

THE SOURCE

Winter 2019



There is a new mandatory training on safe sleep required for all CF and RF providers, as well any center staff working with infants.



Read more on page 3.

How to Keep Your Sleeping Baby Safe: Sleep Policy Explained

More than 3,500 babies in the U.S. die suddenly and unexpectedly every year while sleeping, often due to sudden infant death syndrome (SIDS) or accidental deaths from suffocation or strangulation.

In an effort to reduce the risk of all sleep-related infant deaths, the American Academy of Pediatrics' updated policy statement and technical report includes new evidence that supports skin-to-skin care for newborn infants; addresses the use of bedside and in-bed sleepers; and adds to recommendations on how to create a safe sleep environment.

Note: All of these recommendations, unless mentioned otherwise, are for babies up to 1 year of age. Talk with your licensing specialist if you have questions about any of the recommendations listed.

What You Can Do: Recommendations for Infant Sleep Safety

Until their first birthday, babies should sleep on their backs for all sleep times—for naps and at night. We know babies who sleep on their backs are much less likely to die of SIDS than babies who sleep on their stomachs or sides. The problem with the side position is that the baby can roll more easily onto the stomach. Some parents worry that babies will choke when on their backs, but the baby's airway anatomy and the gag reflex will keep that from happening. Even babies with gastroesophageal reflux (GERD) should sleep on their backs.

Some babies will roll onto their stomach. You should always place your baby to sleep on the back, but if your baby is comfortable rolling both ways (back to tummy, tummy to back), then you do not have to return your baby to the back. However, be sure that there are no blankets, pillows,

Continued on page 2



Office Hours

Monday - Friday
8:30 am - 4:30 pm

Closed

December 24 - January 6
January 21
February 18
March 25 - 29

We will be closed for
staff meetings

12:30 to 3:00 pm
January 24
February 28
March 21

Continued from cover

stuffed toys, or bumper pads around your baby, so that your baby does not roll into any of those items, which could cause blockage of air flow.

If your baby falls asleep in a car seat, stroller, swing, infant carrier, or sling, you should move him or her to a firm sleep surface on his or her back as soon as possible.

Use a firm sleep surface. A crib, bassinet, portable crib, or play yard that meets the safety standards of the Consumer Product Safety Commission (CPSC) is recommended along with a tight-fitting, firm mattress and fitted sheet designed for that particular product. Nothing else should be in the crib except for the baby. A firm surface is a hard surface; it should not indent when the baby is lying on it. Bedside sleepers that meet CPSC safety standards may be an option, but there are no published studies that have examined the safety of these products. In addition, some crib mattresses and sleep surfaces

are advertised to reduce the risk of SIDS. There is no evidence that this is true, but parents and caregivers can use these products if they meet CPSC safety standards.

Never place your baby to sleep on a couch, sofa, or armchair. This is an extremely dangerous place for your baby to sleep.



Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation, or strangulation out of the baby's sleep area. These include pillows, quilts, comforters, sheepskins, blankets, toys, bumper pads or similar products that attach to crib slats or sides. If you are worried about your baby getting cold, you can use infant sleep

clothing, such as a wearable blanket. In general, your baby should be dressed with only one layer more than you are wearing.



Try giving a pacifier at nap time and bedtime. This helps reduce the risk of SIDS, even if it falls out after the baby is asleep. It's OK if the baby doesn't want a pacifier. You can try offering again later, but some babies simply don't like them. If the pacifier falls out after your baby falls asleep, you don't have to put it back in.

Excerpted from *How to Keep Your Sleeping Baby Safe: AAP Policy Explained* By: Rachel Y. Moon, MD, FAAP. Retrieved on December 6, 2018 from <https://healthychildren.org>

BEHAVIOR AND INCLUSION SUPPORT

Several agencies are available to support Multnomah County child care providers in caring for children who experience special needs or challenging behaviors. Three primary supports include:

The CCR&R Child Behavior Specialist Line can support you in creating a positive learning environment and outlines to proactively manage children's challenging behaviors. 503-491-6219

The Inclusive Partners can help families and child care providers when children need exceptionally close supervision, special accommodations, or other supports for safe and appropriate care. 971-673-2286

Multnomah Early Childhood Program (MECP) provides screening, identification, and early intervention and early childhood special education services to children birth to age five in Multnomah County. 503-261-5535

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NEW TRAINING REQUIREMENT: SAFE SLEEP PRACTICES FOR INFANTS



If you are a licensed child care provider, you should have received notice in the mail informing you of a new required training called *Safe Sleep for Oregon's Infants*.

This is a required training on safe sleep practices for all providers in licensed family child care (RF and CF) and for center staff who work with children under age one. Child care providers must take this class by **January 1, 2019**.

The goal of this training is to provide early educators with an opportunity to learn about safe sleep practices and to identify and prevent risks to the babies in your child care program. At the end of the training you will take a short test. This is a FREE class.

