

Pathways

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

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Maine Roads to Quality Professional Development Network: Moving Forward

As of the end of July, MRTQ PDN now has a signed contract with the Maine Department of Health and Human Services, Office of Child and Family Services. The contract runs through June of 2019 (with renewal thereafter), so we are now planning for the remainder of 2017 and beyond!

Under the new contract MRTQ PDN will continue to deliver the following services:

- The MRTQ Registry
- Core Knowledge and Elective Training
- The Maine Inclusion Warm Line
- Communities of Practice (CoPs) – see page 2 for more information

Over the course of the next several months, we will be expanding services in the following areas:

- Technical Assistance, including on-site consultation, will include regionally-based MRTQ PDN staff to work in communities statewide.
- The Maine Credentials – Infant/Toddler, Director, Youth Development, and Inclusion – are undergoing improvements to make the process more clear and comprehensive. Any professional currently working toward a Maine Credential will still be eligible; new tools and guidance will be available soon!
- MRTQ PDN is in the beginning stages of creating a NEW user-friendly and comprehensive website – stay tuned!

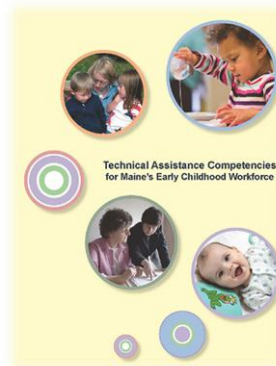
As always, we are available to assist you by phone or email any time during our NEW business hours – 8:00am-5:00pm, Monday-Friday (except state holidays). You can reach us at 1-888-900-0055 or mrtq.contact@maine.edu.

Maine's New Technical Assistance Competencies

In late June 2017, nearly 70 technical assistance (TA) professionals from a wide range of disciplines who support Maine's diverse early childhood workforce gathered in Hallowell for the rollout of the Technical Assistance Competencies for Maine's Early Childhood Workforce.

Materials from this rollout are available at no cost and are intended for use by all TA professionals working within the early care and education field in Maine.

Access the TA Competencies and related materials on the MRTQ PDN website here: http://muskie.usm.maine.edu/maineroads/ta_comp.htm.



In this issue...

- MRTQ PDN: Moving Forward, page 1
- Announcing Maine's NEW Technical Assistance Competencies, page 1
- MRTQ PDN Communities of Practice, page 2
- A Message from Child Development Services, page 3
- Go NAP SACC Project, page 3
- MRTQ Fall Training Schedule, pages 4-7
- Are You New to Online Training?, page 7
- Maine Inclusion Warm Line, page 8
- Tools for Emergency Preparedness Planning, page 8

How to reach us...

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

Like us on Facebook:
www.facebook.com/maineroads

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

MRTQ PDN supports the development of Communities of Practice (CoPs) in all regions of Maine. CoPs may be formed by collaborating with existing practitioner groups or by working with interested professionals in the area to form a new group. MRTQ PDN provides a facilitator and groups are given opportunities for networking, topical information sharing, and/or elective training addressing new knowledge or skills on a particular topic.

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.

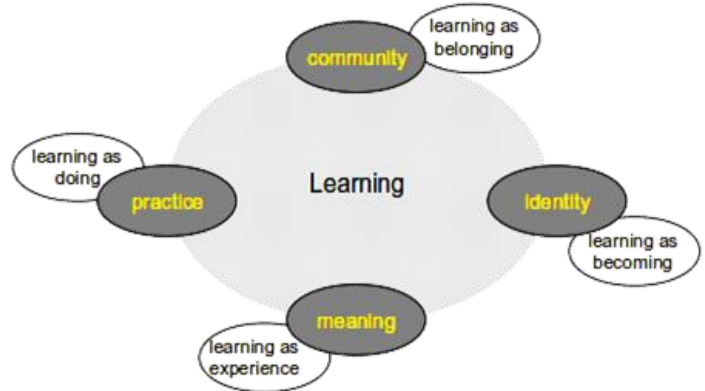
How can I find a CoP in my area?

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

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.



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

A Message from Child Development Services

MRTQ PDN is sharing this message from our partner, CDS:



At Child Development Services (CDS), we are committed to reaching out to community members and agencies that are providing services to young children and their families to ensure they are aware of the services that we offer. CDS is a division of the Maine Department of Education. We serve children who have developmental delays or disabilities. Our services are voluntary and are free of charge to families.

When children are under age three, services fall under Early Intervention and are provided in the child's natural environment (typically home or child care). Each family gets matched with a Primary Service Provider (PSP) who works together with families and caregivers to come up with strategies that can be built into the child's everyday life. Research tells us that really young children learn best from the people they spend the most time with and through experiences they have throughout the day, so our goal is to help families and caregivers learn ways to take advantage of these everyday learning opportunities. If you or a parent of a child in your care have concerns about their development, you can call us to make a referral anytime (a physician referral is not required) or make a referral online here: <http://www.maine.gov/doe/cds/families/referrals/>.

To see a PSA about CDS, click here: <https://youtu.be/dZaSrHTfpFs>

Please don't hesitate to contact your local CDS office with any questions. You can find your local office at this link: <http://www.maine.gov/doe/cds/contacts.html>. Thanks for all you do for children and families!

Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)

MRTQ PDN has received funding to help early childhood programs utilize the Go NAP SACC online self-assessments and tools to improve physical activity and nutrition practices. Go NAP SACC is an **evidence-based** online program for improving the health of young children ages 0-5 through better nutrition and physical activity.

