



SNHS Child Care Resource & Referral



BUSINESS HOURS

SNHS

88 Temple Street

Monday - Friday

8:30 a.m. to 4:30 p.m.

Southern District Office
3 Pine Street Ext., Ste Q

603-579-9363

Monday, Tues. & Fri.

8:00 a.m. to 12:00 p.m.

Thurs. : 1:00-4:00 p.m.

OFFICE STAFF

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CCR&R Manager



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We're on
Facebook. "Like
Us" @ SNHS Child

Care Resource & Referral.

SERVING THE GREATER NASHUA AREA: AMHERST, ATKINSON, BROOKLINE, DERRY, GREENVILLE, HAMPSTEAD, HOLLIS, HUDSON, LITCHFIELD, LONDONDERRY, MASON, MERRIMACK, MILFORD, MONT VERNON, NASHUA, NEWTON, PELHAM, PLAISTOW, REEDS FERRY, SALEM, SANDOWN, WILTON, AND WINDHAM

WINTER 2012

Looking Back...Looking Forward

With winter officially just about upon us and very little snow to speak of thus far, we've high hopes of a mild winter season. But, living in New England there is always the reality of how quickly those hopes can be dashed with the swiftness of one Noreaster.

Much like New England weather, this past year has had it's share of changes. Spring brought about changes at the District Offices. The Salem District Office closed and 10 towns in that area began being serviced by the Southern District Office in Nashua. Due to this change, CCR&R also welcomed parents and providers from those 10 towns.

We were happy to see the child care scholarship wait list end.

We bid a sad farewell to Stephanie Therrien, our part-time staff member. Stephanie is working with Girls Start in Manchester as well as



teaching college classes.

We provided over 674 clients with referrals to child care programs. We provided over 75 professional development opportunities to approximately 1,804 early childhood educators. We helped and supported individuals with the process of providing child care in their home and offered numerous programs technical assistance services. We visited over 41 programs and we were able to update 30% of our database through the Provider Information Update Form mailings that you completed and sent back. We created and disseminated 4 informational newsletters and sent out a countless amount of email organizations and agencies on several different endeavors and initiatives. We took advantage of several opportunities to promote our program to families looking for child care through various community outreach events; such as the Parent Team Expo, Fairy Tale Festival, the Community

Resource Fair in Milford, as well as the Community Resource Fair at ALC. We moved our offices to Temple Street at the beginning of this year. Yes indeed, we have been busy.

The year 2012, poses to be an equally busy year as we look to streamline services and maximize our time. With our CCR&R Volunteer Program in full swing and with new and formal training policies and practices in place, we were excited to be able to welcome 5 new volunteers. We are looking forward to another busy year providing services and working with whatever surprises the new year brings.

Enjoy our latest wintry edition!

Debbie Anderson &
Tracy Pond



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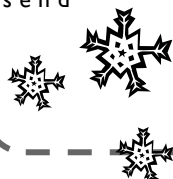
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Help Wanted: Part-time Position at CCR&R

SNHS, Inc is looking to hire a Child Care Resource & Referral Specialist for 25 hours a week to support and work directly with families in their efforts to find child care. This part-time position requires a minimum of an Associates Degree in Early Childhood Education or a post-graduate degree with a minimum of 24 credits in ECE or approved coursework. The position requires strong written and verbal communication skills in addition to excellent customer service skills. The position requires proficient computer skills in relation to data entry, word processing, and spreadsheet management. Must have five years experience working with children and families in a community based setting. Please

send

cover letter and resume to SNHS CCR&R, Attn: Tracy Pond, 88 Temple Street, Nashua, NH 03060 or email information to tpond@snhs.org. You can also apply online at www.snhs.org/jobs. Faxes can be sent to 578-1736. Location: Nashua. This is a non-profit organization. Please, no phone calls about this position.



~ Family Page ~

Let's Get Physical: Exercising With Your Children , Vol. 38
 adapted from 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!

“Laughter is inner jogging.”

~Norman Cousins

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.



Feel free to share the information on this page with parents in your program. Adapted from www.childcareaware.org

Solutions?

Between work and family obligations, it is difficult for everyone to find time for exercise. But, as with most things, if we make a plan, write it on the calendar, and include our family and friends not only do we manage to accomplish our goals but they are so much more fun to do! The same applies to exercise. Make a plan, make it fun, and make it a group activity.

Mix it up with some outdoor as well as indoor activities. Utilize your neighborhood or local park for fresh air and a chance to learn about different things in the environment. Even when the weather keeps you indoors, you can still have fun and get some exercise for yourself as well as for your child/children. A little creativity always helps!

Here are some ideas on some indoor as well as outdoor activities (and the calories you’ll burn doing them) that you can do with children that will give you a range of workouts depending on your energy level. You can get started by having your child choose an activity that interests them or pick an activity from a hat to make it a surprise!

| How Many Calories Do I Burn? | |
|------------------------------|-----------------------------------|
| Activity | Calories Burned After 30 Minutes* |
| Bowling | 102.2 |
| Ice Skating | 238.6 |
| Race Walking | 221.5 |
| Sledding | 238.6 |
| Hopscotch | 136.3 |
| Food Shopping | 78.4 |
| Making Bed | 68.1 |
| Playing with Children | 136.3 |
| Reading | 34 |
| Vacuuming | 119.3 |

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



- ✓ www.cdc.gov/healthyweight/index.html
- ✓ www.mypyramidgov/preschoolers/HealthyHabits/index.html
- ✓ <http://www.kidsinaction.net/> - activities for infants through preschoolers
- ✓ <http://kidshealth.org/> - resources for kids, teens, parents, and educators
- ✓ www.kidnetic.com—for older children



One in five children is overweight or obese by age 6.

