

**CHILD CARE
RESOURCE &
REFERRAL**

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Community Services
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www.lracs.org

[http://
nh.childcareaware.org](http://nh.childcareaware.org)

**INSIDE
THIS ISSUE:**

**Online
Provider
Services** 2

**Child Care
Aware® of NH
Website** 3

**NH
Professional
Registry** 4

**Page for
Parents** 5-7

**Strengthening
Families
Training** 8

**PTAN
Information** 9

**Child Care
Aware® of NH** 12

Provider Pages

APRIL — JUNE

2014

CCR&R Welcomes Chief of Child Care Licensing!



Hello! I am Melissa Clement, the new Chief of Child Care Licensing. I began my career in Early Childhood at the Elizabeth Amen Nursery School, the lab school at Wheaton College in MA. After graduation, I cared primarily for infants and toddlers. I was working as the lead teacher in the infant program of 34 infants and 14 staff in a large center when Massachusetts licensing came for a visit. I did not have a good impression of child care licensing after that visit— there were several licensing staff, and I do not remember anyone smiling or asking me about the infant

program, and it seemed like a miserable way to spend your time! When I came back to NH, my impression of licensing was completely changed – the licenser sat on the floor with the infants, smiled, asked questions, all while I was greeting parents, changing diapers, and of course feeling very nervous. But because of that positive experience, when the opportunity presented itself to become part of licensing, I felt it was something I could enjoy doing. That was almost 15 years ago (!) but I share this to demonstrate that I feel licensing should be viewed as a resource for all staff. I encourage all of you to ask questions when the licensing coordinator is at your program, or to call our office with any questions you may have (1-800-852-3345 ext 9025 or directly 271-9025). Our website is also

a good source of information: <http://www.dhhs.nh.gov/oos/cclu>. This is an exciting time to be part of the early childhood field, and I am looking forward to partnering with others to ensure that children attending NH child care programs are in safe and healthy environments and are provided with care, supervision and developmentally appropriate activities that meet each child's physical and emotional needs.



The task of the modern educator is not to just cut down the jungles but to irrigate deserts.

C.S. Lewis



Now is the time to take a college course in ECE!

Continue Your Early Childhood Education with Tuition Assistance!

Did you know that the NH Department of Health and Human Services, Child Development Bureau provides tuition assistance for eligible individuals looking to continue their education in early childhood education through the Community College System of New Hampshire or Granite State College?

This grant is available to those who are currently employed, at least part-time, in a NH licensed (or license-exempt) early childhood program, or a licensed family child care program.

For more information Contact:

Community College System of New Hampshire

Teri Laflamme

Phone: (603) 271-6783 or

email: tlaflamme@ccsnh.edu

Website: <http://www.ccsnh.edu/ece/>

Granite State College

Karyn Yeatman

Phone: (603) 513-1317 or

email: Karyn.yeatman@granite.edu

Website: <http://www.granite.edu/>

Online Provider Services

Child Care Resource and Referral (CCR&R) offers a free service beneficial to child care programs and families: matching families' child care needs with available child care through referrals. Families are given information about child care programs that may be able to meet those child care needs. The best matches are made when child care program information is current, especially current vacancies. Your local CCR&R works hard to try to keep your program information current by mailing update forms, emailing or calling your program.

What if you, as a licensed program director or owner, could do this yourself in a matter of minutes? Well now you can, with Online Provider Services!

Online Provider Services (OPS) is the part of the professional registry system that allows you to track and update child care program information. Just like the NH Professional Registry, OPS has its own login page, but it is just for program directors and family child care owners and is:

- FREE to use
- EASY to use
- AVAILABLE 24/7, 365 days a year
- A POWERFUL tool that puts you in charge of your program updates as well as giving you instant access to special events, announcements and program management documents such as child care licensing rules.

Contact us to learn more!



APRIL—JUNE

The Family Resource Connection

The Family Resource Connection (FRC) is a free resource that any NH resident can utilize. The FRC has an entire library collection devoted to issues that concern families and child care educators alike. This wonderful library is full of books, videos, periodicals, articles, curriculum kits, etc. AND they can be mailed right to your front door WITH return postage! For more information on this invaluable service please call the FRC at 1-800-298-4321 or check out their website at www.state.nh.us/nhsl/frc. You can also email them at FRC@library.state.nh.us.

