement for all new center staff without comparable education. It is best taken as a whole and priority will be given to those taking the entire course. **We are fortunate to have Doumina Noonan, Protective Services and Family Support Specialist, as our instructor again. There is a charge of $25.00** to cover the cost of the text, The Power of Observation. **Pre-registration is required.** Please contact Amethyst at 388-4304 or resource@mjccvt.org as soon as possible if you are interested in attending. Please note the praises for the Fundamentals course on the front page!

The Stern Center for Language and Learning Presents:
BUILDING BLOCKS FOR LITERACY®

October 17, 2009, 8:30 am-3:30 pm
Middlebury @ Ilsley Public Library Community Room

BUILDING BLOCKS FOR LITERACY® offers strategies based on recommendations from the National Research Council and outcomes of the 2008 National Literacy Panel. Trainings support early care and education providers as they build the emergent literacy skills of two- to five-year-old children. This workshop offers 6-hour professional development training (limit of 40 participants per site) and the opportunity to participate in the new BUILDING BLOCKS FOR LITERACY® online course www.buildingblocksforliteracy.org for an additional 12 professional development hours.

Professional development provided in the areas of

- Phonological Awareness
- Vocabulary and Language Development
- Shared Book Reading
- Speech to Print Connection

Participants at the training will receive

- BUILDING BLOCKS curriculum manual
- Teaching resource materials
- Children's books
- Vermont Center for the Book - Mother Goose literacy development cards

Mentorships

Participants who attend the 6-hour training and/or successfully complete the online course can request a mentor who will offer 3, 2-hour sessions on-site. An additional 6 professional development hours will be available to participants who are mentored. Parent Workshops are available as a mentorship component.

***** Morning refreshments provided. Please bring a lunch or take advantage of area restaurants.

- **Download a registration form at:** http://www.sterncenter.org/assets/files/SternCtrCatalogFall08_registrationform.pdf. Or contact Amethyst.

- **For questions about the training, contact Brenda Buzzell at bbuzzell@sterncenter.org.**

Go to www.buildingblocksforliteracy.org and check out the Building Blocks self-paced course and discussion forum. Please share the site with anyone interested in young children.

Thinking about taking Community College courses? ***Do you need to brush up on writing, math or computer skills? Would you like help preparing for the CCV Accuplacer*****? Vermont Adult Learning offers FREE classes and tutorials to help you feel confident in taking college level courses.** ***Call 388-4392 for a schedule or to sign up for one on one tutoring*****.**

WHAT'S HAPPENING

LIBRARY STORY TIMES--check w/ your library for days & times of story hours & special events.

RECREATION

- Bristol for information 453-5885 or visit www.bristolrec.org
- Middlebury for information 388-8104 or 388-4041
- Vergennes contact Tara Brooks @877-1159 T&W, 8 am -12 pm or visit **recreation@vergennes.org**

ARTS and CRAFTS - Frog Hollow Craft Center - call 388-3177 or visit **www.froghollow.org**

ADDISON SUMMER PLAYGROUP - MONDAY & WEDNESDAY; 9:30 AM – 11:30 AM
JUNE 22– AUGUST 5; QUARRY HILL SCHOOL, MIDDLEBURY $2 DONATION/SESSION FOR MATERIALS AND SPACE **CALL SUWHITE- 388-7297**

Autism Support Daily is a parent-led support group open to parents, families and friends of those on the spectrum. New members are always welcome. For info 802-660-7240 or **lynnmgeorge@adelphia.net or www.autismsupportdaily.com**

Vergennes Area Rescue Squad has 3 technicians for fitting car seats—-Beth Bannister, Chuck Welch and Becca Webb. They are holding "fitting station" hours on the first Thursday of each month from 3:00-6:00 pm and on the third Saturday from 9:00 am to 1:00 pm. Phone 877-3683

FREE COMMUNITY SUPPERS - ALL ARE WELCOME!
Every Friday night at Fellowship Hall, Congregational Church of Middlebury; serving starts at 5 PM and goes to 6:15 PM.

Sponsored by: Middlebury Transitional Care Coalition, Champlain Valley Unitarian Universalist Society, Congregational Church of Middlebury, Hannaford Supermarket, Havurah Jewish Congregation of Addison County, Middlebury Friends Meeting, Middlebury and East Middlebury Methodist Churches, Hannaford Career Ctr. Shaw's Supermarket, St. Stephen's Episcopal Church

Happy Hands & Feet
Child Care Center
Open House
Come in and visit our new facility
June 6, 2009 10:00-3:00

2550 Rte 116 Starksboro,
Look for the balloons
434-2232

Are you considering becoming a Registered Family Child Care Provider?

