

# Early Connections

A Newsletter for the Addison County Early Childhood Community  
Professional Development Spring 2015

## RN CHILD CARE WELLNESS CONSULTATION IN VERMONT

*Is bleach a safe disinfectant for all child care programs? How can child care programs identify and work with children with early behavioral issues? How can child care providers help picky eaters? Are child care programs really breastfeeding friendly? Are child care programs practicing evidence-based safe sleep practices? Are child care programs using best practice techniques when washing hands? How can programs reduce infection rates? How can child care programs get their kids up and moving more? What can a child care program do if a child seems behind developmentally?*

Thousands of children in Vermont attend early care and education programs and it is critical they grow and learn in healthy and safe environments. With all the current research on early cognitive development from 0-3 years, it's important to provide children and families with a good start and establish healthy patterns for life-long learning.

Early child care and education programs usually struggle to find assistance with health and safety best practices. The Vermont Department of Health/Maternal Child Health is collaborating with the Division of Children and Families' Child Development Division, thanks to a federal Early Learning Challenge Grant\*\* from Race to the Top funding to provide RN Child Care Wellness Consultant support.

The Department of Health has committed to exclusive use of RNs for this role. Currently we are working with 17 RNs, all of whom have many years of experience, particularly in the school nursing or maternal child health realm. The basis for our consultation program is the National Resource Center for Health and Safety in Child Care and Early Education, which has published *Caring for Our Children, National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, 3rd Ed.* This resource provides national standards representing best evidence, expertise and experience on quality health and safety practices and policies.

Our RNs are collaborating with child care programs on subjects ranging from improving nutrition and increasing physical activity, to infectious disease policies and improving medication administration. We will also assist programs with many other topics such as injury prevention, oral health, emergency preparedness, developmental screening and children with special health care needs, getting connected with appropriate resources, to name just a few.

We are beginning our 4 year journey with **any STARS\* participating homes and centers and our work will be free of charge to the provider.** Currently site visits to non-participating STARS providers can also be arranged, however the provider will be required to pay a fee for service directly to the consultant.

*Continued on page 10...*

**Mary Johnson Child Care Services**  
**Barrera House**  
81 Water St., Middlebury, Vt. 05753  
Phone: 802-388-4304  
Fax: 802-388-3063

**Protective Services/Family Support:**  
**Doumina Noonan**  
Email: FS-PS@mjcvt.org

**Resource Specialist:**  
**Amethyst Peaslee**  
Email: resource@mjcvt.org

**Financial Assistance Specialist:**  
**Jane Reilly**  
subsidy@mjcvt.org

**Referral Specialist: Ginny Sinclair**  
Email: referral@mjcvt.org

**Food Program: Susie Pidgeon**  
388-2853 or cacfp@mjcvt.org

**Schoolage Programs: Anne Gleason**

### RESOURCES FOR CHILD CARE PROVIDERS:

**Need your Fire Extinguisher checked?** Drop it off at Coles Flowers on Mondays, pick it up on Tuesday afternoon. Cost \$10—20 depending on what needs to be done.

**D & M Fire & Safety Equipment** will come to your program to inspect and tag your Fire Extinguishers for \$35.00 per visit.  
434-5005

#### Helpful Websites:

- ◆ <http://www.vanderbilt.edu/csefel/> (social/emotional dev.)
- ◆ <http://www.earlyliteracylearning.org/> (literacy)
- ◆ **Northern Lights:** <http://northernlights.vsc.edu/>
- ◆ **The Child & Family WebGuide:** [www.cfw.tufts.edu](http://www.cfw.tufts.edu)
- ◆ <http://www.safekids.org>
- ◆ [www.Bornlearning.org](http://www.Bornlearning.org)
- ◆ [www.familyeducation.com](http://www.familyeducation.com)
- ◆ [www.zerotothree.org](http://www.zerotothree.org)
- ◆ [www.commercialfreechildhood.org/](http://www.commercialfreechildhood.org/)
- ◆ **www.VermontFamily Network.org** is a statewide network of support and information for families who have a child with special needs or disabilities, and the professionals who work with them.
- ◆ **www.redleafinstitute.org:** information & resources for Family Child Care, including taxes and deductions