There are 2 self-study options available:



Option 1: Take the class online at:

<https://oregonearlylearning.com/providers-educators/professional-development/Self>

(Please do NOT use Chrome as it may not function properly.)



Option 2: Pick up an independent study packet from CCR&R-MC. Paper copies of the independent study training are available from your local CCR&R-MC. Please call 503-491-6205 or come to our office to request a packet. You will be responsible to mail your completed training to the ELD/State of Oregon.

COMMUNITY CHILD CARE INITIATIVE (CCI)

Are you a CCI program that is working on quality improvement goals to complete your Spark portfolio? Your work as an educator of young children is vital to the families and children you serve and we would like to support you in making your program the best it can be. CCI wants to remind you about the support and services we offer to help you through your Spark journey! Some of the ways CCI can help are:

- Planning your professional development
- Oregon's Step Registry
- Portfolio building assistance – Including PM Set 2 trainings
- Training
- On-site coaching
- Planning for quality improvement
- Almost ANYTHING related to increasing your program quality!



Please do not hesitate to contact me. Evening appointments can be scheduled if preferred! Thank you for participating in the CCI program. I look forward to hearing from you!

Debbie Buta (503) 491-6216 or debbie.buta@mhcc.edu

TRAINING SURVEY RESULTS

Child Care Resource and Referral recently conducted a survey regarding our training program in order to learn how we might better serve the community. Thank you to everyone who completed the survey! Here are some of the results: We received responses from 27 zip codes in and around Multnomah County. More people responded from the St. Johns (97203) and the NE/Woodlawn (97211) areas than any other neighborhoods, however, more people worked in either Southwest Portland (97219) or North Portland (97217). This response could indicate why 97219 and 97217 were the most requested location for where to attend training. The location of trainings was a common challenge recorded by survey responders.



Other concerns and comments included:

- Popular classes filling up quickly
- Need for more Set 2 and 3 trainings
- Trainings for school age children should keep increasing

Our survey asked in which Core Knowledge Categories (CKC) you would like to receive more trainings. Over half of respondents (57.63%) requested more trainings about Understanding and Guiding Behavior; specifically, people would like more information about Positive Behavior Intervention & Supports (PBIS) and working with challenging behaviors. Another popular request was for more Special Needs trainings with a focus on sensory processing differences and children who may have ADHD. The third most popular CKC was Diversity, with 47.46% of survey respondents agreeing that more trainings should be offered on the subject. There were specific requests for a training about anti-bias and anti-racism curriculum. In addition to these CKCs, there was a desire for more trainings about team building, staff supervision, and management. Support for building business practices, such as marketing, was also identified as a need.

We are already making plans to meet your requests!

More special needs (SN) trainings: CCR&R-MC has a wonderful partnership with Multnomah Early Childhood Program (MECP), our county's early intervention/early special education agency. MECP staff develop and deliver training for us on a variety of topics. Their trainers, experienced early intervention specialists, work with us to develop classes in areas explicitly identified as high needs by past training participants, area educators, and CCR&R staff. This spring, MECP and CCR&R will offer a training on developing self-control and attention regulation in preschoolers.

Management and Supervision: Also in spring 2019, we plan to offer a 20 hour, Set 2 cohort training, *Supervisor Academy*. This course will be offered partially in-person and partially on-line and will focus on effective coaching techniques, improving communication skills, and setting and maintaining clear expectations with staff.

LANGUAGE IMMERSION K-12 AND TRADITIONAL KINDERGARTEN



Research shows that children who study in two languages have higher reading skills! Portland Public School District offers dual language immersion elementary school in Vietnamese, Spanish, Mandarin Chinese, Russian, and Japanese. This includes kindergarten.

Applications for these schools are due at 8 am on March 8th.

Before applying, you must attend a meeting or open house. To learn how to apply, call PPS Enrollment & Transfer Center at 503-916-3205. Information is also available at <https://www.pps.net/Domain/183>

Outside of Portland Public School District, contact your school district for more information about special "focus schools."

Register for Kindergarten by June 1! Please remind your families to register early, this helps our schools prepare for the 2019 - 2020 school year.

Connect to Kindergarten. Many elementary schools host open house events for their traditional kindergarten programs in February and March. These events are a great opportunity for kids and families to connect to their school and start getting excited about their coming adventure in learning. Check with local schools and on school district websites for more information. To find your school, call 2-1-1.



Mt Hood Community College/CCR&R Registration

FORMA DE REGISTRACIÓN

Information on this form will be provided to the Oregon Registry.

