

Early Connections

A Newsletter for the Addison Early Childhood Community
Spring 2008

Child-Directed Play Builds Serious Skills

On October 3, 1955, a transformative cultural event happened: The Mattel toy company began advertising a gun called the "Thunder Burp." I know — who's ever heard of the Thunder Burp? Well, no one.

The reason the advertisement is significant is because it marked the first time any toy company had attempted to peddle merchandise on television outside of the Christmas season. Until 1955, ad budgets at toy companies were minuscule, so the only time they could afford to hawk their wares on TV was during Christmas. But then came Mattel and the Thunder Burp, which, according to Howard Chudacoff, a cultural historian at Brown University, was a kind of historical watershed. Almost overnight, children's play became focused, as never before, on *things* — the toys themselves. "It's interesting to me that when we talk about play today, the first thing that comes to mind are toys," says Chudacoff. "Whereas when I would think of play in the 19th century, I would think of *activity* rather than an object."



2-1-1 is:

- A local call from anywhere in VT
- A free & confidential service
- Person-to-person assistance
- Available 24 hours/7 days
- Language translation available

Just dial 2-1-1

Did you know... in times of public emergency...you can call 2-1-1 for information.

If you would like a copy of The Family Emergency Preparedness Workbook, contact VT Emergency Management at 1-800-347-0488 or www.dps.state.vt.us/vem

But during the second half of the 20th century, Chudacoff argues, play changed radically. Instead of spending their time in autonomous shifting make-believe, children were supplied with ever more specific toys for play and predetermined scripts. Essentially, instead of playing pirate with a tree branch they played Star Wars with a toy light saber. Chudacoff calls this the commercialization and co-optation of child's play — a trend which begins to shrink the size of children's imaginative space.

But commercialization isn't the only reason imagination comes under siege. In the second half of the 20th century, Chudacoff says, parents became increasingly concerned about safety, and were driven to create play environments that were secure and could not be penetrated by threats of the outside world. Karate classes, gymnastics, summer camps — these create safe environments for children, Chudacoff says. And they also do something more: for middle-class parents increasingly worried about achievement, they offer to enrich a child's mind.

Continued on p. 10...

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@mjcvt.org

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

Subsidy Specialist: Jane Reilly
Email: subsidy@mjcvt.org

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

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

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

At the **ADDISON COUNTY RESOURCE ROOM** we have
Resources for Early Care and Education Providers ...

- **Books, equipment, materials:** We have many excellent books for children, including big books and books on tape that are available on loan. In addition we have games for schoolagers and equipment for babies, as well as resources for toddlers and preschoolers.
- **Teacher Resources:** Many books and articles are available on child development, activities, challenging behavior, etc. If there are any subjects you wish to have more information on for yourself or a parent, **call Amethyst at 388-4304**. You may borrow books and and/or have copies of articles sent to you.
- For a copy of the **Family Emergency Preparedness Workbook**, contact Amethyst. This is a good resource for Family Child Care Providers to help in developing an Emergency Response Plan.
- **Child Care Provider Network Resources:** Photocopier, laminator, theme sets, books. **Call: Ann 453-7324 or Gerri 453-3707**
- **Helpful Websites:**
The Child & Family WebGuide: www.cfw.tufts.edu
www.Bornlearning.org
www.zerotothree.org

COMMUNITY RESOURCES:

