Welcome to Autumn!

While some of you are gearing up for your school-year programs, others are breathing a sigh of relief that those school age kids are back in school! Welcome to autumn. Here at the Mid-Coast RDC we are both gearing up and breathing a sigh of relief. September is the end of our contract year so we are finishing up and looking forward to the things that we have planned for the coming year.

As you know, we will not be holding our symposium at Camp Wavus this year. However, the trainings that we had planned, we are offering as electives this fall. Watch out for “Two Crazy Women” who will be conducting science experiments on December 3. Are you interested in adding a music program or yoga to your child care curriculum? If so, we have the trainings for you! And for those of a business mind, “IRS’s Small Business Advantage” might be just what you’re looking for.

So take a breath and get ready to go again. Welcome to autumn!

Sincerely,
Page Holmes-Ames, Education Specialist

New MRTQ/State Approved Core Knowledge Training Fee Schedule

The RDC’s all over the state have held off as long as possible in raising the price of training. However, effective October 1, 2011 there will be a $5.00 increase for QRS participants and $10.00 increase for Non-QRS participants. The new fee structure is as follows:

<table>
<thead>
<tr>
<th>QRS Participants</th>
<th>Non-QRS Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 12 hour course</td>
<td>$10</td>
</tr>
<tr>
<td>12-29 hour course</td>
<td>$15</td>
</tr>
<tr>
<td>More than 29 hours</td>
<td>$20</td>
</tr>
</tbody>
</table>

This is a good time to give you more information on how we determine what to charge for your training. We know that everyone is watching their budget carefully. The Department of Health and Human Services helps to keep the cost of training low by including funds in our contract. The MRTQ and Core Knowledge trainings are subsidized. However, with cuts in funding at all levels, we made the tough decision to increase the fees slightly this year so that we can continue to offer the training that you need. I have always been very proud of the training calendar with options in all of the coastal locations as well as some training online. The Department requires that we have at least 6 providers registered for these training sessions.

Elective training is not included in the contract funding. We try to find topics of interest to enhance your professional development. Elective training fees have to cover the full cost of paying the instructor and any other costs such as space or materials. That is why there is a different fee structure and a minimum number of registrations required.

If you have any questions regarding training fees, please call me at 443-1690.

Candy Carpenter, Director
**MRTQ or QRS? What's the difference?**

Are you confused by the alphabet soup? Are there too many "quality’s" to keep straight? You are not alone! I often get questions from child care providers who are confused about the difference between MRTQ (Maine Roads to Quality) and QRS (Quality for ME’s Quality Rating System). One way to remember is this: Maine Roads to Quality (MRTQ) is your road to professional development and Quality Rating System (QRS) rates your child care program. MRTQ is about you. QRS is about your program.

If you are easily confused or your head is just too full to take any more in, you may want to stop reading now. That is the very basic difference between MRTQ and QRS. However, if want more information than read on!

You (and all staff who work for the program) must register with MRTQ before your program can apply to QRS. When you register with MRTQ, you are assigned a Level on the career lattice depending on your education, training, credentials and work experience. These levels are "Novice" through "Level 8." Although sometimes mistakenly called a "step," this should not be confused with the steps on QRS. When you apply to QRS, your child care program is rated against a set of standards and awarded a Step (1-4) on the Quality Rating Scale. Your program must be on the Quality Rating System in order to participate in the child care subsidy voucher program.

Your MRTQ career lattice level will increase as you gain experience and credentials in the field of Early Childhood Education. Your program’s QRS step can increase as you align your child care program with the Quality for ME standards.

For help with registering with MRTQ or applying to QRS please contact me, Page Holmes-Ames, Education Specialist at (207) 592-0403 or visit the Maine Mavens on Facebook at: http://www.facebook.com/pages/The-Maine-Mavens-Project/227735827243291?sk=wall

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**QRS Portfolio Review Training**

If you are a member of QRS, then you have agreed to a randomly selected visit to review your portfolio containing the supporting documentation to validate your self-assessment application.* Kristopher Michaud, Early Childhood Quality Initiative Specialist at the Department of Health and Human Services Office of Child and Family Services, has agreed to facilitate a training regarding what to expect at a Quality for ME, Quality Rating System (QRS) portfolio review. We have not yet set a place and date for this training because we would like to base our decision on provider interest. If you are interested in this training, please contact us at: training@midcoastrdc.org or (207) 443-1690