Did You Know?

The New Hampshire Child Care Licensing Unit updated their professional development guide in hopes of clarifying it a bit more. You will find all guides on their website at: <http://www.dhhs.nh.gov/oos/cclu/guidesinfo.htm>

The MRS is Coming!

The Next Market Rate Survey (MRS #8) is scheduled to arrive in February. This important survey is sent to all licensed NH child care and early education providers every other year. Please complete the survey because the results will be used to set the child care scholarship payment rate. Questions regarding the survey are to go to Michael Kalinowski m.kalinowski@unh.edu

Child Care Aware® of New Hampshire Website

If you haven't logged on and checked out the latest Hot Topics on the Child Care Aware® of New Hampshire website, you don't know what you're missing! This site is ever-changing with the most current and up-to-date information and happenings in New Hampshire for early childhood professionals. Currently, there's information about where to find the Medication Administration training that is required by the Child Care Licensing Unit if you are administering medication to children in your program. The Spark NH PORTAL information is one of our current Hot Topics. Do you know about the Child Care Aware® of New Hampshire Kindle Challenge? If not, you'll find it on the website Hot Topic section. Updates from Granite State College and the Community College System of NH regarding course offerings and tuition assistance programs are often posted on this site and soon you'll find information on Water Safety!

The website also has information for families, child care providers and a community section. This site is also a great resource to find information about the NH Professional Registry. You can see how to enroll in the Registry, how to find and register for trainings and how to generate a transcript of your trainings.

So don't wait – log on now to www.nh.childcareaware.org so you'll be up on the latest news!



What's New in the NH Professional Registry?

Thanks, in part to your feedback and input, we have been working with Child Care Aware® of America on adapting the NH Professional Registry to fit the needs of the over 2,000 New Hampshire Early Childhood and Afterschool Professionals that are using this system. Below we have created a list for you of changes that have been made for your benefit:

1. LOCATION - When searching for a training you can now see where the training is located.
2. WITHDRAW - You can now withdraw yourself from a training by going to your Training History. Simply find the training you are looking to withdraw from and select withdraw.
3. AVAILABLE TRAININGS - You will now only see trainings that are available on the day you search and going forward from that date.
4. USER-FRIENDLY - The Registry is now more user friendly when looking at trainings as the location is available in addition to using the Calendar View.
5. TRAINING HISTORY - Using your Training History is an ideal way to see what your status is in regards to your registration. Through the Training History you will see if your registration is pending, if you are enrolled or if you are on a wait list. You will also be able to see trainings that you withdrew from and trainings that you completed.
6. MY PROFILE - We would encourage you to complete the "My Profile" page in the Registry. "My Profile" is where you can note your job experience, education and work experience. It's almost like a built in resume for you and once you complete it, it is easy to update and right there at your fingertips.

If you have questions about the NH Professional Registry, please contact Julie Choiniere at 581-1579 or juliec@lrca.org



Preventive and Protective Child Care

Do you know about preventive and protective child care? "Preventive child care gives parents/guardians an opportunity to participate in programs designed to teach positive parenting skills and to learn how to address problems that are harmful to their children." Preventive child care scholarship funds can be authorized by Comprehensive Family Support Agencies. Click on the follow the link to see a list of these agencies. <http://www.nhchildrenstrust.org/program/family-resource-center>

Protective child care is authorized by Children Youth and Families for children that have been removed from their home and placed with a caregiver in need of child care for employment reasons. Children in and out of home placement shall be cared for in a licensed child care setting. A DCYF Field Service Administrator needs to grant approval for a child in placement to be cared for in a license-exempt child care setting.