- **The CUPS Team:** If you need support and/or information about a child's challenging social emotional behavioral issues, please **call 388-3171 and speak with Linda or Anne**.
- **The Family Infant Toddler Project :** If you are working with a child 3 years or under whom you have concerns about, call **Chris Mueller - 388-3171**.
- **Your local Early Education office:** If you are concerned that 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/Cindy Kuhns: 453-3674**
 - * **Addison Northwest: Vergennes: Deb Angier: 877-2867**
- **POISON HELPLINE: 1-800-222-1222**
- **Expectant Parents Classes: Community Health Outreach Program, Porter Hospital - 382-3413**
- **LaLeche League: For information for nursing mothers call 453-6655.**
- **Natural Beginnings Breastfeeding Support Group: 3rd Tues. @10AM : 204 College St. Middlebury - for information call Vicki @ 236-4136.**
- **Community Health Service:** Evening clinics - physical exams, immunizations, prescriptions, well child visits. No one is turned away regardless of ability to pay. For information call **388-0137**.
- **Vermont Dept. of Health:** Information on WIC, Healthy Babies, Kids & Families, Dr Dynosaur etc. For information call **388-4644**.
- **Womensafe:** Ongoing services include support groups, 24 hour hotline, confidential safe homes, counseling, legal advocacy For information call **388-4205 or 1-800-288-4205**.
- ♦ **Feeling Stressed? Afraid you'll loose your cool with you kids? Call 1-800-CHILDREN for support.**
- ♦ **Department of Children and Families: 388-4660**
- ♦ **Child Care Consumer Concern Line: 1-800-540-7942**

PROFESSIONAL DEVELOPMENT

Workshops are **free** and take place at **Mary Johnson Children's Center**, 81 Water St. in Middlebury, **unless indicated otherwise**. **Contact Amethyst at 388-4304 or resource@mjcvt.org for more information and to register.**

Understanding and Responding to Sexual Behavior of Children (URSBC)

Saturday March 1 8:30 AM - 12:30 PM
Presented by Prevent Child Abuse VT (PCAVT)

Designed to promote adult understanding of children's sexual behavior, as well as teach appropriate adult responses in order to intervene earlier in the development of sexually abusive patterns, this training is particularly relevant for professionals who interact directly with children, those who advise parents in regards to their children, and caregivers of children known to be at risk of sexual behavior problems. **Advanced Specialized Care CDA areas 1, 3, 4, 8**

VELS: Integrating Math and Science

Thursday March 13th and 20th 6 - 9 PM

Through a process of discussion and interaction we will explore the ideas of math/science for the young child. During the workshops, research based activities will be modeled and explored. Together we will make math materials that can be used the next day in your own program.

- Universal Ideas for young children regarding Math
- Number and Concept- Providing a jump start for the young child.
- Mathematics Vocabulary- Integrating vocabulary on a daily basis
- Inquiry based science – get the most out of quick experiments.
- Hands on Science activities that promote Science and Math vocabulary
- Adult Exploration for Inquiry based Science: Science made easy and inexpensively.
- Key Components for Science and Math Integration

Kathleen McKenna, Math Recovery Teacher for ANESU CDA areas 1, 2

NEW! **Identifying and Supporting Children with Sensory Input Needs**
Wednesday March 19th 6:30 - 9 PM
Quarry Hill School Middlebury

Occupational Therapists **Phoebe Chestna and Sandy Bove** will present and demonstrate ideas about working with children who need supports around managing sensory input. **Chris Mueller, from the Family /Infant Toddler Program (FITP)** will speak about ways that FITP fits into the mix to support children birth to 3 years old. **Contact Amethyst at 388-4304 or resource@mjcvt.org for more information or to register. Advanced Specialized Care hours CDA areas 1, 2, 3**

NEW! **Food, Culture, and Reading:**
A Literature-based Nutrition Education Program for Preschool through Grade 2
Wednesday May 21st 6:30 - 8:30 PM

Learn how to use this new curriculum that will be in our loan library. **Food, Culture, and Reading** is a nutrition education program that uses literature to learn about food, nutrition, healthy lifestyles, and different cultures. Each of the six lessons also includes an activity sheet, recipes and a take-home letter. **Diane Mincher, MS, CFCS, UVM Extension Nutrition and Food Specialist**
CDA 1, 2 CACFP hours

WORKSHOPS FOR PARENTS AND PROVIDERS

Communication/Interactions with Children

Funded by an Addison County United Way Area of Impact Grant.