Snowy & Showy - Art Activities

❄ Building an Igloo

Need: Empty milk jugs, duct tape or glue

Directions: Collect empty milk jugs from families and start building a classroom igloo with duct tape or glue. Or cover your big blocks with white freezer paper and allow the children to build an igloo that way. For interest, add "polar" animals.

Need: Soap flakes, water, liquid starch, and white powdered tempera.

Directions: Mix soap flakes with water into a thick paste. Let children mix with a hand beater. Add a small amount of liquid starch and tempera. Let children

❄ Frost Pictures

Need: Old holiday cards (with back page removed), Epsom Salts, water, brush.

Directions: Set out holiday cards with the back page removed. Make a mixture of one part Epsom Salts to one part boiling water. Let the mixture cool. Have the children choose a holiday card and with a small brush spread the solution across the picture. When the solution dries, it will leave a maze of frosty snow crystals.



❄ Q-Tip Snowflakes

Need: Q-tips cut in half, glue, small square of aluminum foil or waxed paper, brush, glitter.

Directions: For each snowflake you will need 3

Q-tips cut in half. Have your child squeeze a small puddle of glue in the middle of a piece of aluminum foil or waxed paper. Next show him/her how to arrange the 6 Q-tip halves coming out of the glue to resemble a snowflake. Carefully brush glue on the top of the Q-tips and sprinkle with glitter. Let the glue dry, then carefully lift the snowflake off the foil. Tie a piece of thread or yarn around one of the arms of the snowflake and hang it in a window or other viewing spot.

❄ Family Snowflake — Home-School Connection Activity

Need: Pasta, bag, paper, glue, directions

Directions: Send the ingredients home with your students with an explanation that they need to build a snowflake with their parents. They can use anything that they want to at their house. Remind them that all snowflakes are unique so they need to make theirs very unique.

❄ Two Kinds of "Snow" Painting

Need: Shaving cream, glue, white tempera paint, paper, brush.

Directions: For 3-dimensional snow art, mix the shaving cream and glue together and paint. It will dry with a hard coating over the top. **OR** Mix the shaving cream with white tempera paint. When this dries it also gives a 3-dimensional effect. **OR** Try an experiment and mix all 3!



"Think what a better world it would be if we all—the whole world—had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap."
~Robert Fulghum



Songs of Snow



Five Little Snowmen (Sung to "Five Little Monkeys") - Five little snowmen riding on the sled. One fell off and bumped his head (pretend one finger falls off...rub head). I called Frosty and Frosty said (dial imaginary phone), "No more snowmen riding on the sled (say in a deep voice)." Four little snowmen riding on the sled...etc.

Winter Time Poem by Mary Ryer -

Icy fingers, icy toes, bright red cheeks and bright red nose.
Watch the snowflakes as they fall, try so hard to count them all.
Build a snowman way up high, see if he can touch the sky.
Snow forts, snowballs, angels, too, in the snow, so white and new.
Slip and slide and skate so fast. wintertime is here at last.

Winter Sky by Unknown -

Way up high in the winter sky, two little snowflakes caught my eye. (Point 2 fingers to sky)
Down to the ground they fell without a sound. (Twist around)
And before very long, it was snowing all around. (Hold arms out)



"That energy which makes a child hard to manage is the energy which afterward makes him a manager of life."
~ Henry Ward Beecher

Spark NH Early Childhood Advisory Council



On September 7, 2011 Governor John Lynch officially created NH's early childhood advisory council, Spark NH, by executive order. The Spark NH Early Childhood Advisory Council consists of 20 early childhood experts, public and private, from early care and education; health (including physical, mental and oral); and family support; who come together to better the lives of young children and their families. In addition to the Council itself, Spark NH has numerous committees and task forces on which all early childhood stakeholders are invited to serve. The committees include: Workforce and Professional Development; Early Childhood Data System; Quality of Early Childhood Programs and Services; Policy; Communications and Public Awareness; Funding and Sustainability; and Evaluation. Task forces include: Website Design, Family Partnership and Engagement, MIEC Home Visiting, and Needs Assessment Work Group. The Council and its committees and task forces are supported by Federal ARRA funding through September of 2013.

On September 28, 2011, Spark NH held its Inaugural Meeting in Concord with over 160 people attending. These included a broad range of early childhood stakeholders from early care and education; health (including physical, mental and oral health); and family support.

The Commissioner of NH's Department of Health and Human Services, Nicholas Toumpas and the Commissioner of the NH Department Education, Dr. Virginia Barry both delivered opening remarks at the event. Additionally Helene Stebbins from the Birth to Five Policy Alliance delivered a keynote address. PowerPoint presentations from the event are available at www.earlylearningnh.org, in the Early Childhood Systems Building link at the far right of the screen.

About 100 people so far have signed up for Spark NH committees and task forces. Contact Spark NH Director Laura Milliken, lmilliken@sparknh.org to join a committee or task force or to find out more about Spark NH.