If you are a child care provider and can provide safe, reliable, nurturing child care for children, you may be eligible to receive preventive or protective child care scholarship funds for children ages birth through twelve. Are you interested in becoming a preventive and protective child care provider? You may find more information, including how to apply as either a licensed or a license exempt child care provider, on pages 51-62 in the *New Hampshire Child Care Billing and Payment Handbook*, accessible by clicking on the following link: <http://www.dhhs.nh.gov/dcyf/cdb/documents/providerhandbook.pdf>

Please contact Judy Levasseur at 271-7313 or via email at jlevasseur@dhhs.state.nh.us to request a certification/enrollment packet.

Page for Parents

Let's Get Physical: Exercising with Your Children

(Article by Childcare Aware, Daily Parent vol. 60 www.childcareaware.org)

Physical activity is an important part of children's growth and development. Researchers say that toddlers need 30 minutes of structured physical activities everyday, and then an additional 60 minutes of free playtime. Being active at a young age can help children stay fit for life!

Children who are active develop stronger muscles and bones, and are less likely to develop health problems such as type 2 diabetes, high blood pressure, and other conditions later in life.

Being active can also help children maintain a stable mood and sleep better.

Being active though is not just for children! Exercise helps adults maintain a healthy weight, and it can also help you stay in a better mood, sleep better, and combat some chronic diseases, such as heart disease. The Centers for Disease Control says adults should participate in moderate physical activity (like walking) for 30 minutes at least five days a week.

As a parent, you can set a good example for your children by exercising regularly. And you can make it a family time activity as well. Exercise with your children! You will all feel better, stay fitter, and spend quality time together.

Outdoor Activities

When the weather is good, go outside with your child. In addition to being active and outdoors in the fresh air, your neighborhood or local park will give your child a chance to see and learn about different things in the environment.

Infants

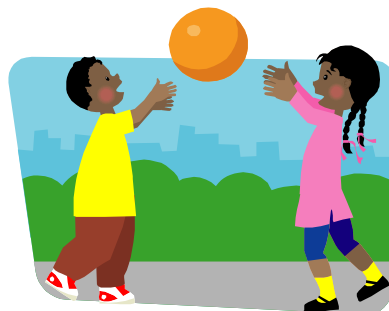
The Stroller-Walk: One of the easiest ways to exercise with your child outside is to take him for a walk in the stroller. Your infant won't get as much activity from this as you will, but it is worth it so he can take in the outdoor sights, smells and sounds. The faster and longer you walk, the better it is for you. Another great way to walk with your baby is to use a baby carrier or sling.

Sandbox Diggers: If your baby can sit up on his own, take him to a playground that has a sandbox where you can both dig and play around in the sand. Taking some toys such as a truck with an open back and a shovel can make sand play even more fun.

Toddlers

Catch: Rolling or kicking a large ball is a good way to be active for both of you! Toddlers love to run after big balls or play with it rolling back and forth to you.

Gardening: Dig in the dirt with your toddler, either in your own yard or a community garden (call your city or county government to learn if this is available). If this option isn't available, see if your local school has an area that needs some gardening. Your toddler will learn about plants and the cycle of growth. You can plant flowers, but the digging and carrying plants and all the equipment that go with it are really what works out your arms, legs and more.



Let's Get Physical: Exercising with Your Children continued from page 5

Preschoolers

Ball: Balls are great ways to exercise large muscles and get the heart pumping. Try playing soccer with your preschooler. Set up goal areas in whatever outdoor space you can find by using old milk cartons or use cardboard boxes. Kick the ball from one end of your area to the other. Basketball is also another fun sport to play with your child. If you have a hoop, shoot the ball to the hoop. Have your preschooler try. Help her get the ball into the hoop and just have a good time.

Jumping Rope: Jumping rope is a great way to help your preschooler exercise and develop coordination. Learn some jump rope rhymes and share them with your child. Not only is jumping rope an excellent way for adults to exercise - it burns more calories than any other activity in this newsletter!

Indoor Exercise

You don't have to go outdoors or have a lot of space to help your child get some exercise indoors. A little creativity always helps. You probably won't burn as many calories in indoor activities, but just moving is a start.

Infants

Kicking and Moving: Put your baby on the floor on her back, and hold a soft object (like a stuffed animal) that she can kick. Use facial expressions and noises to tell her to kick the animal. Act excited when she does. Give your baby a rattle or other noisemaker that he can shake. Babies love it when they can make things happen.