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**CPR & First Aid Trainings**

To find the American Red Cross and CPR trainings in your area go to:

www.redcross.org/en/takeaclass

Fill in your zip code, how far you want to travel, select a course from the list, and put in the date range that you want to take the training. You can also call your local chapters:

Mid-Coast Chapter, Topsham,
(207) 729-6779

Pine Tree Chapter, Bangor,
(207) 941-2903

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**Mid-Coast RDC Annual Symposium**

As some of you already know, we decided to cancel our annual early care educator symposium which was scheduled for August 13th, in Rockport. This year we moved the location to Camden Hills Regional High School in order to keep the cost of attendance the same. However, the facility was only available during the summer months which may not have worked out for many providers.

We are offering some of the scheduled trainings as electives this fall and hope to reschedule the symposium in the spring of 2012.

Please stay tuned for more details!
Rewarding ourselves often involves food and typically not apples or carrots! To control your weight and blood glucose, consider new habits that help you avoid automatic eating.

Eating for reasons other than hunger can be triggered by emotions (anxiety or boredom), situations (doughnuts at a meeting), thoughts (negative self-talk), and physiological needs (poor food choices). In response to such triggers, choose a zero-calorie reward and break the chain of automatic eating. Here are some great suggestions:

* **Unwind after a busy day:** Establish a non-food relaxation routine. If routine bores you, make a list of non-eating soothers, such as turning on music or walking your dog, select one at random!

* **Find anxiety alternatives:** Distract yourself from unneeded food. Call a friend and debrief about your worries. Take a walk or exercise!!

* **Plan your weekend options:** Stay on a regular eating routine, including number of meals and healthful snacks and the times at which you eat. Work in at least one daily physical activity. Reward yourself with your favorite social activities, like visiting your local museum or catching the latest flick!

* **Reward your accomplishments:** Don’t deprive yourself. Make time to celebrate victories large or small! This can involve some fun! Go to a local sporting event or enjoy a beautiful sunset, maybe even visit a garden or farm.

**Autumn Fruit Salad**

Servings 4

Carb. Per serving 20 g

**Start to finish is 15 minutes**

**Ingredients:**

2 ripe pears, cubed
2 tablespoons lemon juice
1/3 cup chopped pecans, toasted
1/2 cup plain low-fat Greek yogurt
1 tablespoon honey or agave nectar
Ground cinnamon

In a medium bowl combine pears and lemon juice. Stir in the pecans. Divide pear mixture among four bowls.

In a small bowl combine yogurt and honey. Top pear servings with a spoonful of yogurt mixture. Sprinkle with cinnamon.

**Nutrition Facts:** 140 cal. 7g total fat. 1g sat. Fat. 1 mg chol. 7mg sodium. 20g carb. 3g fiber. 14 g sugar 3 g protein.
Resources for Providers & Parents

Child Development Services Information
Do you have questions or concerns about your child? You may notice that your child has difficulty doing some of the things other children of the same age can do. CDS can assist you with screenings, evaluations, and services for children birth to age 5. Below are the phone numbers for our service area:
Cumberland County CDS-781-8881 (serving families in Brunswick and Topsham)
Mid-Coast Regional CDS-563-1411 or 594-5933 (serving families from Bath to Belfast)

Matched Savings Programs
The Family Development Account Program (FDA) enables eligible individuals and families to have their savings deposits matched to use towards first time home ownership, business start up or expansion, or education costs. Currently, savings are matched at a 4:1 rate meaning for every dollar you deposit into your savings account FDA programs deposit four! For eligibility guidelines contact:
Sagadahoc & Lincoln-207-442-7963 ext. 297 or 207-386-1664
Knox-207-973-3630 ext. 364  Waldo-207-338-6809 ext. 102

Caring About all Children

“I believe that each of us must come to care about everyone else's children. We must come to see that the well-being of our own individual children is intimately linked to the well-being of all other people's children. After all, when one of our children needs life saving surgery, someone else's child will perform it; when one of our children is threatened or harmed by violence in the streets, someone else's child will inflict it. The good life for our own children can only be secured if it is also secured for all other people's children. But to worry about all other people's children is not just a practical or strategic matter; it is an moral and ethical one: to strive for the well-being of all other people's children is also right.”

This article was published in ExchangeEveryDay, a free service of Exchange Magazine. View this online at www.childcareexchange.com.