Tues. March 4: Intentional Language –By evaluating the phrases children are being told daily, adults understand the impact of their words. This workshop looks at 10 common expressions adults use with children Finding ways to better express ourselves supports healthy relationships with children. **Scott Noyes**, Child Development Specialist
Advanced Specialized Care CDA # 3, 4

Tues. March 11: Active Listening - As parents and providers, Active Listening may be the most powerful interaction we have with children. Through reflection and acceptance, children begin to feel understood. Then true problem solving can begin. **Scott Noyes**
Advanced Specialized Care CDA # 3, 4

Tues. March 18: Parent/Child Interactions and Self Esteem - This lively workshop addresses many hot topics, such as: How we talk with children; the difference between praise and encouragement; how to avoid self-defeating patterns; discipline approaches. Humor and fast paced stories make this a workshop you'll be talking about. **Scott Noyes**
Advanced Specialized Care CDA # 3, 4

Tues. April 1: Girls and Boys and Talking - We'll consider how boys and girls learn and use language differently, and how they may misunderstand each other. Then we'll look at how parents and teachers can help children communicate better. We'll have time for discussion about how adults can communicate more effectively with girls and with boys. **Larry Shelton**, UVM Human Development & Family Studies
Advanced Specialized Care CDA # 3, 4

Tues. April 8: Turning Bullies into Buddies - We'll examine how bullying starts, and how to stop it. Who discovers that bullying is fun? Who becomes a victim? Who enables bullying? How can we respond to the early signs of bullying? What can adults do to help all children learn social skills that will prevent bullying? Along the way, we'll look at bullying in the preschool and school age years, girl bullies, and how parents contribute to bullying. There'll be time for discussion, and practical tips for parents and teachers. **Larry Shelton, UVM**
Advanced Specialized Care CDA # 1, 3, 4

Tues. April 29: What Does Play Mean for Children? - This workshop addresses the importance of play for each and every child. Come experience this concept further and learn a natural way to encourage a child's healthy emotional development. **Naomi Shapiro**, Clinical Social Worker
Advanced Specialized Care CDA # 3, 8

Tues. May 6: How to Interpret What a Child Is Trying to Communicate - A child has a variety of ways to tell us what s/he is feeling. More awareness on the part of adults leads to more appropriate responses to a child's emotional needs. Please come and learn what a child is truly trying to say. **Naomi Shapiro.**
Advanced Specialized Care CDA # 3, 8

Professional Development continued on page 8....

WHAT'S HAPPENING

LIBRARY STORY TIMES---check with your library for days and times of story hours and special events.

Bixby Library, Vergennes 877-2211
Brandon Library 247-8230
Ilsley Library, Middlebury 388-4097
Lawrence Library, Bristol 453-2366
Lincoln Library 453-BOOK 2665
Neshobe School Library 247-3721

New Haven Library 453-4015
Orwell Library 948-2041
Platt Library, Shoreham 897-2647
Russell Library, Monkton 453-4471
Salisbury Library 352- 1047
Starksboro Library 453-3732

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@vergenne.org

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

PLAYGROUPS---The Addison County Parent/Child Center will be sponsoring **free** playgroups for children birth to 6 and accompanying adult. The Play Group calendar follows the school calendar and snow day closings. For info call 388-3171

Bristol

Tuesdays 10-11:30
Baptist Church

Middlebury

Tuesdays 9:30-11:00
St. Stephen's Church

Vergennes

Wednesdays 9:30-11:00
Congregational Church

Parents of Special Kids (POSK) Are you looking for someone who understands, are you frustrated, do you want to talk?? Together we will listen, find ways to cope, and create solutions to make our families lives better. 2nd Monday each month at 7:00 pm at the Congregational Church, Town Hill Rd, New Haven For info call Ann 453-7324

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. 1st Monday of each month 7:00 pm at the Congregational Church, Town Hill Rd, New Haven for info 802-660-7240 or lynnmgeorge@adelphia.net or www.autismsupportdaily.com

MOPS (Mothers of Preschoolers) every third Thursday from 9 to 11 a.m. at the Assembly of God Christian Center, 1759 Rt. 7 (across from the driving range). MOPS offers breakfast, education, friendship and activities for mothers and children five and under. Childcare provided. Info: Call Heather Quesnel 388-6834 or Kim Mills 759-2202.

For the Love of Children

If you have ever considered the field of child care as your home business we can help assess whether family child care is right for you.