Patty-Cake: Your baby might not yet know the words. But, clapping hands and playing patty cake gives him a chance to get moving.

Toddlers

Move Like Animals: Stand next to your toddler, and call out names of zoo and farm animals. Once you have said the name, your toddler (and you!) should move the way the animal does, and make noises like the animal. It will be fun and help your young one use some energy.

Dancing: From toddler age to grown-ups, everyone can dance. Play your toddler's favorite music or yours - anything with a good beat - and dance together. Don't be afraid to get into the music - the more you move around, the better!

Preschoolers

Clean the House: Make cleaning more than a chore by involving your preschooler. Preschoolers love to help with chores. Though some tasks (using chemicals) may be dangerous for your child, chores such as setting the table, light dusting, picking up toys or sweeping are great opportunities to keep your child active. He'll also get a feeling of responsibility for taking care of the home. Put on some music to make the work more fun.

Let's Get Physical: Exercising with Your Children continued from page 6

Stretching Out: Work on your flexibility and help your child learn how to exercise healthfully by stretching together. Some moves you can try are:

- Touching your toes
- Arm circles
- Overhead reach (reach your arm over your body and stretch to one side and the other)
- Whatever other stretches you know!

Overall, enjoy yourselves. You don't have to run a marathon to stay in shape - any exercise you can do will be good for you and your child. And, the time you spend together having fun will be great for your relationship.

Activity/Calories Burned After 30 Minutes*	
Watching TV	34
Office Work	51.5
Stroller Push	129.5 (17 min. mile)
Sandbox Digging	170.4
Catch	85.2
Jumping Rope	340.9
Soccer	238.6
Basketball	272.2
Gardening	136.3
Playing with children/baby	136.3
Cleaning House (light dusting/etc)	85.2
Dancing	153.2
Stretching	85.2



*For a 150-pound adult, from <http://www.primusweb.com/cgi-bin/fpc/actcalc.pl>

For More Information

- **Kidnetic** was developed by the International Food Information Council (and other groups), and is designed for older children, but features many activities, and computer games that encourage children to get active and learn more about fitness.
- **KidsHealth** provides doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use, including healthy activities for young children.
- **Kids in Action** is a booklet produced by the government on fitness specifically for children ages birth through 5. It contains activities for infants, toddlers and preschoolers.
- **The Fitness Jumpsite** is a website primarily for adults designed by the Lance Armstrong Foundation. It includes a calorie calculator where adults can put in their weight and activity time to show how many calories they've burned.



BRINGING THE PROTECTIVE FACTORS FRAMEWORK TO LIFE Online Training Information for New Hampshire

What is the Bringing the Protective Factors Framework to Life Online Training?

- A **FREE** Online training to support implementation of the Strengthening Families Protective Factors Framework in multiple settings
- 7 courses, about 2 hours each in length
 - Introduction to the Protective Factors Framework
 - 5 Courses on the 5 Protective Factors
 - Wrap Up Course-designed to move users from knowledge to action

How do I register?

- Register by sending Julie Day, Strengthening Families Director at the NH Children's Trust an email (jday@nhchildrenstrust.org) with the following information:
 - Participant Name
 - Program Name
 - You will then receive an email with registration link and other important participant information!

Can I get training hours or credits?

- Upon completion of each course section, you will receive a certificate of completion from the National Alliance of Children's Trust and Prevention Funds
- For **Child-Care professionals**
 - Up to **12** Professional Development Hours can be awarded towards the 18 hour a year requirement through child-care licensing (6 Hours for Non-Interactive online Training and 6 Self-Study Hours)!
 - Meets NH Professional Development System Core Knowledge Areas
- For **Other Professionals**: You may be able to use the certificate you receive at the end of each section to satisfy training hours requirements for your profession. We are also seeking approval for CEUs for other licensed professionals. Send an email to the address below to receive notification of when the course is approved for CEU's.

You can take all of the courses or just one, you will only be awarded Professional Development hours for the work you complete.

For more information and to register contact:

Julie Day, Strengthening Families Director
603-224-1279 jday@nhchildrenstrust.org



Free Resources for New Hampshire Child Care Providers

Are you...