Mandated Reporter Trainings
**Sagadahoc County** Marie Arnold, FamiliesCAN!  442-7963, x286
**Lincoln County** Leslie Livingston, Healthy Kids! 563-1818
**Waldo & Knox Counties** Patrick Walsh, Broadreach, 338-2200, x109

Health Insurance: Keith Gleason, Insphere Insurance Solutions, offers health insurance for the self-employed. Keith has been working with several providers around the state to access affordable health insurance and now offers Life, Retirement & Long-Term Care. FMI call 1-866-930-6273 or visit www.insphereis.com/keithgleason. (MCRDC does not endorse any entity)

Free Resource for Family Child Care Providers
Tom Copeland has been answering business questions for family child care providers across the country as part of his consulting partnership with the National Association of Family Child Care (NAFCC). Check out his blog called “Tom Copeland's Taking Care of Business” at: www.tomcopelandblog.com

Got Tax Questions?
Shawn Savage, Child Care Provider Liaison, can provide the answers as well as IRS forms, publications, and related links.
He can answer questions about your needs as a small business owner.
Contact him at: 207-491-1888 or shawn.s.savage@irs.gov

Better Kid Care, www.betterkidcare.psu.edu
by Penn State University
This site offers professional development opportunities and educational information for caregivers, 150 Tip Pages on topics related to early childhood education, and activities for all ages. Well worth checking out!
The Mid-Coast RDC is committed to promoting quality early care education through professional development

Providers in the Spotlight! We’ll Toot Your Horn for You!

Congratulations to
Roxanne Cummings
First Steps, Belfast
on being awarded
National Accreditation from the
National Association for
Family Child Care!
After 15 years in child care,
Roxanne said, “it was a lot of work but certainly worth the effort”.

New to the Quality Rating System!
- Riverview Learning Center, Bath
- Townline Daycare, Waldoboro
- Bullfrogs & Ladybugs Child Care, Topsham
- Happy Days Child Care, Rockland
- Tucker Brook Daycare, Lincolnville
- Jet’s Daycare, Belfast
- King’s Korner Daycare, Damariscotta
- Nancy’s Daycare, Dresden
- Shining Starz Daycare, Rockland
- Parker’s Family Daycare
- Lizards & Ladybugs Childcare, Warren

Professional Development

New Workshop Series Offered by University of Maine
Psychology

This workshop is being offered for the first time by three professors at the University of Maine, Kevin Duplissie, Dr. Cynthia Erdley and Dr. Peter LaFreniere. It is geared to Early Education Childcare Professionals working in private or public centers and homes, and being offered in four online workshops and a fifth on-campus workshop, allowing everyone to meet in person for discussion.

Dates & Times: October 4, 11, 18, and 25th from 5-8:30 pm. November 5th from 10:00-3:00 pm.
Please use the address below to register by Friday, September 23.
http://umaine.edu/psychology/child-study-center/early-childhood-training-program/

Picturing America Full Day Training
For Early Childhood Educators and K-12 Teachers
Friday, October 28, 2011 8:30 to 3:30; Bangor

Join us to explore innovative ways to use images to teach critical thinking skills and American culture. This daylong program will include an educational tour at the University of Maine Museum of Art. Picturing America, an initiative of the National Endowment for the Humanities, is a great tool for all teachers! These high-quality reproductions of American art can be used in a variety of ways in any classroom or child care setting. This one-day program for educators of children ages 0 - 18 will offer innovative ways to use visual images from Picturing America and Maine's local art collections to teach critical thinking skills, visual and verbal literacy and American culture. Whether you are new to Picturing America or are already familiar with it, this program will help you expand your knowledge.

For more information on Picturing America go to: http://eclkc.ohs.acf.hhs.gov/hslc/resources/cinema/Vid/PicingAmeric.htm.
Program details & registration to be posted by Sept 15 at www.mainehumanities.org
Questions: please contact Denise Pendleton at dpendle@mainehumanities.org
**Maine Roads To Quality (MRTQ)/State Approved Trainings**

**Supporting Maine’s Infants & Toddlers Guidelines for Learning & Development (30 hrs)**
This training module was written and designed to guide providers through the history, creation, and use of this publication, which outlines learning and development from birth to three. The modules focus on orienting providers to the document and on developing understanding regarding its use in a provider’s work with infants and toddlers and their families. The training maintains a strong emphasis on the link between authentic assessment and curriculum planning throughout the eight modules. During this training, participants use various tools and strategies to engage in observation, to collect evidence of children’s development, and to plan curriculum within the context of Maine’s guidelines for infants and toddlers. Participants complete a portfolio/case study of one infant/toddler that utilizes concepts and strategies introduced in the training.