### COMMUNITY RESOURCES

- ◆ **CHILDREN'S INTEGRATED SERVICES (CIS):** If you have concerns about your child or a child in your care, birth—3 years old, or if you have concerns about the social emotional development of a child birth—5 years old, please contact the **CIS Team at 388-3171.**
- ◆ **YOUR EARLY EDUCATION OFFICE:** If you are concerned that your preschool age child or a child you care for has a developmental delay, contact your local **Early Education** office. They can answer questions and provide support/resources and guidance for talking with parents:
  - \* **Addison Central/ Middlebury: 382-1760**
  - \* **Addison Northeast: Bristol: Carol Birdsall: 453-3674**
  - \* **Addison Northwest: Vergennes: Deb Angier: 877-2867**
- ◆ **VERMONT'S CHILD PROTECTION LINE:** Call 1-800-649-5285 — 24 hours a day, 7 days a week to report suspected child abuse or neglect .
- ◆ **CHILD CARE CONSUMER LINE:** To report concerns about a child care provider, call 1-800-540-7942 or go to [www.brightfutures.dcf.state.vt.us](http://www.brightfutures.dcf.state.vt.us); click on 'Contact' in the upper right corner.
- ◆ **PARENTS' STRESS LINE:** 1-800-CHILDREN (1-800-244-5373) - for more information see p. 11
- ◆ **DIAL 2-1-1** for free and confidential information and referrals for help with food, housing, employment, health care, counseling and more. 211 is a service of the United Way.
- ◆ **HOSPICE VOLUNTEER SERVICES:** For help in supporting children and families with the loss or terminal illness of a loved one, please call Hospice Volunteers at 388-4111.
- ◆ For a copy of **ADDISON COUNTY COMMUNITY RESOURCES** contact **Mary Johnson Child Care Services** at: 388-4304
- ◆ **WIC/Health Dept.—388-4644**
- ◆ **WOMENSAFE HOTLINE: 388-4205 or 1-800-388-4205; business office 388-9180; TTY: 388-4305**



**Becca Kerr, Family Child Care, Shoreham, for moving up to 2 Stars  
in the STARS Step Ahead Recognition System**

**Jennifer Cyr, Family Child Care, Middlebury, for achieving a NL Level IVA certificate**

**Kristin Nolan, Otter Creek Child Center - for achieving an Associates Degree  
in Human Services from the Community College of Vermont**

**Marcy Cram, Otter Creek Child Center, for achieving a NL Level IVA certificate**

**Nikki Bearor, St. Mary's Preschool, for achieving Early Education Teaching Licensure, K-8.**

**The Sapphire Center in New Haven for moving up to 4 Stars in the  
in the STARS Step Ahead Recognition System**

### **Grants and Bonuses from the Child Development Division**

As many child care providers know, the CDD offers several grants and bonuses to support and recognize professional development and program quality. Grants are available for college tuition assistance, CDA assessment fees, and the Agency of Education Teacher Licensure Peer Review fee. Bonuses are available for Northern Lights Level Certificate achievements, Program Director and Afterschool credentials. All bonuses and grants are for accomplishments, courses etc. that have occurred within two years of the application being submitted to the CDD. For more information on the available grants and bonuses go to: <http://dcf.vermont.gov/cdd/grants> It is important to use the forms currently on the website as they are kept up to date. If you have any questions about grants or bonuses, contact Lynne Robbins at (800) 649-2642 or [Lynne.Robbins@state.vt.us](mailto:Lynne.Robbins@state.vt.us)

### **Shared Services Vermont – An opportunity that you won't want to miss!**

Do you wish that you had a well written resource on biting at your fingertips to give to a parent who is dealing with a typical toddler behavior? Are you placing an order for art supplies and would love the best price and free shipping? Are you looking for a useful family survey for your STARS renewal? And, would you like access to timely articles, blogs and publications to keep you up to date on all that is happening in the world of early care and education? If you are a participant in Vermont's Step Ahead Recognition System – STARS- either as a staff member in a STARS rated program or as a provider, you are eligible for free access to [www.SharedServicesVT.org](http://www.SharedServicesVT.org) . SSVT is a one stop shopping place for discounts, teacher and administrative resources, and so much more. **Sign on today or contact [Ibeni-nati@gmail.com](mailto:Ibeni-nati@gmail.com) for additional information.**

# The Brain Science of PLAY

*Play Connections in the Early Years Lay the Foundation for Life*

*A free workshop for parents & providers!*

**Mary Johnson Children's Center  
and Ilsley Library co-hosts**

Ilsley Library Community Room  
Middlebury VT

*Childcare and light dinner fare provided!*  
Contact: Amethyst Peaslee 802.388.4304

**Wednesday  
March 25, 2015  
6:00-8:00 p.m.**

Presented by



Learn how play relates  
to three important  
developmental skills:  
Memory  
Behavior Control  
Mental Flexibility



Play is often described as children's "work." Why is play vital for children's learning and development? Gain strategies to support these skills in children birth to 5 yrs.



