

Pathways

MAINE ROADS TO QUALITY

Early Care and Education Professional Development Network

PO Box 9300, 34 Bedford Street,
Portland, ME 04104
1-888-900-0055
<http://muskie.usm.maine.edu/maineroads>

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Fall 2016

Maine Roads to Quality Professional Development Network Symposium 2016: Creative Strategies for Promoting Social and Emotional Development

Saturday, October 22, 2016 | Sunday River Resort, Newry, Maine

We have some very special things in store for Symposium 2016! Please join us at our new location at the beautiful Grand Summit Hotel at Sunday River in Newry, Maine. Our focus for Symposium 2016 is social and emotional development – specifically how programs can use the creative arts to promote positive and developmentally appropriate social and emotional skills. Come for the training and networking and extend your experience by staying for the weekend to enjoy all that the mountains of Western Maine have to offer.

Agenda highlights:

- Keynote speaker Ron Mohl – “Foundations for Life: Being Emotionally Responsive for Young Children”
- Two breakout sessions with workshops for all age groups and provider types – family child care, center-based staff and directors, Head Start, school age program staff and directors, public preschool, and trainers
- Sample workshop titles include:
 - “The Mentally Healthy Pre-K Classroom: Building strong co-regulation between teachers and young children”
 - “Emotional Intelligence for Leaders: What to do when you don't know what to do!”
 - “Practical Strategies When Behaviors Are Challenging” and more!
- A luncheon featuring the presentation of the 2016 Marcia Lovell Award winners
- Evening activities to facilitate networking, relaxation, and FUN, including pizza and s'mores by the fire on Friday night (Oct. 21st)
- Pamper yourself! Mention your attendance at the MRTQ 2016 Symposium and receive a 10% discount on spa services at the Grand Summit Hotel!



View the Symposium 2016 website here: <http://www.cvent.com/d/ffqyyl>

Registration fee: \$50 for Registry members, \$75 for non-members

(Joining the Registry is FREE – join here: <https://mrtq.musk.usm.maine.edu>)

Accommodations at the Grand Summit are available at a discounted rate of \$99/room per night for a standard room (two queen beds). Information about reserving rooms is available on the Symposium 2016 website listed above under “Location.”

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How to reach us...

By phone:
1-888-900-0055 (toll-free)
207-780-5646 (TTY)

By fax:
207-780-5817

By email:
mrtq.contact@maine.edu

On the web:
<http://muskie.usm.maine.edu/maineroads>

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Communities of Practice: MRTQ PDN Brings You Regional Peer-to-Peer Learning Networks

MRTQ PDN is supporting the development of Communities of Practice (CoPs) in all regions of Maine. Formation of the CoPs taps into existing practitioner groups, groups with a specific early childhood focus, and/or support for forming groups to bring those in the early care and education field together. MRTQ PDN provides a facilitator and groups are given opportunities for networking, topical information sharing, and/or elective training learning new knowledge or skills on a particular topic from guest speakers or through elective trainings

What is a Community of Practice?

According to educational theorist Etienne Wenger, communities of practice are “groups of people who share a concern or a passion for something they do and learn how to do it better as they interact regularly.”

Communities of practice are not the same as group training; they are a different type of professional development where the content of the discussion is driven by the participants.

How does a CoP work?

Most CoPs meet monthly for approximately two hours. Practitioners are invited to join at any time. During the meetings, the practitioners in the group share ideas and skills with their peers and brainstorm together about their professional learning needs. MRTQ PDN sponsored CoPs are offered support from a trained facilitator.

All MRTQ PDN Communities of Practice are FREE!

Are training hours awarded for CoP meetings?