- Learn about professional development opportunities and community resources.
- Save money on food with the Child Care Food Program.
- Develop supportive relationships with current Family Child Care Providers.
- Get help in assessing if Family Child Care is right for you.
- **Call Amethyst at 388-4304 or email her at resource@mjccvt.org**

COMMODITY SUPPLEMENTAL FOOD PROGRAM

The Community Supplemental Food Program, a federal program managed and distributed by the Vermont Foodbank offers free monthly nutritious foods for qualified individuals. There are 162 locations throughout the state where participants or a proxy can pick up a **30 pound box of food each month that includes canned fruits and vegetables, fruit juices, cereals and cheese. The program is easily accessible and can fill critical nutritional gaps experienced by low-income Vermonters.** Each individual qualified person receives his or her own food box each month and can participate in other commodity programs at the same time. Individuals who qualify must be 60 years of age or older, **under 6 years of age and not in the WIC program or a woman who is pregnant or post-partem for less than a year and not in the WIC program. These individuals must also be income eligible; for more information call 1-800-214-4648 for a simple pre-screening. An application will be mailed to those who qualify**

HEALTHIEST VEGETABLES

One way to instill healthy eating habits at a young age is to grow vegetables at home with your kids and grandkids. Research shows that kids who garden are more likely to eat a greater quantity and wider variety of vegetables. But getting kids into the garden doesn't guarantee they'll eat *all* the vegetables you grow. And if you have limited space, which are the best vegetables to plant to get the biggest "bang for your nutrition buck"? Check out the Family Resource Room at **www.kidsgardening.com** for ways to involve your children in gardening and healthy eating.

CHILDREN'S INTEGRATED SERVICES (CIS)

Do you want to learn more to help your child develop? Do you have questions about your child's development? Do you have concerns? Is your child at-risk for developmental delays? The CIS Team offers resources and services to help pregnant or postpartum women and families with children birth to age six. The team can give you practical information about: *** Pregnancy *Potential delays in your child's development * Parenting (including how to manage challenging behaviors) * Breastfeeding * Other concerns you may have about your child - Contact the Addison County CIS Team by calling 388-3171.**

PARENTS'ASSISTANCE LINE 1 - 800 - 727 - 3687

"Our best tip for parents is to not wait until things feel like a crisis ." That's the advice of Marlene Mueller, interim director of Vermont's Parents Assistance Line (PAL), "if you are wondering about your child's behavior, pick up the phone and call us," she urges parents. "We can help you sort through the current situation and talk about children's development in general.. Then we'll follow up with a packet of information! If you just need to talk with someone about what is happening, we are here to listen. We will work with you to develop a plan to start solving problems and refer you to appropriate services. **Counselors are on duty Monday through Friday from 8 am to 7:45 pm.** At other times you can leave your name and number and they will return your call. **All calls are confidential;PAL does not use 'Caller ID'.**

The VERMONT FAMILY NETWORK (VFN) is the merged organization of Parent to Parent of VT and the VT Parent Information Center (VPIC) 1-800-800-4005 or www.VermontFamily Network.org

INFANT AND TODDLER DEVELOPMENT AND CARE
Tuesdays 6 – 9 pm in Rutland
beginning in the fall
Instructor: Nancy Warneke

Vermont Child Care Apprenticeship Program

This course explores processes of human development from conception through 36 months of age. Emphasis is on the physical, emotional, social, language and intellectual growth of infants and toddlers. Topics include: developmental theories and research, assessment tools, inclusion, and design of curriculum for infants and toddlers. This course is specifically designed for the early childhood setting, so students will have many opportunities to learn skills that can be applied directly to the workplace with young children**;** great for first time students as well as those with previous experience**. Weekly observations of this age group are required**. *Vermont State Colleges' Course #* PSY 2020

COMMUNICATION IN THE EARLY CHILDHOOD EDUCATION and CURRICULUM DEVELOPMENT will both be offered in Burlington in the fall. Details will be available by mid-July. Registration begins in July.

Thinking about taking Community College courses? ***Do you need to brush up on writing, math or computer skills? Would you like help preparing for the CCV Accuplacer*****? Vermont Adult Learning offers FREE classes and tutorials to help you feel confident in taking college level courses.** ***Call 388-4392 for a schedule or to sign up for one on one tutoring*****.**

From the desk of Susie Pidgeon, CACFP Coordinator:

LABEL-EASE® - A GUIDE TO USING FOOD LABELS

RAISE a finger if the food has:
10% or more VITAMIN A
10% or more VITAMIN C
10% or more CALCIUM
10% or more IRON
10% (5g) or more PROTEIN
10% or more FIBER

LOWER a finger if the food has either:
10% or more TOTAL FAT
or 200 CALORIES or more

If any fingers remain up, the food is nutritious.