Please contact  
Amethyst Peaslee at  
Resource@mjccvt.org  
or 802.388.4304 if you  
would like to attend or  
sign up for childcare  
in the Ilsley Children's  
Library

## Basic Specialized Care

**Tuesdays March 24th and 31st 6—9 pm  
Mary Johnson Children's Center**

**Basic Specialized Care** offers all early care and education providers important information for understanding the needs of children experiencing high degrees of stress. In today's world, this could be most children, not just those under Protective Services Care or Family Support. You will gain an understanding of Social Services and your role as a mandated reporter, review normal growth and development, and focus on the effects of abuse and/or neglect, red flags and the inter-generational nature of abuse. This class is essential for serving children who have been victims of abuse or neglect and required for all programs wishing to attain the "Basic Specialized Child Care Provider" status. Working with children with special needs is also touched upon. **CDA # 3, 4, 6**

*Doumina Noonan, M.Ed, Children's Integrated Services (CIS) Child Care Coordinator*

**Eggs!**  
**Tuesday March 24th 6:30 -8:30**  
**at Mary Johnson Children's Center –Dining room/kitchen**

Spring is the perfect time to learn more about cooking with eggs and try some egg experiments and activities. Learn about the anatomy of an egg, how to judge the freshness of eggs, and how strong egg shells really are! Plus we'll cook up a couple of egg dishes that will boost your protein component options for meals served in your programs. **CDA #1**

*Suzanne Young, CACFP Food Educator*

**From Sheep to Art**  
**Thursday April 9th 6:30—8:30 pm**  
**at Mary Johnson Children's Center**

Join us for an exploration of wool and fibers. We will find ways to incorporate sheep and wool into all learning areas of our programs. There will be ideas and activities for children from infants to school agers as well as fun for the adults. The first half of the workshop will be exploring an integrated curriculum based on sheep and fiber and the endless possibilities for play and exploration. The second half will be playing with the fiber and learning how to needle felt a picture. We will also learn about simple wet felting techniques to use with children. Everyone will take home a sample of raw fiber for their program. **CDA #2, 5**

*Presenter Muffy Kashkin-Grolier is an artist and family child care provider in Orwell, VT.*

**Plugged In: Technology, the Internet, and Child Safety**  
**Thursday April 2nd 6:30—8:30 om**  
**Addison County Parent/Child Center**

This 1.5 hour training is for or parents and caregivers of young children. Early childhood educators are challenged to look at the pros and cons of using computers in their classrooms and child care centers and homes. Screen time and effects of technology on early brain development are discussed. Discussion also includes the major risks to children using technology such as, cyber bullying, exposure to pornography, online gaming, and "sexting." Multiple ways of keeping children safer with emphasis on supervision and education are discussed.

**This workshop is presented as part of the Building Bright Futures Early Childhood Regional Council meeting. Please join us and learn more about what your Early Childhood Council is doing... updates will follow the presentation.**

**CDA # 2,3,4, 6      Advanced Specialized Care**

*Presented by Prevent Child Abuse VT*

**Rock Solid: The Social Emotional Foundations of Early Learning**

**3 Tuesdays April 7, 14 and 28 6—9 pm**

**Mary Johnson Children's Center**

Do you want the children in your care to get along with others, feel secure, and be confident, engaged learners? This 3 part workshop series will teach you strategies for enhancing the social emotional growth, competency and success of the young children in your care. Building positive relationships, responsive environments & routines, enhancing emotional literacy and friendship, play skills and self-regulation will be covered. These modules are based on material from the Center for the Social Emotional Foundations of Early Learning (CSEFEL). Supporting children birth—5 years old will be discussed.

**On-site Mentoring and Coaching available to help put theory into practice.**

**CDA # 3, 5, 8 Advanced Specialized Care**

**Instructors:**

**Becca Webb, M.ED** has been an early educator since 1997, first, as a preschool and toddler teacher in childcare centers. She earned her Master's in Special Education for birth to 6 years old in 2002 and has worked as an EEE teacher; she currently provides services in community childcare centers.

**Amethyst Peaslee, M.Ed** has served as the Resource Development Specialist for Mary Johnson Child Care Services for the past 15 years. Previously she worked as a preschool teacher in center-based programs and as a mentor teacher at UVM's Campus Children's Center.