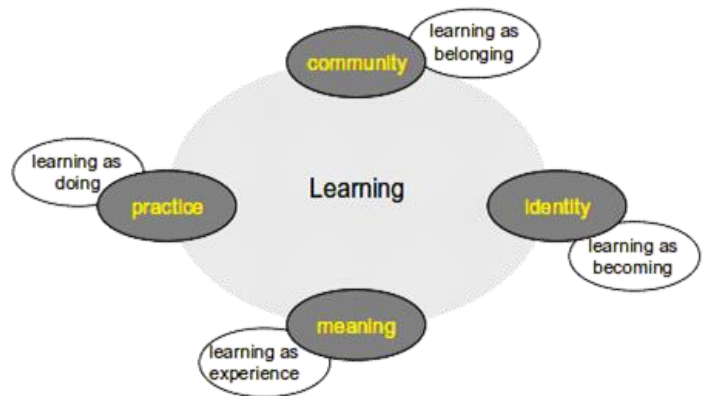
Attendees will receive professional growth hours for their attendance, which can be used toward the requirement at Steps 3 and 4 with *Quality for ME* and will be accepted by Maine Child Care Licensing to meet yearly training requirements. Occasionally, elective training will be part of a CoP meeting, in which case MRTQ PDN will add that time to your Professional Development Profile in the MRTQ Registry.

How can I find a CoP in my area?

MRTQ PDN supports CoPs in almost every county. The following is a list of established CoPs; for more information about the dates and locations of the CoPs on this list, please visit the MRTQ PDN website at:

<http://muskie.usm.maine.edu/maineroads/ta.htm>

- | | |
|-----------------------------------|------------------|
| • Lewiston/Auburn | • Ellsworth |
| • Caribou | • Rockland |
| • Houlton | • Oxford |
| • Presque Isle | • Brewer |
| • Fort Kent | • Dover-Foxcroft |
| • Naples (school age focus) | • Bath |
| • Portland (infant/toddler focus) | • Skowhegan |
| • Portland (program directors) | • Kennebunk |
| • Farmington | • Kittery |



A visual of the many ways learning can take place within a CoP.

If your county or area is not represented and you are interested in working with MRTQ PDN to form a CoP in your area, please contact Jill Downs, Technical Assistance Manager, at jdowns@maine.edu or 207-780-5845.

Free Training and On-Site Support on Physical Activity and Nutrition

MRTQ PDN has received funding to help early childhood programs utilize the Go NAP SACC tools to improve physical activity and nutrition practices in the program. NAP SACC (Nutrition and Physical Activity Self-Assessment for Child Care) is an evidence-based program for improving the health of young children through better nutrition and physical activity in early care and education programs.



MRTQ PDN is recruiting 50 programs/classrooms for the fall of 2016. Eligible programs must meet the following criteria:

- Serves children ages 6 weeks to 5 years
- Be enrolled with *Quality for ME*, Maine’s quality rating and improvement system
 - If your program would like to join *Quality for ME*, please visit: <http://www.maine.gov/dhhs/ocfs/ec/occhs/qualityforme.htm>
- The program director or family child care owner must participate in an MRTQ PDN-sponsored Community of Practice (see page 2 for more information about MRTQ PDN CoPs!)

Programs participating in this project will be able to utilize NAP SACC’s online tools, participating staff will receive twelve contact hours of training, and programs will be offered on-site technical assistance with an MRTQ PDN Technical Assistance Consultant who is trained in the Go NAP SACC program.

Interested? Send an email to mrtq.gonapsacc@maine.edu by **September 22nd, 2016**.

This project will continue for two years to allow for up to 150 additional programs to participate. If you would like to learn more about Go NAP SACC, visit their website at <https://gonapsacc.org/>.

Professional Development Needs Assessment 2016

Thank you to everyone who completed MRTQ PDN’s Professional Development Needs Assessment 2016. We received 736 total responses from all types of programs in all counties of the state. Analysis of the results is currently taking place; the report of the results will be available on the MRTQ PDN website this fall with a link provided in the Winter 2017 edition of *Pathways*.

Preliminary results included information about the training topics of most interest to professionals:

Topic	% indicating training on this topic would be “Very Helpful”
1. Behavior/guidance	73%
2. Social and emotional development	69%
3. Child development	63%
4. Relationships with families	60%
5. Caring for children with special needs (inclusion)	50%

Stay tuned for more results and analysis!