Frustrated by children who bite?

Upset by children who hit, push or bully other children?

Distressed by children who swear or use offensive behaviors?

Confused by children who don't fit in?

Discouraged by strategies that are just aren't working?

HELP is just a phone call away.... 1-888-584-8200

The **P**reschool **T**echnical **A**ssistance **N**etwork Child Care Inclusion Project is committed to helping NH child care program, family and center-based, work successfully with young children with challenging behaviors and other special needs.

PTAN Child Care Inclusion Project services include:

- Telephone consultation in the privacy of your program
- Email follow-up, helpful resources and updates
- Onsite technical assistance and related training from skilled and qualified consultants to help your program maintain children with challenging behaviors.

All services are FREE to NH child care programs. Give us a call...we can help!

PTAN gratefully acknowledges funding from the Child Development Bureau, DCYF, NHDHHS.
PTAN, SERESC, 29 Commerce Drive, Bedford, NH 03110 603-206-6800



**Save *TIME!* Save *MONEY!* Increase *QUALITY!*
Access to ECESharedResources.com for FREE
through June 30, 2014 for ALL programs licensed
by the New Hampshire Child Care Licensing Unit**



Quotes from some of our current members:
Debra Asquith, Little Frogs and Polliwogs – Manchester
“Best thing that has come around for early learning
in a number of years!”

*Amie Patterson, Monadnock Community Early Learning
Center – Peterborough*
“This will save me half my day!”

Head Start Director – New Hampshire
Cost-benefit analysis templates from the web platform
“helped me earn an A in an assignment for my busi-
ness administration class.”

**Early Learning NH & CCA for Social Good have partnered with you to bring you
ECE Shared Resources. Your program & staff can access a wealth of tools, ser-
vices, trainings & cost savings that help you save money and operate more effi-
ciently.**

Actual Savings from some of our current members:

Chris Casserly, Rochester Child Care Center – Rochester

*Saving \$24,000/year on food costs for the child care & afterschool programs & saving \$2,400/
year from reduced credit card fees.*

Suelaine Poling, Keene Day Care Center – Keene

*Saved \$2,000 on one Discount School Supply order for classroom supplies, e.g. paint, con-
struction paper, etc.*

Wendy Monroe, Great Bay Kids’ Company – Portsmouth

*Saved \$26,000 in one year alone by using the shared food vendor, then reinvested it into
serving more fresh fruits, vegetables & whole grains to the children. Also saved \$2,400 on
cribs needed to meet the new federal regulations.*

Kathy Ellis, Woodside School – Concord

*Saved \$500 on one Discount School Supply order and \$300 on one Grainger order for batter-
ies and other products.*

**To start saving time and money and increasing quality, visit www.earlylearningnh.org,
click on the ECE Shared Resources icon at the left of the home page, download the en-
rollment form & send it to us by mail, email or fax today. Or contact us and we will help
you sign up!**

Two Delta Drive, Concord, NH 03301

Phone (603) 226.7900 Fax (603)

226.7290 info@earlylearningnh.org





NEWS FROM

Spark NH

The Workforce and Professional Development Committee of Spark NH is pleased to announce the launch of the New Hampshire Early Childhood PORTAL: **P**rofessional **O**pportunities, **R**esources, **T**rainings **A**nd **L**inks. This free resource, open to all individuals working, or interested in working, in the early childhood field in NH can be found by going to the Spark NH website at www.sparknh.org/portal.

The PORTAL serves as a central location for early childhood (children age 0-8) professional development and employment opportunities in early education, family support and health, and also provides links to various early childhood resources. This is a high-quality, user friendly and easily accessible search engine that will support all professionals working with and on behalf of young children and their families. Using the PORTAL, seasoned professionals and students alike will find the resources, opportunities, and trainings they need.

All opportunities on the PORTAL are posted exclusively by individual organizations. This ensures that all posts are accurate and remain up to date. Early childhood professionals will benefit from using the PORTAL because they will have all of the information they need in one place, allowing them to devote more of their time to the children and families they serve.