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How should insect repellents be used on children?

Be sure to carefully follow the directions on the label.

- Cream, lotion, or stick formulas are best for applying to areas of exposed skin.
- Do not use DEET on infants younger than two months old (mosquito netting can be used over infant carriers).
- Do not use DEET in concentrations greater than 30 percent on children without first consulting your child's health care provider.
- Apply repellent first to your own hands, then rub them on your child.
- Apply sparingly to clothing and/or exposed areas of skin.
- Do not apply repellent to skin under clothing.
- Do not apply to a child's face or hands, or to skin that is scratched or irritated.
- Avoid children's eyes and mouth and use sparingly around the ears.
- Do not apply repellent to children's hands (children tend to put their hands in their mouths).
- Do not allow young children to apply insect repellent themselves; have an adult do it for them.
- Wash skin where repellent was applied when mosquito exposure has ended.
- Keep repellents out of reach of children.
- You can reduce the number of mosquitoes in the area by getting rid of containers with standing water. These provide breeding places for the mosquitoes.

Are other repellents effective?

Some other repellent products which are intended to be applied directly to skin also provide some protection from mosquito bites. However, studies suggest that other products do not offer the same level of protection, and that protection does not last as long as products containing DEET, Picaridin, oil of lemon eucalyptus, or IR3535.

People should choose a repellent that they will use consistently and that will provide sufficient protection for the amount of time that they will be spending outdoors. Product labels often indicate the length of time that protection that can be expected from a product. Persons who are concerned about using insect repellents may wish to consult their health care provider for advice.

Additional Information - The Centers for Disease Control and Prevention: www.cdc.gov

Vermont Department of Health | 108 Cherry Street | Burlington, VT 05402

802-863-7200 | In Vermont 800-464-4343 | Fax: 802-865-7754 | TTY/TDD: Dial 711 first

The Pre-KinderGarden *Sarah Pounders*
www.kidsgardening.com

It's never too early to get kids excited about gardens. According to a recent research published in the journal Applied Environmental Education and Communications, "…when young children are participating in gardening they are communicating their knowledge about the world to others, conveying (and learning to process and manage) emotions, and developing important skills (e.g., initiative, self-confidence, literacy, math, science skills) that will help them be more successful in school and better navigate the world."(1) We also know that children instilled with a love of gardening at an early age grow into adults with a passion for plants and respect for the environment,(2)and that experiences in green spaces are extremely helpful in easing the symptoms of Attention-Deficit Disorder.(3) On top of that, they provide opportunities for kids to sample fresh fruits and vegetables and learn about food origins.

We all know that a child's early years are a crucial time of mental, physical, social, and emotional development, and that educational experiences during these first years significantly influence the rest of their lives. Although children respond differently to various teaching techniques, hands-on projects like gardening that allow children to explore at their own pace and engage in experiential learning have a high rate of success. Why are kids' gardens so successful?

- children are active and engaged
- gardening builds on prior learning and experiences with their environment
- the garden provides opportunities for children to develop a relationship with nature
- gardening projects are flexible and can be as small as a container garden in a window or as large as a schoolyard habitat
- gardening lessons emphasize direct experience and sensory learning and provide opportunities to both ask and answer questions

Tips for the Pre-K Garden Experience

- **Start SMALL!** It's okay to plan big, but start small. A large garden can exhaust both you and the kids. Let them get excited about the joy and fun of a bountiful, small garden, and then expand as your confidence and experience increases.
- **Involve the kids in all stages.** Engage them in as many of the planning steps as is reasonable based in the age of the children, including design and choosing plant material. This help create a sense of ownership and enriches the learning experience.
- **Spend time preparing the soil.** Ask any farmer or gardener — they'll tell you the most important step in the planting process is preparing the soil. Healthy, well-drained soil rich in organic matter produces healthy plants that are more resistant to pest and disease problems. You will recoup all the time and money spent preparing the soil through decrease in maintenance. If you are using containers, obtain high quality, well-drained potting mix (and make sure containers have drainage holes).