**Instructor:** Page Holmes-Ames  
**Location:** ME Coop Ext., 377 Manktown Rd., Waldoboro

**Cost:** QRS participant $20.00, Non-participant $30.00  
**Dates & Times:** Oct. 1; 9-3:30 pm (Please bring a bag lunch), Oct. 5, 12, 19, 26, Nov. 2, 9; 6-9 pm

**Getting Started in Family Child Care (6 hrs)**
This training introduces the aspects of opening a family child care business in the home. It covers state certification procedures, health and safety practices, working with families, child development, community and professional resources, and business and professional development. (Required by DHHS for obtaining a FCC license.)

**Instructor:** Page Holmes-Ames  
**Location:** MMCA, 34 Wing Farm Parkway, Bath

**Cost:** $20.00  
**Date & Time:** Oct. 22; 9-3:30 pm (Please bring a bag lunch)

**Maine’s Early Childhood Learning Guidelines (30 hrs)**
Maine’s Early Childhood Learning Guidelines have been approved by Maine’s Department of Education and Department of Health & Human Services. They are written for all children ages 3-5 and are a precursor to Maine’s K-12 Learning Results. Eight 3-hour sessions will include: orientation to the Early Childhood Learning Guidelines, integrating the guidelines into your current curriculum, adapting the guidelines to children with special needs, observation and assessment of young children using the guidelines and sharing them with families. This training is open to family child care, center-based, nursery school, Head Start and public pre-k programs.

**Instructor:** Page Holmes-Ames  
**Location:** WIC Bldg., Rockland (corner of Union & Myrtle St.)

**Cost:** QRS participant $20.00, Non-participant $30.00  
**Dates & Times:** Nov. 5; 9-3:30 pm (Please bring a bag lunch), Nov. 8, 15, 22, 29, Dec. 6, 13; 6-9 pm

**Foundations of Center-based Care Online Training (30 hrs)**
This training serves as a basic overview of working in center-based early childhood programs. Topics focus on the role and requirements of the early childhood educator, the needs of young children, the components of quality early childhood programming, and options for pursuing additional training in the field. 

**Registrations will be limited to 12, with preference being given to those providers in our catchment area. Deadline to register for this class is December 14th.**

**Instructor:** Page Holmes-Ames  
**Location:** Online

**Cost:** QRS participant $20.00, Non-participant $30.00  
**Dates:** Dec. 28-March 14

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**Please bring a three ring binder to all MRTQ Trainings.**

**Elective Trainings**

**NEW! IRS’s Small Business Advantage for Child Care Providers (3 hrs/3 locations)**
When you’re running a child care business, you don’t need to be a tax expert too. But you do need some tax basics. IRS Small Business Advantage gives you the information you need to stay tax compliant so your business can thrive. Topics include: record keeping, audit guide, schedule ‘C’ information and worker classification-independent contractor or an employee?

The instructor for all three locations will be Shawn Savage and the fee is $20.00

**Date & Time:** Oct. 5; 6-9 pm  
**Location:** Youth Promise, Route 1, Newcastle

**Date & Time:** Nov. 16; 6-9 pm  
**Location:** MMCA, 34 Wing Farm Parkway, Bath

**Date & Time:** Dec. 7; 6-9 pm  
**Location:** WIC Bldg., Rockland (corner of Union & Myrtle St.)
NEW! Introduction to Moodle: MRTQ’s Online Training Platform (2 hrs/4 locations)

This face to face, two hour training will cover the basics of using Moodle, MRTQ’s online training platform. For anyone who would like to take an online training through the RDC but isn’t sure if they have the necessary computer skills, this training will guide you through logging on, accessing the lessons, submitting responses and taking quizzes. You will become familiar with the site and what is required of you to complete an online training. Prepare to get those required training hours in the comfort of your own home! The instructor for all four locations is Page Holmes-Ames and the fee is $5.00.