Check out these photos from our Fall Trainings! Add'l photos can be found on Facebook at "SNHS Child Care Resource & Referral". "Like Us" today!



"That's the real trouble with the world, too many people grow up."
~ Walt Disney



NEW!!! Teachers Resource Room @ SNHS CCR&R

This collaborative Resource is being provided by the Nashua Community College Early Childhood Club and SNHS CCR&R. You can visit the Teachers Resource Room at 88 Temple Street, Nashua, 03060 (Early HeadStart building) between the hours of 9:00 a.m. to 12:00 p.m. on the 2nd Saturday of each month. You'll find loads of goodies from Flexcon, recyclables, books, paper, cups, activity sheets, articles, etc. You'll also find books and dvds available through the SNHS CCR&R Lending Library, some of which can be used for self study! Technical assistance is also available, so if you have questions...we'll have staff available to talk to. We hope you'll take advantage of this new resource soon!

Reminder: NH Market Rate Survey



It's not too late! It's time to complete the Market Rate Survey! Every two years, the Child Development Bureau is responsible for conducting a child care rate survey to include all licensed child care programs in NH. Dr. Michael Kalinowski recently mailed the survey to these programs and we're anxiously awaiting the results as they are used to establish the Child Care Scholarship Payment Rates. It is obviously in child care programs best interest to submit the survey. If the blackout kept your program from opening on Wednesday, November 2, it would be fine to use November 9 as the day about which to respond to the questions on this survey. Thanks so much for your assistance. Please don't forget to complete the Prize Drawing form! If you need more information please contact Michael Kalinowski at mk2@cisunix.unh.edu.

How About This Easy Button?



Applying for food stamps, cash benefits, medical benefits and child care scholarship just got easier and it's a click away! You can now apply for services online through NH Easy? If you know someone who is looking for assistance or have families in your program that are not able to stand in line at the District Office (Department of Health and Human Services Office at 3 Pine Street, Ext. in Nashua) during their business hours, pass along this information and website address. You may even want to consider setting up a computer for families to apply and offering assistance in the process, if needed. Using the NHEasy website is safe, secure, private, and convenient. You can also check the status of an application and get notices by email. Check it out at www.nheasy.nh.gov.

Training Registration Policies - Read Before You Register!



Prior to registering for trainings this winter, please review the below policies. If you are a center director, we would encourage you to post these with the training calendar and consider addressing these at your next staff meeting.

- Training information is available on a quarterly basis and is included in our quarterly newsletter. This information is disseminated by email to all Southern Area programs (Greater Nashua/Salem/Derry).
- Registration is done through a monthly registration window. This “window” is listed on the training calendar directly. For example, “Registration for January trainings begins January 10th. You may register for trainings being held between January 10th and February 15th at this time.”
- You may register for 2 trainings per registration period. Any additional trainings you may be placed on the wait list for. We reserve the right to alter this number based on the number of offerings.
- You may register by calling or emailing the CCR&R Program Manager. You should anticipate a response within 2 business days. Leave only one message when calling. Please note that registration can no longer be done at www.nhccrr.org.
- When registering please provide your name, a contact number and the child care program that you work at.
- Pre-registration is required. Space is limited, so register as early as possible. Should a session be full, a wait list will be maintained.
- A minimum of 10 registered people are required in order to hold a training.
- If individuals arrive after the start time of the workshop, we reserve the right to adjust certificate hours accordingly or not issue a certificate.
- If a training is cancelled, all registered participants will be notified via the registration information provided. Cancelled trainings will also be listed on Facebook and will be noted on the CCR&R Program Manager’s answering machine.
- Courtesy Training Confirmation Calls are **NOT** conducted by SNHS CCR&R. You are responsible for documenting your training registration, remembering to go and attending the trainings you are registered for. If you call the office to inquire about what trainings you registered for, we will kindly remind you of this policy.
- The next newsletter and training calendar dissemination is always listed on the training calendar. Use this as a point of reference to know when to anticipate your next newsletter and training calendar.



A New Year’s Resolution Idea...

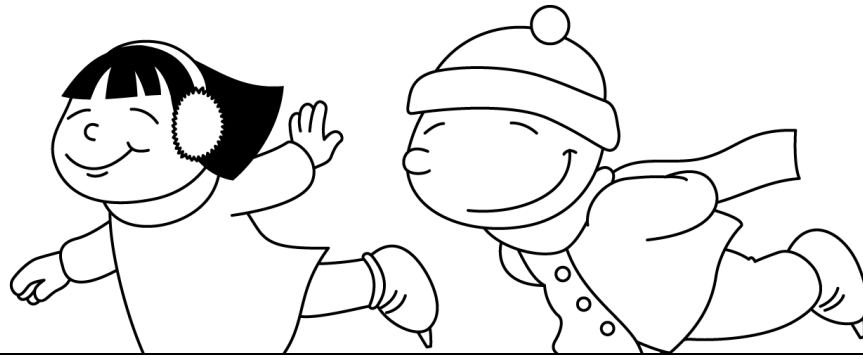
For more information on credentialing visit
<http://www.dhhs.nh.gov/dcyf/cdb/profdev.htm>

Here’s a New Year’s Resolution idea: Make a habit of checking on the first of each month to see how many training hours you have to ensure that you always have 12 current hours. Figure out what hours will expire in the coming month and then plan ahead for the replacement hours you need. You always want to give yourself the ability to choose trainings that are interesting to you and will enhance your classroom environment or add to your professionalism or knowledge base. To do this, you don’t want to put yourself in a position where you need to take whatever is available just because you “need the hours.” Try to stay a few hours ahead of what you need so you will have the option to choose trainings that are the most relevant and helpful to you and the needs of your particular classroom or program.