La información de este formulario será proporcionada al Registro de Oregon.



| | | | |
|------------------------|-------------------------------|---------------------------------|--------------------------|
| Date Fecha: | Last name Apellido | First name Primer nombre | M.I. Segundo |
| | | | |
| Term / Year Año | Home Address Dirección | City Ciudad | State Estado |
| Winter 2019 | | | Zip Código Postal |

| | |
|---------------------------------|---|
| Gender Género | Mother's Maiden Name Apellido de Soltera de la Madre |
| | |
| Birth Date Fecha de Nac | Phone Teléfono |
| | |
| Email Correo electrónico | |
| | |

Type of Care Tipo de cuidado:

Center
 RF
 CF
 Exempt (not licensed through OCC, sin licencia de OCC)

| | | | | | | | |
|---|--|--|--|--|--|--|--|
| Child Care License Number | | | | | | | |
| <i>Numero De Licencia De Cuidado Infantil</i> | | | | | | | |
| | | | | | | | |

| |
|--|
| <input type="checkbox"/> Yes! Please mail me a Food Handler Packet. I have included a payment of \$10 <i>Si! Favor de enviar el paquete para manejar los alimentos. He incluido el pago de \$10</i> |
|--|

| Ethnic Data - Datos Etnicos | |
|-----------------------------|--|
| <input type="checkbox"/> | Native American <i>Nativo Americano</i> |
| <input type="checkbox"/> | Alaskan Native <i>Nativo de Alaska</i> |
| <input type="checkbox"/> | Asian/Pacific Islander <i>Asiatico/De las Islas Pacificas</i> |
| <input type="checkbox"/> | African - American/Black <i>Afro-Americano</i> |
| <input type="checkbox"/> | Hispanic or Latino/a <i>Hispano o Latino/a</i> |
| <input type="checkbox"/> | White/Caucasian <i>Blanco/Caucásico</i> |
| <input type="checkbox"/> | Unknown or Other <i>Se Desconoce o Otro</i> _____ |

| High School Education Educación Preparatoria | |
|--|--|
| <input type="checkbox"/> | (H)-High School Graduate <i>Graduado de Preparatoria</i> |
| <input type="checkbox"/> | (D)-Adult High School Diploma <i>Diploma de la Preparatoria</i> |
| <input type="checkbox"/> | (S)-Still in High School <i>Todavía en la Preparatoria</i> |
| <input type="checkbox"/> | (G)-GED |
| <input type="checkbox"/> | (N)-Did not complete <i>No Complete</i> |
| <input type="checkbox"/> | Are you a US Military veteran? <i>¿US Veterano Militar?</i> |

| | | |
|---|--|----------------------------|
| Name of High School <i>Nombre de la Preparatoria</i> | Graduation Yr <i>Año Graduado</i> | State <i>Estado</i> |
| | | |

| |
|---|
| Will you be employed while attending this class? <i>¿Usted estará trabajando mientras asiste la escuela?</i> |
| <input type="checkbox"/> Yes, full-time (35+ hours per week) <i>Si, Tiempo Completo (35+ horas a la semana)</i> |
| <input type="checkbox"/> Yes, part-time (Less than 35 hours per week) <i>Si, Medio Tiempo (Menos de 35 horas por semana)</i> |
| <input type="checkbox"/> No, not employed <i>No, no estoy trabajando</i> |

| Course # <i>Curso #</i> | SEC # <i>Sección #</i> | Course Name <i>Nombre del Curso</i> | Date <i>Fecha</i> | Cost <i>Costo</i> |
|----------------------------|---------------------------|--|----------------------|----------------------|
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|--|------|----------------------|------|------|-----|------|-----|------|--|
| FOR OFFICE USE ONLY | | Authorized Signature | | | | | | Date | |
| Apply Cashier Code in the Amount of \$ | | | | | | | | | |
| Cashier code | CCRD | EXP | CDFS | CCRC | CCI | OCCD | CDA | RFCF | |

Bring or mail completed registration form to CCR&R-MC 4510 NE 102nd Ave. Portland, OR 97220
 Envíenos por correo o en persona su forma de registración a CCR&R-MC 4510 NE 102nd Ave Portland, OR 97220

CCR&R TRAINING REGISTRATION, POLICIES, AND ETIQUETTE

REGISTRATION:

1. Complete the registration form on page 5. All necessary information can be found with the class descriptions.
2. Registration for classes will only be accepted by mail or in person, and must be received prior to the class. All classes require pre-registration and payment if applicable. Payments are non-transferable from person to person.
3. Mail the registration form with full payment to:

CCR&R-MC
4510 NE 102nd Ave
Portland, OR 97220

Please make checks and money orders payable to CCR&R-MC. We cannot accept credit/debit card payments at this time. Each person registering for a class needs to fill out a separate registration form. Please make copies as needed or download more copies from our website:

www.ccr-mc.org/training

4. Placement in a requested class will be on a first-come, first-served basis. If there is not space available in the class you request, we will call to let you know.

