

# Pathways

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

Volume 3, Issue 2  
Winter 2016

### Congratulations to the 2015 Marcia Lovell Award Recipients!

On October 24<sup>th</sup> at Maine Roads to Quality's Symposium 2015, six Marcia Lovell Awards were presented to a group of outstanding early childhood educators. MRTQ-PDN created the Marcia Lovell Award for Innovation in Early Care and Education to recognize outstanding early childhood professionals who make significant contributions to the children, families, and communities in which they work and embody the ideals for which Marcia advocated:

- Better lives for children
- High-quality early education experiences
- Support for all children, including those most at risk and with disabilities
- And the belief that the arts are an integral part of early education programs

Marcia Lovell (1942—2005) was a friend and dedicated advocate for the importance of high-quality early childhood experiences. Marcia cared deeply about young children and their families and worked diligently to support healthy, responsive systems. She worked at the Maine Department of Health and Human Services Office of Child Care and Head Start, where she was a program specialist with more than 20 years of experience. Marcia was instrumental in the development of many early childhood programs and initiatives in the state of Maine.

The 2015 Marcia Lovell Award Recipients are:

**District 2:** Jessica Rickett, Children's Time Child Development Center, South Portland

**District 3:** Erika Neal, University of Maine at Farmington and RSU 9 Preschool Partnership, Farmington

**District 4:** Trisha Mullins, Casco Bay YMCA, Freeport

**District 5:** Heather Ratcliff, Kinder-Academy Preschool and Child Care Development Center, Winthrop

**District 6:** Terrie Matheson, Family Child Care Provider, Bangor

**District 8:** Linda Stevens, Aroostook County Community Action Program, Houlton

*Nominations for the 2016 Marcia Lovell Awards will be available on the MRTQ-PDN website beginning in March.*



Marcia Lovell Award recipients (l-r): Linda Stevens, Terrie Matheson, Heather Ratcliff, Trisha Mullins, Erika Neal, and Jessica Rickett

### In this issue...

- Marcia Lovell Award Recipients, page 1
- Welcome to New MRTQ-PDN Staff, page 2
- Inclusion Warm Line Coming Soon, page 2
- Improved Health and Wellness Resources from MRTQ-PDN, page 2
- Update on the Maine Early Learning and Development Standards Training, page 2
- MRTQ Winter Training Schedule, pages 3-5
- End Notes, page 6

MRTQ Staff have new email addresses!

See the full staff list with updated emails here:

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

Please update your contacts!

### 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](mailto:mrtq.contact@maine.edu)

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

Like us on Facebook:  
[www.facebook.com/maineroads](http://www.facebook.com/maineroads)

Follow us on Twitter:  
[www.twitter.com/maineroads](http://www.twitter.com/maineroads)

## Welcome New MRTQ-PDN Staff!

MRTQ-PDN is excited to welcome three new staff members to our team:

**Diane Hancock** is the new **Youth Development Coordinator**. Diane takes over the position from Pam Prevost, who is now the Registry and Evaluation Manager for MRTQ-PDN. Diane also works for half of her time with the Maine Afterschool Network (MASN), which is also part of USM. Her office is in Augusta and she can be reached at [diane.cobb@maine.edu](mailto:diane.cobb@maine.edu) or 207-626-5031.

**Jill Downs** is the new **Technical Assistance Manager**, which is a brand-new position at MRTQ-PDN. Jill will be overseeing the technical assistance program at MRTQ-PDN, which includes on-site technical assistance, as well as our Communities of Practice (CoPs). Her office is in Portland and she can be reached at [jdowns@maine.edu](mailto:jdowns@maine.edu) or 207-780-5845.

**Sarah DeCato, RN** is the new **Health Coordinator**. Sarah will be working on health, safety, nutrition, and physical activity initiatives related to early childhood programs. Sarah works from her home office and can be reached at [sarah.decato@maine.edu](mailto:sarah.decato@maine.edu).

## Coming January 2016: Inclusion Warm Line

1-844-209-5964 \* [inclusion.warmline@maine.edu](mailto:inclusion.warmline@maine.edu)

**What is a warm line?** A warm line is a telephone line (or email) that provides assistance for people whose need is not urgent (a play on the meaning of "hotline").

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.

The Inclusion Warm Line will be operated by MRTQ-PDN and jointly staffed by Inclusion, Health, and Mental Health Consultants from MRTQ-PDN and the Center for Community Inclusion and Disabilities Studies (CCIDS).