Remember...hours are calculated on a **DAILY** basis. That means when you check your hours on January 1, 2012, you will count all trainings back to January 1, 2011. When you check on January 2, 2012, you will count all trainings back to January 2, 2011...and so on and so on. The “Training Hour Calculators” (like the ones below each calendar) are only accurate on the first day of the month but I hope it helps you get started.

Also, remember that you will need to have 18 hours by July 1st 2012. If you add just 1-1/2 extra hours each month starting in January you will be way ahead of the game and worry-free come July!

One more reminder...**Child Care Licensing** reviews certificates earned over the previous 12 months but **Credentialing** reviews certificates earned over a longer period of time. A good rule of thumb is to keep certificates for at least 3-4 years. If you have any questions on Credentialing, call Jessica Locke, Credentialing Specialist, at 271-4684. So, again, don’t throw away certificates just because they are older than one year...consider becoming credentialed if you haven’t already done so!



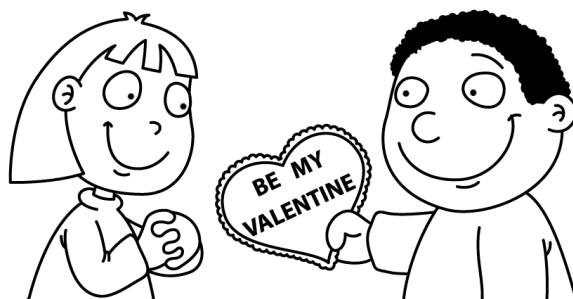
MONTHLY REGISTRATION WINDOW: Monthly Registration begins the second Tuesday of each month, with the exception of this January. You may register for trainings happening from **January 10th through to February 15th ONLY**. You may register for **2** trainings during this Registration Window Period. The “Directors’ Collaborative” is excluded from this. Please review our Registration Policies prior to calling to register. To register call 578-1386, ext. 30 or email tpond@snhs.org.

MONTH of JANUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|--------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 REGISTRATION BEGINS TODAY FOR TRAININGS FROM JAN. 10 th – FEB. 15 th | 11 | 12 | 13 | 14 Teachers Resource Room Open 9:00 a.m. to 12:00 p.m. |
| 15 | 16 SNHS CCR&R CLOSED FOR HOLIDAY | 17 Directors' Collaborative <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 18 Taxes for FCC <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 19 Dynamic Curriculum <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 20 | 21 |
| 22 | 23 | 24 Abuse & Neglect <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 25 Directors' Collaborative <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 26 Frosty, Frozen Fabulous Fun <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 27 | 28 |
| 29 | 30 | 31 | | | | |

January 1, 2012 Training Hour Calculator




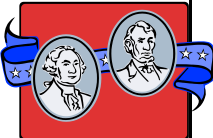

| Dec. 2010 | Jan. 2011 | Feb. 2011 | Mar. 2011 | Apr. 2011 | May 2011 | June 2011 | July 2011 | Aug. 2011 | Sept. 2011 | Oct. 2011 | Nov. 2011 | Dec. 2011 | Jan. 2012 |
|-----------------|---|-----------|-----------|-----------|----------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-----------|
| No longer count | All your training hours from January 1, 2011, through January 1, 2012, need to total 12 hours. (You'll need 18 hours July 1, 2012). | | | | | | | | | | | | |



MONTHLY REGISTRATION WINDOW: Monthly Registration begins the second Tuesday of each month. You may register for trainings happening from **February 16th through to March 15th ONLY**. **You may register for 2 trainings during this Registration Window Period. The "Directors' Collaborative" is excluded from this.**

Please review our Registration Policies prior to calling to register. To register call 578-1386, ext. 30 or email tpond@snhs.org.

MONTH of FEBRUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--------|---|
| 29 | 30 | 31 | 1 | 2 Abuse & Neglect <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 3 | 4 |
| 5 | 6 | 7 | 8 Providers' Exchange <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 9 Max. Fun, Min. Budget <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 10 | 11 Teachers Resource Room Open 9:00 a.m. to 12:00 p.m. |
| 12 | 13  | 14 REGISTRATION BEGINS TODAY FOR TRAININGS FROM FEB. 16th - MAR. 15th | 15 Music & Movement  <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 16  Directors' Collaborative <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 17 | 18 |
| 19  | 20 SNHS CCR&R CLOSED FOR HOLIDAY | 21 | 22 Directors' Collaborative <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 23 Red Flags <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 24 | 25  |
| 26 | 27 Storytelling <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 28 | 29 | <div style="border: 1px solid black; padding: 5px;"> <p>If you haven't already, "Liked" Us on Facebook. Look for "SNHS Child Care Resource & Referral" and "Like Us" today!!!</p> </div> | | |






February 1, 2012 Training Hour Calculator

| Jan. 2011 | Feb. 2011 | Mar. 2011 | Apr. 2011 | May 2011 | June 2011 | July 2011 | Aug. 2011 | Sept. 2011 | Oct. 2011 | Nov. 2011 | Dec. 2011 | Jan. 2012 | Feb. 2012 |
|-----------------|---|-----------|-----------|----------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-----------|-----------|
| No longer count | All your training hours from February 1, 2011, through February 1, 2012, need to total 12 hours. (You'll need 18 hours July 1, 2012). | | | | | | | | | | | | |



MONTHLY REGISTRATION WINDOW: Monthly Registration begins the second Tuesday of each month. You may register for trainings happening from **March 16th through to April 6th ONLY**. **You may register for 1 trainings during this Registration Window Period. The “Directors’ Collaborative” is excluded from this.** Please review our Registration Policies prior to calling to register. To register call 578-1386, ext. 30 or email tpond@snhs.org.