CANCELLATION POLICY: Please call ahead of time if you need to cancel. If you cancel at least 24 hours prior to the training for which you are registered, you will be issued a refund. The refund will be issued to the person that was registered for the class, regardless of who paid for the class. **Blended CPR classes must be cancelled 2 weeks in advance. See page 9 for specific dates.**

ATTENDANCE POLICY: If you miss a class and have not given at least 24 hours notice, you forfeit the payment for the class.

It is important that participants arrive on time and stay for the duration of the class. Participants arriving later than 15 minutes after the start of class will not receive a certificate

nor reimbursement, and no partial credit will be issued. In order to receive credit for multiple session trainings, full attendance is mandatory.

ACCOMMODATIONS AVAILABLE: Individuals who require accommodations due to disability may contact CCR&R at (503) 491-6205. Please call at least two weeks before the class to ensure availability.

INCLEMENT WEATHER: In the case of inclement weather, CCR&R classes will be cancelled when and if Mt. Hood Community College closes. Closures will be announced via radio, television networks and mhcc.edu. If MHCC evening classes are cancelled, this also indicates that CCR&R evening classes will be cancelled. If class is not cancelled and you choose not to attend, you forfeit any applicable payment.

MHCC encourages students and staff to register for FlashAlert in order to receive emergency notices. There is no cost to use this service and your information will remain confidential. Set up a yearly FlashAlert subscription at www.flashalert.net/id/MHCC

POLICY FOR CHILDREN: Breastfeeding infants are welcome in class. Otherwise, children under the age of 16 are not allowed in trainings. This is for the welfare of all class participants. Please adhere to this policy unless notified by CCR&R of an exception. If you need to bring your breastfeeding infant to class, please call us ahead of time to make arrangements.

CLASSROOM ETIQUETTE: Please come prepared to take notes and participate in the class. When you arrive, sign in on the roster sheet. Please make sure your cell phone is turned off or silenced before the class begins. At the end of the class, please complete the evaluation. This will aid us in planning training opportunities that interest you and meet your professional needs. If you are not leaving the building right away after an evening class, let the instructor know. They may need to set the building alarm and will need to know if there is someone still in the building.



TRAINING KEYS

| OREGON REGISTRY CORE KNOWLEDGE CATEGORIES (CKC) | |
|--|--------------|
| www.pdx.edu/occd | |
| CKC | Abbreviation |
| Diversity | DIV |
| Family and Community Systems | FCS |
| Health, Safety, and Nutrition | HSN |
| Human Growth and Development | HGD |
| Learning Environments and Curriculum | LEC |
| Observation and Assessment | OA |
| Personal, Professional, and Leadership Development | PPLD |
| Program Management | PM |
| Special Needs | SN |
| Understanding and Guiding Behavior | UGB |

CDA NUMBERING SYSTEM (CDA)

www.cdacouncil.org

Competency area 1. Planning a safe, healthy, learning environment. Training subjects include health and safety, first aid, space planning, materials and equipment.

Competency area 2. Steps to advance children's physical and intellectual development. Training subjects include active play, fine motor skills, language, writing, literacy, discovery, art, and music.

Competency area 3. Positive ways to support children's social and emotional development. Training subjects include friendship skills, self-esteem, self-control, understanding emotions, and guiding behavior.

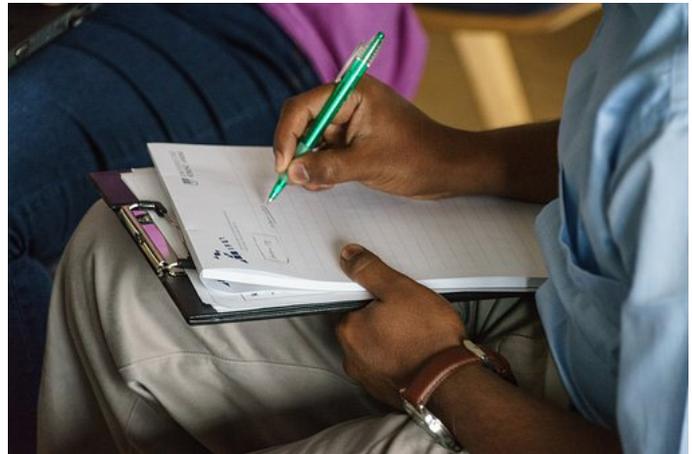
Competency area 4. Strategies to establish productive relationships with families. Training subjects include working with parents, home visits, conferences, and referrals.

Competency area 5. Strategies to manage an effective program operation. Training subjects include planning, record-keeping, policies, and budgeting.

Competency area 6. Maintaining a commitment to professionalism. Training subjects include advocacy, ethical practices, work force issues, and professional associations.

Competency area 7. Observing and recording children's behavior. Training subjects include tools and strategies for collecting objective information about children's learning and development.

Competency area 8. Principles of child development and learning. Training subjects include developmental milestones, and cultural influences on development.



SET ONE training provides an overview of basic principles, theories and/or research. Set One training participants are expected to gain basic, introductory knowledge of session topics.