**Integrating Science into your Program**

**Monday April 13th 6:30—8:30 pm**

**Location: Counseling Service of Addison County, 102 Catamount Park**

Watching a young child learn to walk, we observe the use of scientific process. They experiment with balance and predict how long they can let go of the furniture before they fall. They communicate their knowledge of the natural world when they say "meow" when they see a cat. This workshop will identify the scientific processes and explore ways to make science a playful learning experience.

**Instructors: Gerri Barrows, Muffy Kashkin-Grollier, Michelle Sherwin**

***Sponsored by the Addison County Starting Points Network in collaboration with MJCC***

**A Year of Exploration: Sensing Spring**

**Thursday April 16th 6:30—8:30 pm**

**Mary Johnson Children's Center**

A hands-on and minds-on professional development opportunity, each Year of Exploration workshop offers:

- Current research and background information on the positive impacts on child development of time spent in nature.
- Reflection and collaboration on integrating regular unstructured time outside into your day.
- An introduction to the local natural highlights of each season and ways to share them with young children.

During "Sensing Spring" we will review the many health benefits of time in nature for children, and the ways in which you can educate parents/families about these benefits. This is also the time when our  
*Continued on next page...*

landscape awakens with returning birds, migrating amphibians and green growth everywhere, so join us as we explore and celebrate this busy time of renewal for plants and animals. CDA #1,2, 5

**Instructor: Cory Stephenson, Four Winds Institute**

*Please note: There is a \$10.00 fee per person for each workshop.*

**Gardening with Children**

**Tuesday, April 21st 6:30-8:30**

**at Mary Johnson Children's Center**

Come get your hands dirty as we learn about preparing our gardens for spring and little hands and feet! We'll try some activities to engage children and get them interested and curious about what's growing. Studies show children who are involved with growing food are much more likely to eat their vegetables! **CDA #1 & 2**

**Instructor: Suzanne Young, CACFP Food Educator**

**Creating Early Childhood Environments that Are Ready For All Children:  
The Role of Observation, Reflection & Courage**

**FRIDAY EVENING, APRIL 24, 2015**

**Burlington, VT City Hall**

**Contois Auditorium**

**SATURDAY, APRIL 25, 2015**

**University of Vermont**

**Featuring Guest Keynote Speaker Lella Gandini**

**U.S. Liaison for the Dissemination of the Reggio Emilia Approach**

Register now and plan to join us for a conference dedicated to developing our readiness as early childhood educators and administrators to create social, physical, and temporal learning environments that recognize and celebrate each child's right to be cherished and challenged, to grow and to learn.

Conference Agenda: Download [here](#) in pdf format

**Register online!** <http://www.uvm.edu/~ccc/conferences/>

Conference Registration: \$150

**Discount registration for Vermont Early Childhood Educators  
and Vermont Early Childhood Education Students: \$75**

### **ASQ3: The Ages and Stages Questionnaire**

**Tuesday May 5th 6—8 pm and**

**Tuesday May 12th 6—9 pm**

Evidence shows the earlier development is assessed, the greater the chance a child has to reach his or her potential. Professionals rely on ASQ for the best developmental and social-emotional screening for children from one month to 5 ½ years. Highly reliable and valid, ASQ looks at strengths and trouble spots, educates parents about developmental milestones, and incorporates parents' expert knowledge about their children.

This two part workshop is for both the experienced and the inexperienced. Those who have little or no experience in doing assessments with children should plan to attend both parts one and two. **Those who have experience with assessments are invited to join us for part 2 to become familiar with the ASQ3—the 3rd iteration of the Ages and Stages Questionnaire.**

**To register, go to: <https://www.research.net/s/ASQ3Middlebury>**

This workshop counts for **Advanced Specialized Care credit. CDA # 6, 7, 8**

### **Woodworking with Children**

**Saturday May 9th 9—11 am**

**Mary Johnson Children's Center**

Woodworking with children is a fun, fulfilling, and educational activity that builds confidence in both adults and children. Teaching children how to use real tools fosters respect, responsibility, and trust, through an experiential, tactile, physical activity. Woodworking also provides opportunities for children to learn skills related to math, science, and art as well as enhancing brain development.