Programs participating in this **FREE** project will receive:

- 12 contact hours of training for participating staff upon completion of the five steps in one of the five areas of the tool
- On-site consultation through MRTQ PDN and/or Let's Go! 5210 Coordinators (optional)
- Access to Go NAP SACC's 5-step process with detailed guidance to improve nutrition and physical activity practices, policies, and environments
- Increased knowledge on best practices addressing: breastfeeding environment and support practices, infant foods provided and feeding practices, education and professional development, and policy



We are offering a rolling enrollment process! To enroll:

1. Contact mrtq.gonapsacc@maine.edu for a registration code.
2. Register on the Go NAP SACC Website – go the website, <https://gonapsacc.org/> and click on the green button "JOIN TODAY" on the top right-hand side of the page.
3. Fill in the log in information and use the registration code to register.

With questions, please call MRTQ PDN staff: Claire Walker at 207-626-5296 or Pam Soucy at 207-626-5258.

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 2017 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

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 20th – November 29th



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 20th – November 30th

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.

Three Options:

- #1 Dates:** September 27th – November 22nd
- #2 Dates:** October 4th – November 29th
- #3 Dates:** October 11th – December 6th

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.”

Two Options:

- #1 Dates:** October 4th – November 8th
- #2 Dates:** October 18th – November 22nd

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 20th – November 29th

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 27th – November 22nd

#2 Dates: October 4th – November 29th

#3 Dates: October 11th – December 6th

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 27th – December 6th



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 27th – December 6th

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.

Two Options:

#1 Dates: September 27th – November 1st

#2 Dates: October 25th – November 29th

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: October 4th – November 1st

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!

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 4th – December 13th

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 18th – November 17th; face-to-face classes on Fridays, 10/27 and 11/17; 9:00am-3:30pm; online assignments due between class sessions

Location: Educare Central Maine, Waterville on 10/27; 11/17 Waterville location TBA

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

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

This six-week online course follows the content of *Caring for Our Children, 3rd edition* and *Stepping Stones to Caring for Our Children*. Throughout this training, participants are encouraged to compare Maine's licensing requirements and the standards of these two nationally-endorsed publications with the policies and procedures in place at the program in which they work.



Dates: October 18th – November 29th

Note: This training does NOT currently meet the health and safety training requirements for programs serving children and families receiving Child Care Subsidy Program funding.

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 18th – December 13th

Child Care Leadership Institute II: Leadership in Early Childhood Education Today (30 hours) – Hybrid



Leadership II builds on the concepts from Leadership I, focusing on building leadership skills, supervision, communication, and organizational climate.

Dates: October 18th – November 17th; face-to-face classes on Fridays, 10/27 and 11/17; 9:00am-3:30pm; online assignments due between class sessions

Location: Educare Central Maine, Waterville on 10/27; 11/17 Waterville location TBA

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.

Dates: November 8th – November 22nd

Linking Assessment to Curriculum in the Preschool Classroom (9 hours) – Online

This training is designed for practitioners working in child care centers to help increase knowledge and level of comfort with the process of assessment and curriculum planning in the preschool classroom.

Dates: November 8th – November 29th

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: October 25th – November 22nd

Curious about Online Training?

An online learning environment has no physical location; it is a virtual place where learning occurs during a time when instructors and students are separated by space but still interact via an online learning platform. MRTQ PDN uses Moodle as its online learning platform. Moodle allows facilitators and participants to collaborate and communicate with each other in a virtual classroom, usually in the form of discussion boards or journaling assignments.

Online learning is not for everybody, but for many professionals it is convenient and provides for a richer learning experience than a face-to-face in-classroom setting. Online learning allows a participant to:

- Be more flexible in scheduling time for assignments and to work at his or own pace throughout the week
- To receive more one-on-one attention from the instructor
- To connect and network with participants who live in other areas of Maine



While MRTQ PDN Approved Trainers and staff provide structure and support within a training from week to week, it is up to the participant to follow through. This requires self-motivation, time management skills, and focus in order to complete the material in the given amount of time. In addition, to participate in online training, students must have access to a computer (or tablet) and an internet connection for at least three hours per week. **Online training through Moodle should not be completed on a smart phone.**

If you're ready to learn more, MRTQ PDN has a few helpful resources to guide you through an introduction to online learning. For information about participant expectations, please visit our website at:

<http://muskie.usm.maine.edu/maineroads/pdfs/ParticipantExpectations2017.pdf>. To view tutorials on using Moodle, visit: https://help.blackboard.com/Moodlerooms/Student/Get_Started.

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Early Care and Education Professional Development Network

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Maine Inclusion Warm Line

1-844-209-5964 * inclusion.warmline@maine.edu

Who do you call when you have a question about including a child with special needs? What if you needed more information about a specific mental health diagnosis? You can call the Inclusion Warm Line!

The Inclusion Warm Line is a free, confidential telephone and email consultation service for child care practitioners that will provide information, support, and resources.

The Inclusion Warm Line serves as the first step in providing practical, accurate information to support the inclusion of children with special needs, disabilities, mental health needs, and concerning/challenging behavior in early childhood programs.



Tools, Publications, and Resources for Emergency Preparedness

Child Care Aware of America has published a comprehensive collection of resources designed to help child care programs create Emergency Response Plans. You can find resources on:

- Fire Safety
- Winter Weather
- Hurricanes
- Violence and Traumatic Events
- And more



You can access all of the resources on the Child Care Aware of American Website here: <https://goo.gl/s1Qu9V>

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