New from MRTQ PDN: *SHORTcuts*

MRTQ PDN is excited to bring you a new offering – a once-weekly email that will update you on MRTQ PDN news, statewide conferences, early childhood-related research and news items, and other professional development opportunities.

SHORTcuts is sent via email to Registry members with online access. If you would like to set up online access (or if you’d like to join the Registry – it’s free!), please visit: <https://mrtq.musk.usm.maine.edu>

It is important to us to bring you timely, relevant professional development news without overloading your email inbox. Our solution is to condense all of our “email blasts” into one brief message, to be sent once a week. You will still receive *Pathways* quarterly and, in the meantime, we’ll keep you up-to-date with this email, called *SHORTcuts*. Enjoy!




Our goal at Maine Roads to Quality is to ensure that all Core Knowledge Trainings are offered on a regular schedule and in formats that are accessible to all. As we assist you in planning professional development for yourself or for your staff, we hope to create a training calendar that is responsive to your needs. If you have specific training needs or questions, we want to hear from you! Send us an email to mrtq.contact@maine.edu.

FALL 2016 TRAINING SCHEDULE

For complete training descriptions, driving directions, instructor information, and the link to register, please visit the **Maine Early Care and Education Online Training Calendar** at: <http://ecetrainingcalendar.muskie.usm.maine.edu>. For a full list of MRTQ Training Policies, click: <http://muskie.usm.maine.edu/maineroads/pdfs/TrainingRegistrationPolicies.pdf>

Seeing Stars? Training descriptions that include a star(s) will meet a requirement for the following MRTQ Credentials:

- | | | | |
|---|-----------------------------|---|------------------------------|
|  | Director Credential |  | Youth Development Credential |
|  | Infant Toddler Credential I |  | Inclusion Credential |

Supporting Maine’s Infants and Toddlers: Guidelines for Learning and Development (30 hours) – Online 

This training is designed to guide providers through the history, creation, and use of this publication, which outlines learning and development from birth to age three. The modules focus on the document and on developing understanding relationships.

Three Options:

- #1 Dates:** September 14th – November 9th
- #2 Dates:** October 5th – November 30th
- #3 Dates:** October 12th – December 7th

Maine’s Early Learning and Development Standards Trainings 

This training gives an overview of Maine's Early Learning and Development Standards (MELDS), including each Domain and ideas for integrating the content into a variety of settings. Each module introduces content and also highlights specific practices and skills designed to foster participants’ abilities to utilize the MELDS independently once the training is complete. The training also has an intentional focus on principles for working with diverse populations and creating inclusive, developmentally appropriate learning environments.

MELDS (30 hours) – Online

The training takes place over eight weeks, with approximately 3.75 hours of work required each week.

Four Options:

- #1 Dates:** September 14th – November 9th
- #2 Dates:** September 28th – November 23rd
- #3 Dates:** October 5th – November 30th
- #4 Dates:** October 12th – December 7th

Bridge to MELDS (15 hours) – Online

This is the 15-hour training that is meant for those practitioners who have successfully completed the 30-hour training “Maine’s Early Learning Guidelines.”

Four Options:

- #1 Dates:** September 14th – October 19th
- #2 Dates:** October 5th – November 9th
- #3 Dates:** October 19th – November 23rd
- #4 Dates:** October 26th – November 30th

Foundations of Inclusion: Relevant Laws, Featuring the Americans with Disabilities Act (ADA) (6 hours) – Online 

This training will give an introduction on the history of disabilities and inclusion in the United States as well as relevant laws governing the way inclusive services and supports are delivered. Participants will explore how belief and attitudes have historically influenced how services and supports are developed, their own values and beliefs about disability and inclusion.

Two Options:

- #1 Dates:** September 14th – September 28th
- #2 Dates:** November 9th – November 23rd

Foundations of Health, Wellness, and Safety (18 hours) – Online

Participants will be introduced to the importance of health, wellness, and safety through personal care routines, nutrition education, and environmental hazards that could impact the health of children and families.