MONTH of MARCH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|---|
| Next Newsletter/Training Calendar being prepared!!! 😊 | | | | 1 | 2 | 3  |
| 4  | 5 | 6 | 7 | 8 GPS 1: Emer. Preparedness <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 9 | 10 Teachers Resource Room Open 9:00 a.m. to 12:00 p.m. |
| 11 | 12  Train the Trainer on ASQ's 3/13 <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 13 REGISTRATION BEGINS TODAY FOR MAR. 16th – APR. 6th | 14 Directors’ Collaborative <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 15 Engaging Families <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed *NEW DATE | 16 | 17 Next Newsletter/Training Calendar getting ready for dissemination! |
| 18 Did You Know? Currently Child Care Licensing requires that all child care personnel in licensed programs complete 12 hours of in-service professional development every 12-month period. Effective July 1, 2012 this will increase to 18 hours. | | | 21 Directors’ Collaborative <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 22 Communication Skills & Styles <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 23  GPS 2: Emer. Preparedness <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 24 |
| 25 | 26 | 27 | 28  | 29 Red Flags <input type="checkbox"/> Registered <input type="checkbox"/> Wait Listed | 30 | 31 |

March 1, 2012 Training Hour Calculator

| Feb. 2011 | Mar. 2011 | Apr. 2011 | May 2011 | June 2011 | July 2011 | Aug. 2011 | Sept. 2011 | Oct. 2011 | Nov. 2011 | Dec. 2011 | Jan. 2012 | Feb. 2012 | Mar. 2012 |
|-----------------|---|-----------|----------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-----------|-----------|-----------|
| No longer count | All your training hours from March 1, 2011, through March 1, 2012, need to total 12 hours. (You'll need 18 hours July 1, 2012). | | | | | | | | | | | | |



Winter Training Descriptions

Below you'll find more descriptive information regarding our training offerings this quarter. Please use these in tandem with the enclosed monthly training calendars (see pages 6-8). Please keep in mind that we have a **Monthly Registration Window** now so you are not able to register for all of the trainings offered during the quarter. You must wait to register until the monthly training calendar indicates that registration is open. If you have questions about this process please review the full newsletter and read our new training registration policies. If you are still unclear, please contact our **CCR&R Manager, Tracy Pond** at tpond@snhs.org or 578-1386, ext. 30. We hope you enjoy our winter offerings and we look forward to seeing you at a training soon!

Taxes for Family Child Care Providers – What You Need to Know! – It's that time of year again time to learn the tricks of the tax "trade". This is a must-have workshop for Family Child Care Providers, whether you're licensed, unlicensed, or just starting to explore the possibility of beginning a family child care program. This is also an excellent opportunity for those well-seasoned providers to hear the latest and greatest on tax preparation AND obtain some professional development hours to help satisfy Child Care Licensing requirements. Calendar Keepers from Redleaf Press will be provided to first 25 that register and attend. You must work in a family child care program to register. Adult-size seating available. Participant capacity is 25-30. **Core Knowledge Area:** Developing as a Professional. **Date & Time:** January 18, 2012, 6:30 to 8:30 PM (SNOWDATE 1/25/12). **Presenter:** Jeff Kent, M.Ed., M.L.S., Master Professional Workshop Trainer & Faculty, Kent Tax & Business Services, LLC. **Location:** Margie's Love and Learning Place, 28 Beebe Lane, Merrimack, 03054. **Cost:** FREE

Beyond the Basics: Dynamic Curriculum - Different philosophies in curriculum planning, sample curriculum planning forms and the importance of play are the topics for this workshop. Participants will have the opportunity to plan a curriculum theme and will take home LOTS of handouts that provide planning activities to be used in the classroom. Workshop is limited to 50 participants. Adult-size seating available. **Core Knowledge Area:** Teaching & Learning. **Date & Time:** January 19, 2012, 6:00 to 9:00 PM. (NO SNOWDATE). **Presenters:** Johanna Booth-Miner, TMF II & Sarah Miner, TMF III. **Location:** Creative Years, 30 Broad Street, Nashua, 03064. **Cost:** FREE

Recognizing & Responding to Child Abuse & Neglect - Participants will have the opportunity to define child abuse and neglect and examine the impact of maltreatment on a child's development. Participants will learn how best to respond to concerns about possible abuse and neglect and discover what their role is as a mandated reporter. Adult-size seating available. Participant capacity is 30-50. **Core Knowledge Area:** Promoting Child Growth and Development. **Date & Time:** January 24, 2012, 6:30 to 8:30 PM. (NO SNOWDATE). **Presenters:** Katie Mercier & Melissa Royer, DCYF. **Location:** Merrimack YMCA, 6 Henry Clay Drive, Merrimack, 03054. **Cost:** FREE. **In collaboration with the Division for Children, Youth and Families.**