## New and Improved Health and Wellness Resources on the MRTQ-PDN Website

Did you know that MRTQ-PDN has a collection of links to free health, wellness, and safety resources on our website? The link is: <http://muskie.usm.maine.edu/maineroads/health.htm>.

On the "Health" page, you can find:

- Links to the "Watch Me Grow" booklets for infants and toddlers that are helpful to share with families.
- Links to FREE training webinars on topics including:
  - Supporting breastfeeding in child care programs
  - Creating smoke-free environments
  - Medication administration
- A link to the newly revised Y.I.K.E.S. (Your Inventory for Keeping Everyone Safe) Emergency Planning and Preparedness Tool from Child Care Licensing.

More resources to come!



## Update on Maine Early Learning and Development Standards Training

MRTQ-PDN, in partnership with the Maine Department of Education (DOE), is currently piloting the new training on the Maine Early Learning and Development Standards (MELDS). Using feedback from the pilot group, the curriculum authors and an advisory group will make revisions to the curriculum, with a plan to train a large group of trainers in early spring. Statewide delivery of the new, 30-hour MELDS training will likely begin in late spring.

For those practitioners who have already taken the Maine's Early Childhood Learning Guidelines (MECLG) training, a shorter "bridge" training of approximately 15 hours will be piloted during early 2016, with statewide availability coming later in the spring.

At this time, the original MECLG training continues to meet the requirements at Steps 3 and 4 with *Quality for ME*.

**WINTER 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.

**Option #1:** January 13<sup>th</sup> – March 9<sup>th</sup>

**Option #2:** January 27<sup>th</sup> – March 23<sup>rd</sup>

**Option #3:** February 24<sup>th</sup> – April 20<sup>th</sup>

**Creating Peace and Honoring Diversity (18 hours) – Face-to-Face**

This training will inspire educators to provide children opportunities to experience the topics of peace and diversity as they start to develop their own self-perceptions in relation to the world around them. Participants will learn how to empower children and families to be proud of who they are, while opening their hearts to those different from themselves.

**Dates:** Fridays, January 8<sup>th</sup>, February 5<sup>th</sup>, and March 4<sup>th</sup>; 9:00am-3:30pm

**Location:** Steuben Parish Hall, Steuben

**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**



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.

**Dates:** January 13<sup>th</sup> – March 9<sup>th</sup>

**Positive Supports and Challenging Behavior (15 hours) – Hybrid**



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.

**Option #1:** January 20<sup>th</sup> – February 6<sup>th</sup>, face-to-face sessions on Saturday, 1/30; 9:00am-12:00pm AND Saturday, 2/6; 9:00am-3:30pm; online assignments due between class sessions

**Location:** Mayo Regional Hospital, Dover-Foxcroft

**Option #2:** February 24<sup>th</sup> – March 16<sup>th</sup>, face-to-face sessions on Wednesdays, 3/2 and 3/16; 6:00-9:00pm; online assignments due between class sessions

**Location:** Oxford School Age Child Care, Oxford

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

**Teaching Adult Learners (18 hours) – Online**

This training is for any professional working with adult learners. It will cover the topics of “who is the adult learner?” self-reflection on who the trainer is as an educator, and the role the trainer plays in present and future professional development of the adult learner. It will also examine the dynamics of online learning and training and explore the requirements for becoming a Maine Roads to Quality Approved Trainer.

**Dates:** January 20<sup>th</sup> – March 16<sup>th</sup>

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

Children experience the best quality of care when parent(s), family, 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.

**Option #1:** January 20<sup>th</sup> – February 17<sup>th</sup>

**Option #2:** March 2<sup>nd</sup> – 30<sup>th</sup>

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

The objective of this training is to help early care and education practitioners develop a deeper understanding of high-quality environments for children. Every setting has unique benefits and challenges – 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:** January 27<sup>th</sup> – April 6<sup>th</sup>

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

This training focuses on helping all children to develop social skills, self-confidence, and build their social-emotional intelligence. It covers building relationships, assessing the environment and curriculum, designing strategies to support children to maintain peer relationships and improve self-regulation, and identifying community resources when involving other specialists.

**Dates:** February 3<sup>rd</sup> – April 13<sup>th</sup>

**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:** February 3<sup>rd</sup> – April 13<sup>th</sup>

**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!

**Option #1:** January 27<sup>th</sup> – February 17<sup>th</sup>

**Option #2:** March 16<sup>th</sup> – 30<sup>th</sup>

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

This training covers the aspects of providing child care for children and youth ages 5 to 13 years in a child care center, family child care program, or before and after school program.