SET TWO training presents intermediate knowledge. The purpose of these sessions is to build on previous knowledge by having professionals use what they have already learned and experienced to think in depth and to learn more. Sessions are developed assuming that participants already have basic knowledge of the subject.

SET THREE training presents advanced knowledge. Sessions provide opportunities for analysis, comparison, critical examination, evaluation, research, and/or practical study. Set Three training participants are expected to already have significant and/or intermediate knowledge of and professional experience in the session topic.

The listing for each training session includes age group information:

IT = Infants and toddlers (birth to 3 years old)

PK = Preschoolers (3 to 5 years old)

SA = School-age children (5 to 12 years old)

NA = The class contains no age-related content

All = The class includes content that applies to all age groups.

For more information visit the Oregon Center for Career Development (OCCD) at www.pdx.edu/occd

CHILD CARE LICENSING INFORMATION

Obtaining a Family Child Care License in Oregon

If you are applying for a Registered Family (RF) license, you will need to attend an Overview for Family Child Care class (see schedule below). If you are applying for a Certified Family (CF) Child Care license, start by calling the Office of Child Care at 1-800-556-6616. The steps below apply to both types of family child care license.

1. Enroll in Oregon's Central Background Registry and follow instructions to complete fingerprinting oregonearlylearning.com
2. Complete all Safety Set training (see information below) or make sure certifications are current:
 - Infant/Child/Adult CPR & First Aid
 - Child Care Food Handler Certification
 - Recognizing and Reporting Child Abuse and Neglect (RRCAN) in person or online - this certificate does not expire
3. Complete license application and return it to the Office of Child Care
4. To renew your license, ensure you have completed all required training hours and submitted certificates to your ORO account as needed

OVERVIEW FOR FAMILY CHILD CARE

The family child care overview is a free, one-time class which is required to become a licensed Registered Family (RF) child care provider in Oregon. Information presented includes rules and regulations, the application process, child care business principles, and resources including CCR&R services and the USDA food program. You must pre-register. Unless otherwise noted, classes are held at the CCR&R office; 4510 NE 102nd Ave, Portland, OR 97220.

Course # CCRX10R

| | | |
|---|-------------|--------------------|
| Location: CCR&R Office, 4510 NE 102nd Ave, Portland, OR 97220 | | |
| Thursday | January 24 | 9:00 am - 12:00 pm |
| Wednesday | February 6 | 6:00 - 9:00 pm |
| Tuesday | February 26 | 9:00 am - 12:00 pm |
| Tuesday | March 19 | 9:00 am - 12:00 pm |

SAFETY SET TRAINING

Introduction to Child Care Health and Safety

Thursday, March 7

In-person, classroom training: Required health and safety training for all providers working in licensed facilities and those caring for children receiving a DHS subsidy. Topics include injury prevention, illness prevention and management, emergency preparedness, and general safety. **This class is also available online. See below for details.**

Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220

| | | | | | | |
|----------------|--------------|-----------|---------|----------|---------------|--------|
| 6:30 - 8:30 pm | Cost: \$5.00 | CCR13THSN | Sec # 2 | CKC: HSN | Age group: NA | CDA: 1 |
|----------------|--------------|-----------|---------|----------|---------------|--------|

Online Introduction to Child Care Health and Safety

No Cost

Required Health and Safety training for all providers working in licensed facilities and those caring for children receiving a DHS subsidy. Topics include injury prevention, illness prevention and management, emergency preparedness, and general safety. This training is available online at campus.educadium.com/OCCD/

Child Care Food Handler Certification

\$10.00

Food handler certification may be completed online at childcarefoodhandler.org, or you may purchase a self-study packet by sending the registration form on page 5 with a check or money order for \$10.00. Please check the box in the middle of the registration form to order the packet. Child Care Food Handler Certification is good for 3 years.

Online Recognizing and Reporting Child Abuse and Neglect (RRCAN)

No Cost

Child care and education providers are among those persons who are mandatory reporters of suspected incidents of child abuse and neglect in the state of Oregon. Participants will learn the process for reporting incidents of child abuse or neglect. This training is available online at campus.educadium.com/OCCD/

This class is also available in person for a fee of \$10.00. See page 9 for details.

SAFETY SET TRAINING (CONTINUED)

Safe Sleep for Oregon's Infants

COST: FREE

New providers who want in-depth understanding of safe sleep practices and/or wish support completing the state training and quiz are invited to take the free, in-person class *Examination of Safe Sleep Practices (Set 2)* with us. See page 11. A self-study training packet for *Safe Sleep for Oregon's Infants* is available online at:

<https://oregonearlylearning.com/providers-educators/professional-development/Self>

See page 3 for more information on how to complete this training requirement.

Recognizing and Reporting Child Abuse and Neglect (RRCAN)

COST: \$10.00

RRCAN fulfills the child abuse class requirement for Office of Child Care licensing. See schedule below.