Frosty, Frozen Fabulous Fun – Grab your mittens and slip on over to join us for an evening of frosty-licious snow play. We'll be exploring some hands-on activities (don't worry, not enough to get frost bit) that incorporate the wonders of winter into your program curriculum. Workshop limited to 40 participants. Adult size seating available. **Core Knowledge Area:** Teaching & Learning. **Date & Time:** January 26, 2012, 6:30 to 8:30 PM (SNOWDATE 2/02/12). **Presenter:** Debbie Anderson, Master Professional Workshop Trainer **Location:** Stepping Stones, 61 Main Street, Hampstead, 03841 (Located in Hampstead Congregational Church) **Cost:** \$5.00, payable at time of training. Cash only. Business checks accepted only. Must be made out to "Southern NH Services, Inc."

Recognizing & Responding to Child Abuse & Neglect - Participants will have the opportunity to define child abuse and neglect and examine the impact of maltreatment on a child's development. Participants will learn how best to respond to concerns about possible abuse and neglect and discover what their role is as a mandated reporter. Adult-size seating available. Participant capacity is 25-30. **Core Knowledge Area:** Promoting Child Growth and Development. **Date & Time:** February 2, 2012 6:30 to 8:30 PM. (NO SNOWDATE). **Presenter:** Kathleen Grondine, DCYF. **Location:** Applewood Learning Center, 1 Palmer Drive, Londonderry, 03053. **Cost:** FREE. **In collaboration with the Division for Children, Youth and Families.**

Providers' Exchange - Curriculum Swap - SNHS CCR&R has moved our Providers' Exchanges to the evening hours. These will be offered, once per quarter in each area (Greater Nashua and Salem/Derry). During these exchanges, participants will be updated on state and local events/happenings and then will participate in a training or discussion about a particular topic. This quarter's Providers' Exchange will consist of a Seasonal Curriculum Swap (Winter Activity). If you'd like to attend you will want to bring with you something that you've created or have done with the children in your care to share with others. If you would like to prepare something with some of your colleagues and bring it as a group project you are welcome to. All registrants will need to email their directions to danderson@snhs.org. Please use subject line "Curriculum Swap – Salem/Derry" when emailing or registrants can bring hard copies for all participants at time of training. As suggested at the previous Providers' Exchange, we'd like to have some "make and take" stations. If you would like to volunteer to bring supplies and set up a station for participants to create your activity, please include that info. in your email. It would be great to have 6-7 stations. Workshop space limited to 50. (Cont. p.10)



Winter Training Descriptions

The Nashua Providers' Exchange will be happening in April and can be viewed in March when the spring newsletter and training calendar is sent out. **Core Knowledge Area:** Teaching & Learning. **Date & Time:** February 8, 6:30 to 8:30 p.m. (NO SNOWDATE). **Facilitator:** Debbie Anderson, Master Professional Workshop Trainer, SNHS CCR&R. **Location:** Little Scholars Learning Place, 1 Sand Hill Road, Salem, 03079. **Cost:** Free

Maximum Fun, Minimum Budget – This workshop will help enhance curriculum through the use of recycled, natural and low cost material. Budgets are at a minimum for most of us, but that doesn't mean we can't have plenty of opportunities for the children we care for to explore and play with a variety of items. Participants will have a chance to experiment with common items, and brainstorm creative uses to support curriculum. Be prepared to think outside of the box and make tools for your classroom. Fun, Fun, Fun! Please bring 4-5 recycled items, scissors, and anything you want to get creative with! Workshop limited to 50. **Core Knowledge Area:** Teaching & Learning. **Date & Time:** February 9, 2012, 6:30 to 8:30 PM. (NO SNOWDATE). **Presenter:** Karyn Yeatman, Master Professional Workshop Trainer. **Location:** Nashua Child Learning Center, 5 St. Laurent Street, Nashua, 03064. **Cost:** \$5.00, payable at time of training. Cash only. Business checks accepted only. Must be made out to "Southern NH Services, Inc."

Music & Movement: The Heart and Soul of Child Development – Music and movement is one of a child's first forms of communication. Very young infants can inherently respond to a beat, tempo and style. Can you still do this? Yes you can! This interactive workshop will remind child care providers of the great joy within. We'll tap into your inner spirit to inspire curriculum activities that can embrace *Early Learning Guidelines'* varied domains. Participants will learn strategies to ensure successful outcomes when exploring instruments, props, and materials. Workshop limited to 50 participants. **Core Knowledge Area:** Teaching & Learning. **Date & Time:** February 15, 2012, 6:30 to 8:30 PM. (NO SNOWDATE). **Presenter:** Cindy Wallace, Master Professional Workshop Trainer. **Location:** Amherst Preschool, 58 Merrimack Road, Amherst, 03031. **Cost:** \$5.00, payable at time of training. Cash only. Business checks accepted only. Must be made out to "Southern NH Services, Inc."