**Date & Time:** Oct. 13; 6-8 pm  
**Location:** MMCA, 34 Wing Farm Parkway, Bath

**Date & Time:** Oct. 25; 6-8 pm  
**Location:** Youth Promise, Route 1, Newcastle

**Date & Time:** Dec. 1; 6-8 pm  
**Location:** URock, Room 405, 91 Camden St., Rockland

**Date & Time:** Dec. 5; 6-8 pm  
**Location:** Belfast Free Library, Belfast

NEW! Infusing Your Child Care With Yoga (3 hrs/2 dates)

New to our training roster with hopes of Beth becoming a familiar face, this class provides you with yoga games, poses and breathing techniques that can be done with children of all ages, any time and any place. Lists and samples of valuable resources for doing yoga with children will be available. Please bring a yoga mat or towel and be dressed to move! The instructor for both locations is Beth Jarvis and the fee is $20.00.

**Date & Time:** Oct. 20; 6-9 pm  
**Location:** MMCA, 34 Wing Farm Parkway, Bath

**Date & Time:** Dec. 8; 6-9 pm  
**Location:** MMCA, 34 Wing Farm Parkway, Bath

NEW! Integrating Music into Early Childhood Education (3 hrs/2 locations)

Participants will learn how music affects brain function, including the development of language, motor and social skills. This interactive training will help providers feel comfortable and competent in leading and implementing musical activities. You will leave with a booklet of music and activities and will have the opportunity to purchase a CD to compliment the packet. The instructor for both locations is Trish Jonason and the fee is $20.00.

**Date & Time:** Nov. 7; 6-9 pm  
**Location:** WIC Bldg., Rockland (corner of Union & Myrtle St.)

**Date & Time:** Nov. 17; 6-9 pm  
**Location:** Youth Promise, Route 1, Newcastle

NEW! Saturday Science with Two Crazy Women (4 hrs)

Science surrounds each of us every day. With the introduction of the Scientific Method, children of all ages are given the steps to learning about their world in an orderly manner that they will use throughout their lives. Come prepared to be busy! In this hands-on workshop, you will blow things up, measure and mix, identify and sort, all while using the Scientific Method and filling the room with laughter and fun. Light Refreshments will be provided.

**Instructors:** Pam Newcomb and Amy Rouse  
**Location:** ME Coop Ext., 377 Manktown Rd., Waldoboro

**Cost:** $45.00

**Date & Time:** Dec. 3; 8-12 noon

QRS Elective & Potluck: Program Evaluation (2 hrs/2 locations)

Mid-Coast RDC Education Specialist, Page Holmes-Ames, will be hosting an elective training related to the Quality for ME Rating Scale (QRS) which covers Program Evaluation. The training will be accompanied by a potluck supper and opportunity for providers to network with each other. Of special interest to center directors and family child care providers, this training will focus on one standard of the QRS and what you can do to help your program “move up”. There will also be an opportunity to ask any questions that you have related to the QRS. Quality for ME Standard: The program is evaluated yearly using a self-assessment tool and has a written improvement plan based upon findings of a comprehensive self-assessment designed to analyze all aspects of the program.

**Cost is $5.00 and a contribution to the potluck is welcome.**

**Date & Time:** Nov. 21; 6-8 pm  
**Location:** Belfast Free Library, Belfast

**Date & Time:** Dec. 12; 6-8 pm  
**Location:** MMCA, 34 Wing Farm Parkway, Bath

Maine Mavens Project

Remember that the Maine Mavens Project is a peer-to-peer network to support early childhood providers and programs with the Quality Rating System. The Mavens are available to share their experiences and resources and come from urban and rural areas. You can contact them on Facebook at:

Calling All Knitters!

"Click" your knitting needles together and help prevent infant abuse! We need your help to knit **PURPLE** baby caps for a new campaign to prevent Shaken Baby Syndrome/Infant Abuse.

Knit or crochet as many as you like from 5 to 50. Caps will be collected from now until the end of October and distributed during the month of November to new babies.

By knitting caps you will be helping to educate parents about the **Period of PURPLE Crying**, a time when babies cry more than any other time and can be very frustrating for parents.

Please knit and mail your **PURPLE** newborn baby caps, as many as you’d like, to be received no later than October 26, 2011 to:

Marie Arnold, Families CAN!

Midcoast Maine Community Action
34 Wing Farm Parkway, Bath, ME 04530
207/442-7963 x 286 marie.arnold@mmcacorp.org

Learn more, visit: [www.clickforbabies.org](http://www.clickforbabies.org)-become a fan on Facebook or follow us on Twitter@PurpleCrying.