This class is also available online at no cost. See page 8 for details.

Infant/Child/Adult CPR and First Aid Certification

COST: \$50.00

Our CPR/First Aid classes will certify you in infant, child and adult CPR and First Aid for 2 years.

Location: MHCC Maywood Campus, Building 1, 10100 NE Prescott St, Portland, OR 97220

| Date | RRCAN (CCR10) | Section # | CPR and First aid (CCR11) | Section # |
|-----------------------|-----------------|-----------|-------------------------------|-----------|
| Saturday, January 12 | | | 9:00 am - 3:00 pm | 5 |
| Saturday, January 19 | | | 9:00 am - 3:00 pm | 7 |
| Saturday, February 2 | 12:15 - 2:15 pm | 3 | Blended CPR available in a.m. | see below |
| Saturday, February 9 | | | 9:00 am - 3:00 pm | 9 |
| Saturday, February 23 | | | 9:00 am - 3:00 pm | 10 |
| Saturday, March 2 | 9:00 - 11:00 am | 4 | 12:00 - 5:30 pm | 12 |
| Saturday, March 9 | | | 9:00 am - 3:00 pm | 13 |
| Saturday, March 16 | | | 9:00 am - 3:00 pm | 15 |

Blended First Aid/CPR Training

COST: \$50.00

This class blends online and in-person training.

The class has two parts: 2-3 hours online, and 2.5 hours in-person on a scheduled date.



FIRST complete the 2-3 hour online portion of this class, which includes videos, reading, and quizzes. It must be completed **before** the scheduled classroom date.



NEXT, attend the 2.5-hour in-person portion of the class on your scheduled date. You will have hands-on practice with CPR manikins and first aid procedures.

REGISTRATION AND CANCELLATION POLICIES FOR BLENDED FIRST AID/CPR:

1. Select an in-person training date. All sessions are held at our Maywood campus. Fill out a registration form and mail it in.
2. Two weeks (14 days) prior to your in-person class, you will receive an email with the link to the online half of the training. You must complete this before attending your in-person class.
3. **If you wish to cancel blended CPR, you must call and let us know at least two weeks (14 days) before your scheduled in-person training. No refunds can be given after that date. (503) 491-6205**
4. After successful completion of the online portion and attendance at the in-person training, you will receive an email with your new First Aid/CPR certification card. These are sent on your training day.

| Day and Date | Time | Course # | Section # | Last Day to Cancel |
|-----------------------|--------------------|----------|-----------|------------------------|
| Wednesday, January 16 | 6:30 - 9:00 pm | CCR11 | 6 | Wednesday, January 2 |
| Saturday, February 2 | 9:30 am - 12:00 pm | CCR11 | 8 | Friday, January 18 |
| Thursday, February 28 | 6:30 - 9:00 pm | CCR11 | 11 | Wednesday, February 13 |
| Thursday, March 14 | 6:30 - 9:00 pm | CCR11 | 14 | Wednesday, February 27 |
| Saturday, March 23 | 9:30 - 12:00 pm | CCR11 | 16 | Friday, March 8 |

TRAINING CALENDAR: JANUARY - MARCH 2019

TRAININGS ARE SET 1 UNLESS OTHERWISE NOTED. WHAT IS "SET 1?" SEE PAGE 7

Oregon's Increasing Quality Training

Thursday, January 17

This session is the first step to participating in Spark, Oregon's Quality Rating and Improvement System. Spark recognizes, rewards and builds on what you are already doing well and provides free tools, financial incentives and professional support to increase and document your quality. In this session participants will explore Spark participation through a step by step breakdown of the process and criteria and get an in-depth look at the benefits of participation.

Debbie Buta and Hadiyah Miller Location: CCR&R Office Classroom 4510 NE 102nd Ave. Portland, OR 97220

| | | | | | | |
|----------------|------------|---------|---------|---------|---------------|--------|
| 6:00 - 9:00 pm | Cost: FREE | CCR65PM | Sec # 1 | CKC: PM | Age group: NA | CDA: 5 |
|----------------|------------|---------|---------|---------|---------------|--------|

SCHOOL AGE SATURDAY - JOIN US JANUARY 19 TO FOCUS ON K-5!

Family Centered Practices in Afterschool (Set 2)

Saturday, January 19

True family engagement in afterschool takes time and care. Parents and afterschool professionals tend to be like ships passing in the night...too tired or busy to connect with what is important. In this workshop we will discuss why it is important to engage families and look at promising practices for building positive family-afterschool relationships.

Ronda Taft Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220

| | | | | | | |
|---------------------|---------------|----------|---------|----------|---------------|---------|
| 10:00 am - 12:00 pm | Cost: \$20.00 | CCR21FCS | Sec # 1 | CKC: FCS | Age group: SA | CDA: NA |
|---------------------|---------------|----------|---------|----------|---------------|---------|

Setting Boundaries, Saying No (Set 2)

Saturday, January 19

Although setting boundaries and saying no is obviously important, many professionals have a hard time doing it! Join us as we explore the psychological importance of saying "no", how boundaries are positive for child and youth development and practice strategies for setting limits and using "no" the right way with kids.