- ◆ Learn about training opportunities & community resources available to child care providers.
- ◆ Save money on food with the Child Care Food Program
- ◆ Develop supportive relationships with current family child care providers.

For more information call Amethyst @ 388-4304 - Addison County Child Care Services.

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 877-368

What is the Low Income Child & Dependent Care Credit ?

A refundable tax credit equal to 50 percent of the federal child and dependent care credit. The credit is based on payments to qualifying child care providers in the State of Vermont.

Do you qualify? If you...

- are a resident of the State of Vermont
- have a federal adjusted gross income less than \$29,999 (or \$39,999 for married, filing jointly).
- qualify for federal child and dependent care credit for child care payments.
- have a child care provider who is registered or licensed by the VT Child Development Division.

AND • the child care provider has a national accreditation, such as NAEYC or NAFCC

OR the child care provider has earned 3, 4 or 5 Stars through the VT’s Step Ahead Recognition System (STARS).

... talk to your tax preparer about how to apply for this credit.

For more information about the tax credit – <http://www.state.vt.us/tax/creditslowincome.shtml>

For a list of qualify child care providers – <http://www.cddvt.org>

About child care and accreditation – www.brightfuturesinfo.org or call the Child Care Consumer Line at 1-800-540-7942

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.**

Early Childhood Day at the Legislature

Capitol Plaza Hotel and Vermont State House

Montpelier, Vermont

March 14, 2008



The purpose of this year’s Early Childhood Day at the Legislature is to advance early childhood legislative priorities. In an effort to do this, the agenda of the day will be focused on taking action. The day will include: a legislative update, recognition in the gallery, lunch with your legislators and afternoon work sessions designed around ACTION.

Everyone is welcome to attend the day. However, because of limited space, those wishing to have lunch with their legislators must pre-register. There is a \$20.00 lunch fee that must be received with your registration form in order to be registered. **Registration ends March 1, 2008. To register for the luncheon contact Susan Hackett, Building Bright Futures Regional Director at shackett@buildingbrightfutures.org**

MORE PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Basic Specialized Care

March 24th: Part 1: Brenda Gooley, District Director of the Dept. of Children and Families (DCF) will discuss definitions of abuse and neglect, the role of the mandated reporter, indicators of abuse and neglect and working with the system. **6:30 - 8:30 PM CDA # 5, 6**
March 29th: Parts 2 & 3: will look at typical growth & development, the effects of abuse and/or neglect, red flags, the intergenerational nature of abuse and working with families.
Doumina Noonan, Protective Services/Family Support Specialist 8:30 AM - 12:30 PM CDA # 3, 4, 8

Never Too Early/Early Birds and Bookworms

Thursday April 3rd & 10th 6:30 - 8:30 PM

Never Too Early: Childhood literacy and related developmental issues are introduced through exploration of eight children's books. Attendees participate in animated readings; learn songs, rhymes, and movement exercises; and take home ideas for book extension activities. **Each participant receives a free set of eight books. Sue Rakowski CDA # 1,2,5**

Early Birds and Bookworms: Skills and ideas presented in "Never Too Early" are extended as providers learn ways to share a second set of books. **You must have previously attended a "Never Too Early" in the same calendar year. Sue Rakowski CDA # 1, 2, 5**

Advanced NTE/EBBW with Sign Language

Thursday April 17th 6:30 - 8:30 PM

This more advanced early literacy training is **open to anyone who has previously completed a Never Too Early/Early Birds & Bookworms series**. It will focus on using sign language with young children. Participants will receive a resource book & 2 children's books, which they will learn to sign in American Sign Language (ASL). They'll also learn how to sign a children's song and receive additional goodies. **Sue Rakowski CDA # 2, 3**

Professionalism and Program Organization Series

Thursdays May 8th and 15th 6 - 9 PM

This course covers topics in the core knowledge area of Professionalism and Program Organization in Level II of the Vermont Northern Lights core competencies for early childhood professionals. Topics include professionalism, working with staff and colleagues, and program organization and administration. Sessions will be tailored to the needs of the participants.
Muffy Kashkin-Grollier, Family Child Care Provider and CDA Mentor CDA # 5, 6 * If you are working on your CDA credential you may want to take these workshops, as these subject areas are harder to find.