Come explore woodworking on a child's level (no pun intended). In this hands-on workshop, learn how to choose appropriate tools for children as young as three, teach children how to use tools safely, and build simple projects. Additional topics covered will include organizing materials, time and behavior management, and fostering creativity. **CDA # 1, 2**

**Jennie Harriman, M.A., M.F.A. - Jennie is the author of *Hammer, Saw, Drill: Woodworking for Parents, Teachers and Children Ages 3—9*.**

### **Social Studies and Community**

**Monday May 11th 6:30—8:30 pm**

**Location: Counseling Service of Addison County, 102 Catamount Park**

Social studies for children involve learning about their community. Community studies include: diversity, community roles, decision making, geography, history and ecology. After family, your program/classroom is one of the first societies children belong to. This workshop will explore ways to help children learn how they fit in to their communities. **CDA # 1, 2,5**

**Instructors: Gerri Barrows, Muffy Kashkin-Grollier, Michelle Sherwin**  
***Sponsored by the Addison County Starting Points Network in collaboration with MJCC***

**Year of Exploration: Summer's Wonders**

**Thursday May 14th      6:30—8:30 pm**

**Mary Johnson Children's Center**

A hands-on and minds-on professional development opportunity, each Year of Exploration workshop offers:

- Current research and background information on the positive impacts on child development of time spent in nature.
- Reflection and collaboration on integrating regular unstructured time outside into your day.
- An introduction to the local natural highlights of each season and ways to share them with young children.

During "Summer's Wonders" we will take a look at your role as adult mentor when you are outside with children, and uncover the myriad ways children play outside. Summer is full of growth and bounty for the smallest life, so join us as we use tools, equipment and play to explore insect life in different habitats.      **CDA #1,2, 5**

**Instructor: Cory Stephenson, Four Winds Institute**

*Please note: there is a \$10.00 fee for this workshop.*



**INFANT/CHILD/ADULT CPR AND FIRST AID**

**Saturday May 16**

|                                    |                      |                |
|------------------------------------|----------------------|----------------|
| <b>CPR ONLY (including recert)</b> | <b>8:30 - 10 am</b>  | <b>\$30.00</b> |
| <b>First Aid ONLY</b>              | <b>10:00 - 12:30</b> | <b>\$30.00</b> |
| <b>CPR and First Aid</b>           | <b>8:30 - 12:30</b>  | <b>\$50.00</b> |

**Registration forms and payment need to be received a week before the class is scheduled; Make checks payable to MJCC and send to:**

**MJCC, 81 Water St. Middlebury, VT 05753 Attn: Amethyst**

**NAME:** \_\_\_\_\_

**PHONE #:** \_\_\_\_\_

**DATE OF TRAINING:** \_\_\_\_\_

**PLEASE CHECK TRAINING NEEDED**



**MARY JOHNSON CHILD CARE SERVICES IS NOW ON FACEBOOK!**

**CHECK US OUT!**

*Continued from page 1...*

We are also collaborating with many other key programs and resources throughout our state, including *Help Me Grow*, *Building Bright Futures*, *Vermont Birth to Three*, *Vermont Child Care Industry Career Council*, *Vermont Association of Child Care Resource and Referral Agencies*, *Head Start*, *Hunger Free Vermont*, *Vermont Agency of Education*, *the Caring Collaborative*, *Vermont Parent Child Centers* and *Northern Lights Career Development Center*. Our long term plan is to build sustainability within the state budget, educating legislators and the public on the huge savings impact of this preventive lens on early childhood and building life-long health habits and learning.

The RN Child Care Wellness Consultant program is aligned and integrated with *Help Me Grow*, which is a national population-based approach to early detection of children at-risk for developmental and behavioral problems and their linkage to programs and services. *Help Me Grow* is also funded through the Early Learning Challenge Grant. Among other components, this program will provide a central telephone access point for families and providers seeking information, support, community resources and referrals in the world of early childhood. *Help Me Grow* provides a comprehensive systems approach to link all components/stakeholders throughout the state and we are very excited to be participating. (<http://www.helpmegrownational.org/>)

**If you have any questions about the program or would like to learn more, you can also contact Rosemeryl Harple, BSN, CCM, RN, the coordinator of the program at the Vermont Department of Health at 802-652-2095 or via email at [rosemeryl.harple@state.vt.us](mailto:rosemeryl.harple@state.vt.us) .**

\*STARS (Step Ahead Recognition System) <http://dcf.vermont.gov/cdd/stars>

\*\* Early Learning Challenge Grant <http://governor.vermont.gov/race-to-the-top>

### **Harvest of the Month: Dry Beans**

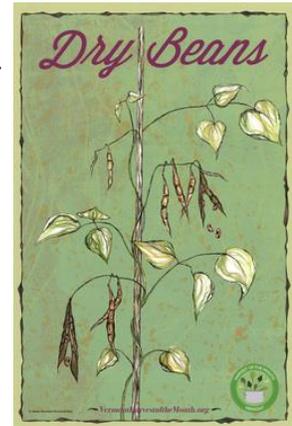
The cultivation of beans spread across America through the migrations of Native Americans, becoming a staple of their agriculture. Using a technique called companion planting, corn, squash and beans, also known as the Three Sisters, were planted together.