To learn how you can sign up and get started, please visit www.sparknh.org/portal.

The Workforce and Professional Development Committee of Spark NH created this PORTAL to support the early childhood workforce. The goal is to build a well-populated, well-known search engine so its success depends on individual professionals, professional organizations and other appropriate parties who interact with early childhood professionals. Please share the link to this PORTAL on your website, in your newsletter and with friends and colleagues working in the field of early childhood.



Intelligence plus character —
that is the real goal of true edu-
cation. — *Martin Luther King Jr.*



Finding child care is one of the most important and challenging tasks families may face as they are looking for a safe and nurturing environment for their child, whether it be due to a need to work or wanting their child to have socialization opportunities with peers. Child Care Aware® of New Hampshire can assist families with their child care search. This organization is comprised of a group of ten Child Care Resource & Referral (CCR&R) programs in New Hampshire. Information about the CCR&R programs, along with resources for families, child care providers and the community at large can be found at <http://nh.childcareaware.org/>.

In addition to providing free referrals, CCR&R program staff can talk to families about quality components and what to look for when visiting child care providers. They can inform families about the differences between the types of child care and they also answer questions families may have about the search process. In addition to helping families, CCR&R program staff support child care providers by offering trainings and technical assistance to help improve child care programs' quality.

If you or someone you know needs to find a child care provider, or if you want more information about becoming a child care provider, please contact your local CCR&R. Contact information can be found at http://nh.childcareaware.org/about-us/who-we-are_contact-list/.

Child Care and Development Fund Billing and Payment Webinar for Child Care Scholarship

Register for a session now by clicking a date below:

Tuesday, April 22, 2014 @6:30pm-8:30pm EST
<https://www2.gotomeeting.com/register/616603370>

Tuesday, May 27, 2014@6:30pm-8:30pm EST
<https://www2.gotomeeting.com/register/6301004282>

Tuesday, June 24, 2014 6:30pm-8:30pm EST
<https://www2.gotomeeting.com/register/632071202>

Tuesday, July 22, 2014 6:30pm-8:30pm EST
<https://www2.gotomeeting.com/register/632860690>

This webinar provides instruction on how to bill for the Child Care Scholarship Program in the Department of Health and Human Services. This 2 hour webinar includes the provider agreement, provider notice of eligibility for payment, cost share and co-payment formula, the wait list, levels of service, how to properly complete billing forms, the disability differential, common billing errors and how to avoid them, the attendance sheet rules, provider/parent relationships, mandated changes to be reported, confidentiality, discussion of ethics, and websites that will be valuable to the provider.

Anyone who stops learning is old,
 whether at twenty or eighty. Anyone
 who keeps learning stays young.

Henry Ford





Purple Up! for Military Kids

New Hampshire military youth are resilient and take pride in their service to our Country. They deserve our appreciation and support. The month of April provides an opportunity to recognize and honor the service of our youngest heroes, military children. Established by former Secretary of Defense Caspar Weinberger in 1968, the designation of April as the Month of the Military Child acknowledges the significant role military youth play in our communities. In NH alone, there are approximately 4,100 military children.

The UNH Cooperative Extension Military Youth and Family Program invites everyone across the state of New Hampshire to wear purple on Tuesday, April 15th, as a visible way to show support and thank military youth for their strength and sacrifices. Purple symbolizes all branches of the military, as it is the combination of Army green, Marine red, and Coast Guard, Navy and Air Force blue.

We hope everyone will take this opportunity to celebrate these young heroes! Be creative....the goal is for military youth to actually see the support of their community! We encourage you to take pictures of your group wearing purple. Email them to us at ce.myfp@unh.edu so we can share them with military families on our website and Facebook pages!

Thanks Charlotte

Charlotte W. Cross, Extension Professor/Specialist
Youth and Family, UNH Cooperative Extension
UNHCE Military Youth and Family Programs
55 College Road, Pettee Hall-G05C
Durham NH 03824-3597

Phone: (603)862-2495

Web Links: www.nhomk.com http://extension.unh.edu/4H/4H_OMK.htm or
<http://extension.unh.edu/4H/Military4-HClubProgram.htm>