- **Prepare for the elements.** Make sure each child is prepared with sunscreen, a hat, and plenty of water. You may wish to provide child-sized garden gloves for digging in soil.
- **Teach kids proper garden behavior.** Before going to the garden, make sure each child knows how to care for and work with the necessary garden tools. Establish a few basic guidelines such as "No one is to eat anything out of the garden without permission." Take time to demonstrate all garden techniques before asking kids to get started.
- **Work in small groups** and recruit additional adult garden helpers if needed. Kids want to dig, rake, water, and harvest. Working with kids in small groups of two or three helps you engage each child and make sure they are actively involved at all times.

- **Avoid garden clutter.** Tools, empty pots, and piles of discarded plants are not only unsightly, they're a safety hazard. After each work day, put away tools and place weeds and spent plant matter in a compost bin or trash can. It helps to have your garden storage close by and accessible.
- **Use companion planting to control insect pests:** exists to benefit certain plants by giving them pest control, naturally without the need to use chemicals, and in some cases they can give a higher crop yield. Check it out at **www.companionplanting.net**
- **Obtain child-sized garden tools.** Adult tools are too heavy and bulky for young children. Smaller gardening tools designed just for kids are available at many garden centers and on our website. As long as the soil has been properly prepared, most garden work can be completed with a small trowel.
- **Plant for immediate *and* delayed gratification**. Watching new plants sprout from seeds is like magic for young kids, but slow germination rates can try their patience, so plant both seeds and potted plants
- **Avoid poisonous plants.** Although every child needs to learn that some plants are not good to eat or touch, it is best to avoid poisonous plants and those with irritating characteristics such as thorns. Online databases of poisonous plants are available at: **NC State University Poisonous Plants**; **Cornell University Poisonous Plants** **Also, see our plant list for pre-K gardens**
- **Add whimsical elements to engage the imagination.** Although the plants on their own will inspire creativity, adding in elements such as a seating area, bean tepee, sunflower house, wind chimes, bird feeder, stepping stones, and so on further stimulate wonder and creative garden play. Involve children in creating these additions.
- **Let kids direct explorations.** What captures your attention may not attract your students, so follow their lead. Help them investigate things that interest them, and share in their excitement.
- **Don't stress about the garden's appearance.** In a child's garden, plants will get stepped on, leaves will be picked, and weeds will grow, but the kids will still think it is the most beautiful thing they have ever seen. Remember to look at the garden through a child's eyes.
- **Enjoy!** Be a good model by exhibiting your pleasure in the garden – if you're having fun, chances are the kids will have fun, too
- For **more gardening ideas** for gardening with children go to:

www.kidsgardening.com **http://horticulture.unh.edu/ggg.html**
www.eartheasy.com **http://urbanext.illinois.edu/firstgarden/**
http://www.colostate.edu/Dept/CoopExt/4dmg/Children/children.htm

SUMMER BOOK GROUP ON ENVIRONMENTS FORMING

Are you interested in changing your child care environment to make it more organized, engaging and beautiful? Feeling overwhelmed? Don't know where to start? Join with other child care providers to read and discuss the book Designs for Living by Margie Carter and Deb Curtis. This book/ study group will be facilitated by Provider Network Leader Ann Duclos-Collier. Participants will read a chapter or two every couple of weeks and then meet for discussion and brainstorming how to apply what they have read to their own child care programs. Ann will also provide on-site support and consultation and you will have the option to have others in the group visit your program and to visit theirs as well.

***Designs for Living and Learning: Transforming Early Childhood Environments* will inspire you to create magical environments that nurture children and families, and support learning. You'll find a multitude of simple and practical ideas for creative indoor and outdoor spaces and materials. The book features hundreds of gorgeous full-color photographs of real child care settings for infants through schoolagers. Learn how to shape welcoming spaces where children can learn and grow.**

If you are interested in finding out more or would like to sign up to participate, please call Ann at 453-7324.

INFANT/CHILD/ADULT CPR AND FIRST AID

Saturday: June 13

One Hour Recertification:	8:30 - 10 AM	$20.00
First Aid:	10:00 - 12:30	$20.00
Lunch Break:	12:30 - 1:00	
CPR Certification:	1:00 - 3:00 PM	$25.00 (does not include First Aid)

- **If you take a CPR course and the First Aid course together, the cost is $30.00.**
- **Make checks payable to: MJCC**
- **Registration forms need to be received a week before the class is scheduled; send to: MJCC, 81 Water St. Middlebury, VT 05753 Attn: Amethyst**

NAME:_____ PHONE #: _____

DATE OF TRAINING:_____ PLEASE CHECK TRAINING NEEDED:

ONE HOUR RECERTIFICATION____ FIRST AID:____ FULL CERTIFICATION:____

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