Two Options:

#1 Dates: September 14th – October 26th

#2 Dates: October 19th – November 30th

Partners in Caring: Families and Caregivers (12 hours) – Online

Children experience the best quality of care when families and caregivers are partners with the same goals for the child. This training will offer caregivers information about families today – varieties, characteristics, stresses, challenges, and trends.

Dates: September 14th – October 12th

Caring for Infants, Toddlers, and Their Families (30 hours) – Online

This training covers a wide range of topics with the objective of helping early care and education practitioners develop a deeper understanding of high-quality environments for children. Through this training participants will have opportunities to explore resources, share strategies and ideas, and consider ways to enhance the environments in which they work and play with children.

Dates: September 21st – November 30th

Curriculum and Development for Preschool-Age Children (30 hours) – Online

This curriculum is designed to introduce participants to planning and implementing curriculum to meet the unique needs of preschoolers. Even though they are all individuals, preschoolers follow a predictable pattern of development. In this training, participants will explore these commonalities and will learn how to make accommodations for children, when necessary.

Dates: September 21st – November 30th

Environments in Early Care and Education (30 hours) – Online

These ten interactive modules cover a wide range of topics with the objective of helping center-based and family child care providers develop a deeper understanding of high-quality environments for children. Every child care setting has its unique benefits and challenges, and through this training participants will have opportunities to explore resources, share strategies and ideas, and consider ways to enhance the environments in which they work and play with children.

Dates: September 21st – November 30th

Working with School Age Children and Youth (30 hours) – Online

This training covers the aspects of caring for school age children in out-of-school time settings. Topics covered include developing positive relationships, planning curriculum, health and safety, and adolescent development.



Dates: September 21st – November 30th

Please Note:

- **Pre-registration is required for all MRTQ PDN Trainings;** walk-in registrations are NOT accepted. Many trainings fill quickly, so we advise you to register early!
- MRTQ PDN is sometimes able to add additional training based on demand; if you try to register for a training that is full, we highly recommend that you place your name on the waiting list. If a second session is added, those on the waiting list receive priority registration!

Creating Inclusive Youth Development Settings (30 hours) – Online



This curriculum will take participants through ten modules that provide an overview and foundation of positive youth development practices, strategies and tools for working in school age programs supporting inclusive practices.

Dates: September 28th – December 7th

Links to Learning (45 hours) – Online



This training will provide tools for creating after school programs that effectively connect children's multiple worlds (home, school, afterschool, peers, and community), building on the latest research on topics such as resiliency, homework support, and youth engagement.

Dates: September 28th – December 14th

Fostering the Social Emotional Development of Young Children (30 hours) – Online

This training focuses on helping all children, not only the children who fit in well, but those with “difficult” behaviors, develop social skills, self-confidence, and build their social-emotional intelligence. Participants will take an in-depth look at why children act out and how they can work preventatively to diminish social difficulties. The content covers building relationships, assessing the environment and curriculum, designing strategies to support children to maintain peer relationships, develop skills to improve self-regulation and conflict resolution, and identifying community resources when involving other specialists as needed.

Dates: September 28th – December 7th

Positive Supports and Challenging Behavior (15 hours) – Online



This training provides a brief introduction to preventing and responding to situations of challenging behavior in early childhood programs. This hands-on training will involve dialogue with your peers and the facilitators and the creation of templates and tools that you can bring back to your program for continued exploration. The goal of this training is to help you feel more confident when faced with challenging behaviors in your program.

Dates: September 28th – November 2nd

Collaborating with Others to Support Inclusion (12 hours) – Online



Have you ever been confused by the alphabet soup of all the team members working with families:



CDS, IEP, IFSP, CBHS, CSHN, Section 28, etc.? Working as a team to support children with disabilities can sometimes be a challenge and we might sometimes wonder about the right things to say and do. In this training we will discuss:

- Strategies for collaborating with both families and other professionals when it comes to caring for children with disabilities.
- Team building strategies and communication styles.
- Conflict resolution skills.