#### **Black Bean Salsa**

##### **Ingredients:**

1 cup cooked black beans  
Half of an avocado, diced (optional)  
1 tomato, chopped  
1 cup cooked corn  
1 lime  
1 tsp red wine vinegar  
Half of an onion, chopped  
Salt  
Pepper  
Fresh cilantro, chopped (optional)

**Directions:** Simply chop, measure and mix ingredients. Then eat up!



## Addison County Starting Points Networks

**Bristol/Middlebury/Vergennes Network** meetings take place at 6:30 pm

*Location (for all Network meetings— Counseling Service of Addison County, 102 Catamount Park, (off Exchange St. in Middlebury), 2nd building on the left.*

**1st Monday of each month—Wellness Network**

**2nd Monday of each month—Support/Discussion (focused trainings some months, see below**

**Last Monday of each month—Infant/Toddler Curriculum Network**

**Focused trainings:**

**April 13th:** Workshop—Integrating Science into your Program.

**May 11th:** Workshop—Community/Social Studies

**June –August:** Book group—Book TBD

*Provider Leaders: Michelle Sherwin 623-6476 and Gerri Barrows 453-3707*

**Addison County Directors Network:** 2nd Wednesday of month, 3:30 @ P/CC

*Coordinator: SuWhite, Quarry Hill School 388-7297 or quarryhillschool@gmail.com*

**Orwell Network:** 3rd Monday of the month at 6:30 @ Muffy's

Orwell will provide a local meeting in Orwell on the third Monday of the month for the providers who cannot travel. Providers in the Orwell vicinity should contact Muffy if they would like to meet in Orwell.

*Provider Leader: Muffy Kashkin-Grollier: 948-2561 or muffyvjkg@yahoo.com*

**Traveling Network:** The Network Leaders are offering to come to your town and have a Network meeting to get local providers together who can't make other meetings. We are looking for providers who are willing to host a meeting in their home or find a local place to host a meeting. The hostess will also be asked to contact their local providers and invite them to that local network gathering. A hostess gift, refreshments and a discussion topic will be provided by the network leaders. *Please contact Gerri Barrows 453-3707, or Michelle Sherwin 623-6476 if you are interested.*

**Brandon Network:** Last Thursday of the month—Call for details.

*Provider Leader: Tracy Bruce 247-5427*

*All Child Care Providers (Home and Center) are invited to Starting Points Network meetings. Network meetings offer time to share the challenges and joys of providing early care and education with others who truly understand. Each group is free to pursue its own definition of support. Sponsored by a Starting Points grant from Child Care Services Division in Waterbury. Newcomers are always welcome!*



*Do you wonder if bleach is a safe disinfectant for your program? What you can do to identify children who may bite and what you can do about it? What you can do with picky eaters? How you can become more breastfeeding friendly? Is your program practicing evidence-based safe sleep? Are your hand-washing techniques and timing "best practice"? Have you wondered about how you can get your kids up and moving more or what to do if a child seems behind developmentally?*

**RN Child Care Wellness Consultants are visiting Child Care Programs in your area!**

**FREE Consultation and Follow Up to STARS enrolled Child Care Programs!**

**To request an RN Child Care Wellness Consultant:**

**Please call Sue Ryan (802)985-2700**

**Or email [vcicc@comcast.net](mailto:vcicc@comcast.net)**



**Questions?????????**  
Call Rosemary Harple, BSN,CCM, RN (802-652-2095)  
or [rosemary.harple@state.vt.us](mailto:rosemary.harple@state.vt.us)

## RN Child Care Wellness Consultants Can:

- **Help with Health and Safety practices**
- **Assist with policy development and implementation**
- **Help with establishing medical and dental homes for the children in your care**
- **Help you advance your STARS ratings**

*Administration  
Medication*

*Sanitation*

*Nutrition &  
Physical Activity*

*Inclusion/Exclusion*

*Emergency Planning  
Injury Prevention*

*Safe  
Sleep*