Food Choices and Healthy Substitutes: Small Steps Towards Big Health Rewards

Tuesday, June 3 6:30 - 8:30 PM

Join Lori Dotolo, Nutritionist and Laurie Wright, RN, from the Addison County Department of Health, to learn how to adapt your favorite recipes to be more heart healthy. Be prepared to share your favorite tips with others. Spring clean those cupboards and start new habits. We will cover common recipe substitutions and explain why small changes make big differences. If there is time and interest we can cover the mysterious marketing ploys found on nutrition labels and explain how to avoid common pitfalls traps. **CDA # 1, 2 CACFP hrs**

Waves of the Future: Resiliency in Action

Hilton Hotel, Burlington

April 11, 2008 9:30 – 4:00 pm

Practical Strategies:

- Learn the research basis of the emerging resiliency framework, including how it is unique.
- Apply the recommendations from this research to their own lives, as well as to helping others.
- Identify the four most important steps to fostering resiliency.
- Acquire several activities that can be used to help others (of all ages) identify and build their personal resiliency.
- Discover ways to strengthen people's ability to overcome adversity
- Explore integrating the resiliency framework into your work.
- Develop strategies to be a more effective change agent for resiliency-building.

Who Should Attend: Social Workers, Educators, Child Care Providers, Mental Health Professionals, Foster Parents, Family Support Workers, Parents & Relative Caregivers, Healthcare Professionals, Child & Family Advocates, And others who work with children & families

The Institute kicks off VFAFA's 21st Annual Conference. To get a copy of the full conference brochure go to: http://www.dcf.state.vt.us/fsd/pubs&reports/VFAFA_Brochure08_C.pdf

or contact **Diane Robie** at: drobie@shoreham.net or **802-948-2435**.

SAVE THE DATE!

Friday, July 11th 7 - 9 pm and Saturday July 12th (times TBA)

The University of Vermont Early Childhood Program is sponsoring a conference featuring the administrators and educators from the municipal system of early education and care in Pistoia, Italy. Saturday will include sessions that examine infant/toddler environments and curriculum in Pistoia as well as the relationship between young children and the natural world. More information to follow....

SAVE THE DATE!

The Stern Center for Language and Literacy presents:

BUILDING BLOCKS FOR LITERACY

Two Day Conference

Saturday September 27, 2008 and December 6, 2008

At the Capitol Plaza, Montpelier, VT

For more information contact Brenda at: bbuzzell@sterncenter.org or 802-479-2101

Continued from p. 1... **Change in Play, Change in Kids**

Clearly the way that children spend their time has changed. Here's the issue: A growing number of psychologists believe that these changes in what children do has also changed kids' cognitive and emotional development.

It turns out that all that time spent playing make-believe actually helped children develop a critical cognitive skill called executive function. Executive function has a number of different elements, but a central one is the ability to self-regulate. Kids with good self-regulation are able to control their emotions and behavior, resist impulses, and exert self-control and discipline.

We know that children's capacity for self-regulation has diminished. A recent study replicated a study of self-regulation first done in the late 1940s, in which psychological researchers asked kids ages 3, 5 and 7 to do a number of exercises. One of those exercises included standing perfectly still without moving. The 3-year-olds couldn't stand still at all, the 5-year-olds could do it for about three minutes, and the 7-year-olds could stand pretty much as long as the researchers asked. In 2001, researchers repeated this experiment. But, psychologist Elena Bodrova at the National Institute for Early Education Research says, the results were very different.

"Today's 5-year-olds were acting at the level of 3-year-olds 60 years ago, and today's 7-year-olds were barely approaching the level of a 5-year-old 60 years ago," Bodrova explains. "So the results were very sad."