**Dates:** January 27<sup>th</sup> – April 13<sup>th</sup> (no assignments due during the week of February 15<sup>th</sup>)

**Stress Happens: Distress or Eustress – Which Will You Choose? (6 hours) – Online**

Stress can be all around us – as individuals and professionals. This 6-hour training is a brief journey to explore and define those stressors and how to manage the stress in our lives.

**Dates:** February 3<sup>rd</sup> – 17<sup>th</sup>

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

This training will give an introduction to 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, as well as their own values and beliefs about disability and inclusion.

**Option #1:** February 3<sup>rd</sup> – 17<sup>th</sup>

**Option #2:** March 16<sup>th</sup> – 30<sup>th</sup>

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

**Center-based providers only.** This course has been designed to help increase your knowledge and level of comfort with the process of assessment and curriculum planning in the preschool classroom.

**Option #1:** February 10<sup>th</sup> – March 2<sup>nd</sup>

**Option #2:** March 16<sup>th</sup> – April 6<sup>th</sup>

**Teambuilding with Staff: The Collective Wisdom of Teams (6 hours) – Online**

This training will allow staff to learn how to best work as a team. Participants will explore the definition of a team, as well as team basics.

**Dates:** February 10<sup>th</sup> – 24<sup>th</sup>

**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.

**Dates:** March 9<sup>th</sup> – May 18<sup>th</sup>

**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:** February 24<sup>th</sup> – May 11<sup>th</sup>

**Collaborating with Others to Support Inclusion (12 hours) – Hybrid**

Working as a team to support children with disabilities can sometimes be a challenge and we might wonder about the right things to say and do. This training will cover strategies for collaborating with families and other professionals, teambuilding strategies, and conflict resolution skills.

**Dates:** February 24<sup>th</sup> – March 31<sup>st</sup>; face-to-face classes on Mondays 3/7 and 3/21; 6:00-9:00pm; online assignments due between class sessions

**Location:** Southern Maine Community College, South Portland

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

**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:** March 9<sup>th</sup> – April 1<sup>st</sup>; face-to-face classes on Fridays, 3/18 and 4/1; 9:00am-3:30pm; online assignments due between class sessions

**Location:** University of Southern Maine, Portland

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

**Stepping Up with Quality for ME (12 hours) – Online** (Options for center-based, family child care, and school age programs)

This training will help child care professionals understand the indicators of quality defined in *Quality for ME*. It will also provide resources to help 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.

**Dates for All Programs:** March 2<sup>nd</sup> – April 27<sup>th</sup>

**Please Note**

PRE-REGISTRATION IS REQUIRED for all MRTQ-PDN training; no walk-in registrations can be accepted.

MRTQ-PDN is sometimes able to add additional training based on demand; if you try to register for a training that is full, please place your name on the waiting list. If a second session is added, those on the waiting list receive priority registration!

Look for our Spring edition of Pathways on March 1<sup>st</sup>!

# MAINE ROADS TO QUALITY

Early Care and Education Professional Development Network

MAINE ROADS TO QUALITY  
PO BOX 9300  
PORTLAND, ME 04104-9300

NONPROFIT ORG.  
US POSTAGE  
**PAID**  
PORTLAND, ME  
PERMIT NO. 370



**POSITIVE YOUTH DEVELOPMENT INSTITUTE**  
and Summer Training Academy

**SAVE THE DATE**  
June 27 - 29  
**2016**

Supporting Social Emotional Learning  
**Anytime - Anywhere - Anyone**

Abromson Community Learning Center • University of Southern Maine • Portland, ME

**www.pydi.net**

## New Policy Regarding Posting of Job Listings



In the past, MRTQ has assisted early childhood programs advertising job opportunities by sending out emails to Registry members local to the program. **Due to the large numbers of requests from programs, MRTQ is no longer able to send out these types of emails.** It's important to us to limit the number of bulk emails that we send to Registry members. These types of emails will now be limited to:

- MRTQ-specific news and information
- Training opportunities
- A friendly annual reminder to keep your Registry information current.

Programs looking to publicize job opportunities are welcome to post on the MRTQ Facebook page ([www.facebook.com/maineroads](http://www.facebook.com/maineroads)). Note that posts on that page are moderated and will be approved within 48 hours. We appreciate your understanding of the need for this new policy.

Non-Discrimination Notice: The University of Southern Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veterans' status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equity & Compliance, 209 Deering Avenue, Portland campus, 207-780-5510.

*This newsletter is funded by the Maine Department of Health and Human Services, Office of Child and Family Services, Child Care Development Block Grant.*