Ronda Taft Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220

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|-----------------|---------------|----------|---------|----------|---------------|---------|
| 12:30 - 2:30 pm | Cost: \$20.00 | CCR37UGB | Sec # 1 | CKC: UGB | Age group: SA | CDA: NA |
|-----------------|---------------|----------|---------|----------|---------------|---------|

Working with Families (Set 2)

Tuesday, January 22

Working with families can enrich your program and provide positive supports for everyone. In this workshop we will explore the key influences on family dynamics. In addition, we will discuss how misunderstandings can occur and how to resolve conflicts constructively.

Tammy Marino Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220

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|----------------|---------------|----------|---------|----------|---------------|--------|
| 7:00 - 9:00 pm | Cost: \$20.00 | CCR72FCS | Sec # 1 | CKC: FCS | Age group: NA | CDA: 4 |
|----------------|---------------|----------|---------|----------|---------------|--------|

An Examination of Safe Sleep Practices for Infants (Set 2)

NEW

Thursday, January 24

Safe sleep practices in childhood care and education programs can be life saving for infants. In this workshop we will explore and examine resources, program policies, risk factors and preventive strategies for Sudden Unexpected Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS). Participants who are new child care providers will have the option to stay for an additional 30-45 minutes to review the State's self-study packet on safe sleep and take a short quiz to complete the State's licensing requirement, *Safe Sleep for Oregon's Infants*.

Heather Irace Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220

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|----------------|------------|-----------|---------|----------|---------------|--------|
| 6:30 - 8:30 pm | Cost: FREE | CCR13ZHSN | Sec # 7 | CKC: HSN | Age group: IT | CDA: 1 |
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|---|---------------|-----------|--|----------|----------------|-----------------------------|--|
| Words We Use: Positive Phrasing to Support Young Children | | | | | NEW | Thursday, January 24 | |
| Learn ways to speak with children that promote a peaceful, respectful classroom environment. Explore phrases that you may use currently that you want to eliminate. Transform your tone and increase the kindness in your voice when you speak to children. Practice building phrases that are honest and clear, loving and kind. | | | | | | | |
| Amy Williams | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:30 - 9:00 pm | Cost: \$20.00 | CCR18TLEC | Sec # 1 | CKC: LEC | Age group: All | CDA: 3 | |

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|--|------------|---------|---|---------|-----------------------------|--------|--|
| Supporting Children with Autism and Other Developmental Delays in Early Childhood Education Settings | | | | | Saturday, January 26 | | |
| This training opportunity will provide early childhood educators with a greater understanding of working with children with autism spectrum disorders. Topics discussed will include learning characteristics, behavioral strategies, and simple activities to encourage social and language skill development. This workshop will provide specific examples of evidence-based practices that can be used immediately in an early education setting. This no cost training is provided by OrPATS. Class time includes a 1-hour break for lunch. See special location below. | | | | | | | |
| Brenda Hancock | | | Location: Columbia Regional Program, 833 NE 74th Ave. Portland, OR 97213 | | | | |
| 8:30 am - 3:30 pm | Cost: FREE | CCR82SN | Sec # 1 | CKC: SN | Age group: IT/PK | CDA: 7 | |

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|---|---------------|----------|--|----------|----------------|------------------------------|--|
| Introduction to Trauma Informed Care | | | | | NEW | Wednesday, January 30 | |
| In this introductory class, participants will learn how trauma influences the children, families and communities they serve. "Trauma" is a psychological, emotional response to an event or an experience that is deeply distressing or disturbing. This could include, for example, being in an accident, having an illness or injury, losing a loved one, or going through a divorce. It can also include experiences that may be severely damaging, such as forced migration or surviving assault. Such experiences can shape individuals in ways important for caregivers to consider. Join us to explore the growing science of providing Trauma Informed Care that is sensitive and responsive to the needs of families and children. | | | | | | | |
| Hadiyah Miller | | | Location: CCR&R Office Classroom 4510 NE 102nd Ave. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: \$15.00 | CCR71FCS | Sec # 1 | CKC: FCS | Age group: All | CDA: 8 | |



Are you a Registered or Certified Family Child Care provider?

Remember, you may be able to pay for Set 2 training with a scholarship through OCCD.