Red Flags and Other Issues: What Every Caregiver Should Know – This workshop will recognize red flags and issues that need follow-up. Tools for observation, data collection, checklists, and assessment will be discussed. Participants will gain a greater understanding of how to make the link between assessment and curriculum. Techniques for developing a curriculum based on observation and assessment will be shared. Strategies for communicating observations and findings for families, co-workers, and directors will be provided. Workshop limited to 50 participants. Adult-size seating is available. **Core Knowledge Areas:** Promoting Child Growth & Development and Observation, Assessment and Documentation. **Date & Time:** February 23, 2012, 6:30 to 8:30 PM (SNOWDATE 2/29/12). **Presenter:** Amy Upton, Master Professional Workshop Trainer. **Location:** Lisa's Tippy Toes, 33 Baboosic Lake Road, Merrimack, 03054. **Cost:** FREE

Storytelling That Evokes Imagination and Education – Shawn Middleton is back to help you add Storytelling to your teaching repertoire! This uplifting, high-energy workshop teaches different storytelling techniques to foster proactive listening, oral language, reading and writing skills, and the sheer enjoyment of the magical imagination of stories. Workshop is limited to 150 participants. Adult-size seating available. Books and cds will be available separately to purchase. Check out Shawn's website at www.storytellingwithshawn.com. **Core Knowledge Area:** Teaching & Learning. **Date & Time:** February 27, 2012, 6:30 to 9:00 PM. (SNOWDATE 3/5/12) **Presenter:** Shawn Middleton, Storytelling with Shawn, Master Professional Allied Professional. **Location:** Little Scholars Learning Village, 1 Sand Hill Road, Salem, 03079. **Cost:** \$5.00, payment is due at time of training. Cash only please. Proceeds earned to support SNHS CCR&R Resource Room Materials, Program Support, and Training Supplies. Books and cds will be available to purchase separately.

A Growing Professionals' Series (GPS) - SNHS CCR&R has created the GPS (Growing Professionals' Series) for those educators seeking more advanced and extended learning opportunities. The intent of a GPS learning opportunity is to provide educators with time to directly focus on a specific topic or area of interest. Participants are required to attend all trainings within the series and will be applying directly what they learn from the initial training into their practice. The second training will give those participants the opportunity to reflect upon their experiences while extending upon the topic. For this initial series, this GPS is geared to administrators, directors, and those serving in a leadership role. Participants will be looking into Emergency Planning and Preparedness and how it pertains to the Incident Command System. There will be an Extended Learning Opportunity attached to this series as well, which will provide participants with additional hours online through fema.gov. A more definitive description will be forthcoming via email in late February. **Core Knowledge Areas:** Teaching & Learning and Promoting Child Growth & Development. **Date & Time:** March 8 & 22, 2012, 6:30 to 9:00 p.m. (NO SNOWDATE). **Presenter:** Gregg Champlin, Natural Hazard Planner, Dept. of Safety. **Location:** To Be Determined. **Cost:** FREE

Train the Trainers Workshop on the Ages and Stages Parent Questionnaire and the Ages and Stages Social Emotional Parent Questionnaire. The goal of this training is to familiarize early childhood professionals in some leadership role within their work setting to



Winter Training Descriptions

understand the purpose, potential uses, and basic components of the Ages and Stages-3 (ASQ-3) and Ages and Stages-Social Emotional (ASQ-SE). The ASQ-3 and ASQ-SE are parent completed questionnaires which are well researched, valid and reliable developmental screeners adaptable to a wide variety of early childhood settings. Further support from the Greater Nashua Birth to Six Mental Health Team will be available for providers who wish to implement universal developmental screening of children within their settings. Workshop is limited to 50. **Core**

Knowledge Areas: Promoting Child Growth & Development. **Date & Time:** March 13, 2012, 6:30 to 9:00 PM. (NO SNOWDATE).

Presenter: Patti Rawding Anderson, MA MS PT, Director Program Development, Pediatric Services & Baby Steps Coordinator, Easter Seals NH The Family Place. **Location:** Nashua Child Learning Center, 5 St. Laurent Street, Nashua, 03064. **Cost:** FREE. **In collaboration with Infant Mental Health of Greater Nashua and Easter Seals NH.**

Engaging Families in Your Early Childhood Program – Are you looking for ways to get families more involved in your child care program? The fact is, the most accurate predictor of a student's achievement in school is the extent to which that student's family is able to create a home environment that encourages learning; express high (but not unrealistic) expectations for their children's achievement and future careers; become involved in their children's education at school and in the community (1:1). Considering the importance of this fact, we invite you to join us for an informative training with Heidi Toursie, a Family Engagement Specialist from HeadStart, to explore the ways in which she has helped families get engaged in their children's education. Workshop limited to 50. Adult size seating available. **Core Knowledge Area:** Building Family & Community Relationships. **Date & Time:** March 15, 2012, 6:30 to 8:30 p.m. (NO SNOWDATE). **Presenter:** Heidi Toursie, Family Engagement Specialist, SNHS Head Start. **Location:** Sonshine Preschool and Day Care, 53 North Main Street, Derry, 03038. **Cost:** FREE

Communication Skills & Style: It's Not What You Say, It is How You Say It! – Communication is the main ingredient to ensure the smooth operation for any employer. Communication in child care programs is multi-faceted; communicating with parents, employees and most importantly the children requires appropriate skill set to meet all the needs of everyone involved. How do we convey messages that may be difficult to hear, while remaining positive and professional? How do we get people to hear what we are saying? This workshop will explore communication styles, methods of delivery and most importantly discover how to talk so people will listen and HEAR our message! Workshop limited to 50 participants. **Core Knowledge Area:** Developing as a Professional. **Date & Time:** March 22, 2012, 6:30 to 8:30 PM. (NO SNOWDATE). **Presenter:** Nancy Pynchon, Master Professional Workshop Trainer. **Location:** Rogers Memorial Library, 194 Derry Road, Hudson, 03051. **Cost:** FREE