Sad because self-regulation is incredibly important. Poor executive function is associated with high dropout rates, drug use and crime. In fact, good executive function is a better predictor of success in school than a child's IQ. Children who are able to manage their feelings and pay attention are better able to learn. As executive function researcher Laura Berk explains, "Self-regulation predicts effective development in virtually every domain."

The Importance of Self-Regulation

According to Berk, one reason make-believe is such a powerful tool for building self-discipline is because during make-believe, children engage in what's called private speech: They talk to themselves about what they are going to do and how they are going to do it. "In fact, if we compare preschoolers' activities and the amount of private speech that occurs across them, we find that this self-regulating language is highest during make-believe play," Berk says. "And this type of self-regulating language... has been shown in many studies to be predictive of executive functions." And it's not just children who use private speech to control themselves. If we look at adult use of private speech, Berk says, "we're often using it to surmount obstacles, to master cognitive and social skills, and to manage our emotions."

Unfortunately, the more structured the play, the more children's private speech declines. Essentially, because children's play is so focused on lessons and leagues, and because kids' toys

increasingly inhibit imaginative play, kids aren't getting a chance to practice policing themselves. When they have that opportunity, says Berk, the results are clear: Self-regulation improves.

It seems that in the rush to give children every advantage — to protect them, to stimulate them, to enrich them — our culture has unwittingly compromised one of the activities that helped children most. All that ‘wasted time’ was not such a waste after all

***Adapted from Old-Fashioned Play Builds Serious Skills* by Alix Spiegel, on the NPR website**

Middlebury Cooperative Nursery School

Erica Garner, past chairperson of Middlebury Cooperative Nursery School (MCNS), tells us it was during the 1930’s—no one seems to know the exact date—spouses of several Middlebury College professors established the nursery school in the former East Middlebury schoolhouse. Parent volunteers would take on just about every facet of running the nursery school, from cleaning floors to implementing curriculum. MCNS eventually purchased the building from the ID-4 school district. Parents made financial and personal investments in the nursery school for over 75 years, making it one of the longest running cooperative nursery schools in the state.

“It was a wonderful investment of time, but a large amount of work for the parents,” commented Serena Eddy Moulton a former student at MCNS and some years later a parent sending her own children to MCNS. “It was a real joy to see my own children have the same loving, encouraging atmosphere I enjoyed as a child.”

Nothing lasts forever. Faced with the ever-mounting challenges of running a cooperative nursery school--the declining population of preschool-age children, the increasing demands on parents’ time and rising costs--the MCNS Board approached Mary Johnson Children’s Center to see if they would be interested in taking on the operation and programming of the nursery school... MJCC began the transition in the fall of 2006 and recently completed the transition by taking over the balance on the mortgage of the nursery school building.

“In some ways it was hard to let go,” said Garner, “but I am thankful MJCC was willing to take on the program. I feel good knowing there will still be a quality child care facility in the building.”

“MCNS has been around for a long time and we don’t want to lose its character or identity”, observed Ilana Snyder co-director of MJCC. Children attending MCNS will continue to receive excellent services----though no longer under the watchful eyes of their parents. Those memories will be savored by the MCNS parents who enjoyed it.

For TAX TIPS and other helpful information for Family Child Care Providers - Check out the Red Leaf Institute website at: www.redleafinstitute.org



INFANT/CHILD/ADULT CPR AND FIRST AID

Saturdays: April 12 June 14

* One Hour Recertification:	8:30 - 9:30 AM	\$20.00	
First Aid:	10:00 - 12:30	\$20.00	Please note new times!
Lunch Break:	12:30 - 1:00 PM		
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.**
- **Registration forms need to be received a week before the class is scheduled.**

NAME: _____ PHONE #: _____

DATE OF TRAINING: _____ PLEASE CHECK TRAINING NEEDED:

ONE HOUR RECERTIFICATION _____ FIRST AID: _____ FULL CERTIFICATION: _____

**Please mail your registration with payment made out to MJCC to:
MJCC, 81 Water St. Middlebury, VT 05753 Attn: Amethyst**

Funding for this newsletter is provided by the Child Development Division of the Department of Children and Families, Addison County Child Care Services & the Addison County Building Bright Futures Regional Affiliate