Dates: October 5th – November 2nd

Inclusive Child Care (30 hours) – Online



This training covers topics to fully include and support all children and families in center-based or family child care settings. It uses an interdisciplinary approach to support staff, families, and children and emphasizes the belief, attitudes, and values of inclusion. Topics to be covered include: laws relating to inclusion, universal design, building inclusive communities, working with families, and challenging behaviors.



Dates: October 5th – December 14th



Stepping Up with Quality for ME (12 hours) – Online

This training will help child care professionals understand the indicators of quality defined in *Quality for ME*. This training will also provide resources to help child and youth care professionals meet the quality standards and move forward as part of *Quality for ME* in providing quality early care and education programs that are accessible to all children and families. **Options for center-based, family child care, and school age programs.**

Dates for All Programs: October 12th – December 7th

Child Care Leadership Institute I: Building the Foundations for Quality in Early Childhood Settings (30 hours) – Hybrid



This training covers theory and legality as related to operating a child care center, the essential skills of staff hiring and supervision, family communication, professionalism, and self-survival within the art of administering early childhood centers.

Dates: October 19th – November 18th; face-to-face classes on Fridays, 10/28 and 11/18; 9:00am-3:30pm; online assignments due between class sessions

Location: Educare Central Maine, Waterville

Note: When enrolling in this training, participants are expected to attend ALL face-to-face sessions.

Teaching Adult Learners (18 hours) – Online

This six-module, eighteen hour train-the-trainer gives the participant an understanding the adult learner, self-reflection on who the trainer is as an educator of the adult learner, and the role the trainer plays in present and future professional development of the adult learner. This training is required for all participants who wish to apply to be a MRTQ approved Core Knowledge trainer.

Dates: October 19th – November 30th

Your Professional Development Portfolio: The How, When, and Why (9 hours) – Online



This training is a brief exploration into how to create and utilize several of the portfolios found within the field of early childhood education. We will set the path towards a deeper understanding of a professional portfolio, how to create one, and why you might want to have one!

Dates: October 26th – November 16th

Introduction to Infant Mental Health: Issues and Practice (18 hours) – Face-to-Face



This training covers topics concerning personality development, the balance between attachments systems and exploratory systems, developmental and environmental aspects, and influences on parent and child's sense of self and developing competencies.

Dates: Saturdays, October 22nd and 29th and November 5th; 9:00am-3:30pm

Location: ACAP
Main Office, Presque Isle



Foundations of Universal Design and Individualizing (12 hours) – Online



In this training, participants will gain knowledge about the concept of Universal Design (UD) and how to individualize for all children. Topics will include the philosophy of UD as a way of creating communities, the “what” and “how” of establishing a community so that all children can benefit, and practicing simple modification and adaptation strategies to support children's success.

Dates: November 9th – December 7th

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Scholarship Deadline for Spring Courses

The next deadline for scholarship funding for higher education is coming up on November 1st! Scholarships awarded following this deadline are for the Spring 2017 semester. ** Please note that scholarship awards are dependent on funding. **

Applications for CDA Credential and MRTQ PDN Credential fees are accepted year-round. Visit the MRTQ PDN website for information on what types of college courses and credentials are eligible for scholarship, as well as applicant eligibility criteria: <http://muskie.usm.maine.edu/maineroads/pd/scholarship.htm>.

Questions can be directed to Pam Soucy at pamela.soucy@maine.edu or 207-626-5258.



Maine Infant Toddler Credential I

Another statewide cohort for the Maine Infant Toddler Credential I will begin in January of 2017. This credential is designed for professionals working with infants and toddlers who would like to demonstrate their competence in caring for the youngest children.



The full manual and cohort application are available on our website at <http://muskie.usm.maine.edu/maineroads/pd/itcredentials.htm>. **Cohort applications are due November 18th, 2016.**

Contact Pam Prevost at pamela.prevost@maine.edu or 207-780-5846 with questions.

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