Red Flags and Other Issues: What Every Caregiver Should Know – This workshop will recognize red flags and issues that need follow-up. Tools for observation, data collection, checklists, and assessment will be discussed. Participants will gain a greater understanding of how to make the link between assessment and curriculum. Techniques for developing a curriculum based on observation and assessment will be shared. Strategies for communicating observations and findings for families, co-workers, and directors will be provided. Workshop limited to 75-100 participants. Adult-size seating is available. **Core Knowledge Areas:** Promoting Child Growth & Development and Observation, Assessment and Documentation. **Date & Time:** March 29, 2012, 6:30 to 8:30 PM (NO SNOWDATE). **Presenter:** Amy Upton, Master Professional Workshop Trainer. **Location:** Sonshine Preschool and Day Care, 53 North Main Street, Derry, 03038. **Cost:** FREE

Professional Development Directors' Collaborative Meetings

SNHS CCR&R has been working on providing a supportive format and framework for those individuals directing and administering early childhood programs. These meetings are being designed to connect these individuals and meet and address their needs. State updates & initiatives are also addressed during this time. Two separate meetings are held in 2 primary locations. If you are the director and/or administrator of a child care program and are interested in becoming a member of one of these Directors' Collaboratives you can register at any time (the registration window does not apply to these groups) by calling Tracy Pond, Program Manager at 578-1386, ext. 30. Professional Activity Units awarded for participation. These can be used for credentialing purposes. For those future meetings held that have a training component, training certificates will be awarded as well. Topics of discussion are group-driven and may consist of the following: Training Staff, Self Studies, Professional Activity Units, Staff Meetings, Reflective Practice, Shared Resources, Emergency Preparedness, Observing Staff, Lessons Plans, Health Practices, etc. The scheduled meetings are outlined below and are categorized into 2 Groups (Derry Group & Nashua Group) and will be facilitated by SNHS CCR&R Staff. Email updates regarding agenda items are set in advance of these meetings.

Derry Group—3rd Wednesday of Month, 9:00 to 11:00 a.m. Location: Marion Gerrish Comm.Ctr., 39 W. Broadway, Derry
January 18th (Self Studies, Boost NH, Emergency Preparedness), February 15th, March 14th, and April 18th.

Nashua Group—4th Wednesday of Month, 2:00 to 4:00 p.m. Location: SNHS CDC, 134 Allds St., Nashua
January 25th (Self Studies, MRSA, Emergency Preparedness), February 22nd, March 21st, April 25th.





**Southern New Hampshire Services
Child Care Resource & Referral**

**88 Temple Street
Nashua, NH 03060**

Phone: 603-578-1386, ext. 30

Fax: 603-578-1736

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Thanks • Muchas Gracias • Asante Sana • Grazzie • Daw Jah • Spaas • 谢谢 / Xiè Xiè • Selamat • Dhan Waad • Go rabih maith agat • Спасибо • Todah •

Many Thanks...

SNHS CCR&R would like to take this opportunity to acknowledge all of our early childhood friends and programs for their achievements and to give thanks to those that have helped enrich our services this fall.

Congratulations...to the Goddard School in Derry and to Kiddie Academy in Windham on becoming newly accredited!

Welcome Aboard...We'd like to welcome the following new provider to SNHS CCR&R. Welcome Chrissy Barbera of Sunnyside Child Care and Learning Center, Merrimack.

Credentifiable!

We'd like to congratulate several early childhood educators working in or around the Greater Nashua area who recently received and/or renewed their New

Hampshire Professional Development Credential. Congratulations Cindy Jury, Anjali Longan, Kathy Nolan, Kathryn Richard, Carol Stone, Christine Surprenant, Jennifer Tully, Lynne Zaker, and Theresa Hughes.

Thank you! Thank you! We'd like to acknowledge and appreciate the following presenters and trainers who made our fall trainings a success. Thank you Sandy Laleme, Johanna



SNHS CCR&R wishes you a safe and wonderful winter season!

Booth-Miner, Sarah Miner, Karyn Yeatman, Sue Foley, Debbie Anderson, Denise Corvino, Sarah Vanderhoof, Dee Dee Thurber, Jackie Cowell, Amy Upton, Tracy Pond, Jessica Sugrue, and Shawn Middleton.

Hostess' with the Mostest! We'd like to additionally thank the host sites that donated their space and time, helping us provide these valuable professional development opportunities to the Greater Nashua area. Thank you Lisa's Tippy Toes, White Wing, Stepping Stones, Little Scholars Learning Village, Rodgers Memorial Library, Nashua Community College, Nutfield Coop., Sonshine P &D, Amherst Preschool, Children's Winter Garden, Creative Years, SNHS CDC, Marion Gerrish Community Center, The Learning Path of Derry, and Chapel School.

Thanks • Muchas Gracias • Asante Sana • Grazzie • Daw Jah

Diolch • Terima Kasimah • Faleminderit • Shokrun •