Providers are now allowed to use their scholarship to pay for conferences AND/OR Set 2 training. You may also be awarded more than \$200. For details on the Oregon Family Childcare Scholarship, visit: www.pdx.edu/occd/education-awards-enhanced-rate-scholarships/

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|--|---------------|-----------|--|----------|-----------------------------|--------|--|
| The Why & How of Infant Massage (Set 2) | | | | | Thursday, January 31 | | |
| One of the most developed senses in the young child is their sense of touch. Massage provides many benefits to a child's development. By stimulating the nervous system, massage increases self-regulation, stimulates growth hormones while reducing stress hormones. Massage also provides a loving way for a child and caregiver to bond. Join your colleagues in exploring the benefits of massage for infants and toddlers. At this workshop we will practice of variety of massage techniques on child size dolls. | | | | | | | |
| Sonia Thomas | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: \$30.00 | CCR11JHGD | Sec # 1 | CKC: HGD | Age group: NA | CDA: 2 | |

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|--|---------------|-----------|--|-----------|---------------|---------------------------|--|
| Having Tough Conversations: Support Your Team With Honesty, Transparency and Clarity | | | | | NEW | Monday, February 4 | |
| Create an environment where your team feels safe to learn from mistakes, grow in skill, and set goals that are realistic and relevant. Learn how to harness your power of observation and share honest feedback with compassion while setting the tone for growth. | | | | | | | |
| Amy Williams | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: \$24.00 | CCR10CPDL | Sec # 1 | CKC: PPLD | Age group: NA | CDA: 6 | |

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|--|---------------|---------|--|---------|-----------------------------|--------|--|
| Visual Strategies for Children 0-5 with Special Needs (Set 2) | | | | | Thursday, February 7 | | |
| Do you work with children with delays, disabilities, or challenging behaviors? Join us to explore and practice using photos and drawings to teach schedules, routines and expectations. Learn why some children need visuals, and why they are useful for all kids! Leave with concrete strategies you can implement tomorrow. | | | | | | | |
| Fawn Anderson | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: \$15.00 | CCR55SN | Sec # 1 | CKC: SN | Age group: IT / PK | CDA: 2 | |

FOCUS ON DEVELOPMENTALLY APPROPRIATE PRACTICES SATURDAY, FEBRUARY 9

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|---|---------------|----------|--|----------|-----------------------------|--------|--|
| Using Child Development Knowledge to Inform Guidance and Discipline in Early Childhood | | | | | Saturday, February 9 | | |
| Participants in this training will be introduced to the guidelines for developmentally appropriate practice and the principles of child development and learning that inform practice according to NAEYC. | | | | | | | |
| Aoife Magee | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 9:00 am - 12:00 pm | Cost: \$20.00 | CCR91UGB | Sec # 1 | CKC: UGB | Age group: IT / PK | CDA: 3 | |

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|---|---------------|-----------|--|----------|-----------------------------|--------|--|
| Promoting School Readiness Through Emergent Curriculum, birth to age 5 (Set 2) | | | | | Saturday, February 9 | | |
| Participants will explore effective approaches and strategies using emergent curriculum to support school readiness in children when they reach Kindergarten. | | | | | | | |
| Aoife Magee | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 12:30 - 3:30 pm | Cost: \$20.00 | CCR14ZLEC | Sec # 1 | CKC: LEC | Age group: IT / PK | CDA: 8 | |

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|---|---------------|----------|--|----------|--|--------|--|
| Positive Behavior Intervention and Supports (PBIS), Preschool Module 1: Promoting Children's Success, Building Relationships | | | | | Wednesday, February 13 & Wednesday, February 20 | | |
| This module will cover strategies for preventing challenging behavior. The module is based on the principles that positive relationships serve as the foundation for addressing social emotional needs and that meaningful schedule and routines can serve as a prevention for challenging behaviors. Must attend both sessions to earn a certificate. This training is required before taking PBIS Module 2, offered Spring 2019. See special location below. | | | | | | | |
| Mackenzie Weintraub | | | Location: West Hills Learning Center, 7339 SW Capitol Hwy, Portland, 97219 | | | | |
| 6:15 - 9:00 pm | Cost: \$30.00 | CCR42UGB | Sec # 1 | CKC: UGB | Age group: PK | CDA: 3 | |

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|--|---------------|----------|--|------------|-------------------------------|--------|--|
| Sensational Staff Meetings | | | | NEW | Wednesday, February 20 | | |
| Same old staff meetings? Do you see your staff falling asleep at the table? Well, join us as we share some great ways to keep staff meetings upbeat, active, and participatory. Shake things up and have some fun as well as being effective at your next staff meeting! | | | | | | | |
| Raylene Donaldson | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:30 - 8:30 pm | Cost: \$16.00 | CCR10UPM | Sec # 1 | CKC: PM | Age group: NA | CDA: 6 | |

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| Introduction to Inclusion: Identifying and Referring Children to Early Intervention | | | | | Thursday, February 21 | | |
| This class is an introduction to identifying and working with children who may have developmental delays or disabilities. The class will cover how to identify a child who may have developmental delays and how to make a referral for screening and evaluations, talking to parents, and what early intervention services include. | | | | | | | |
| Tracy Branscomb | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:30 - 8:30 pm | Cost: \$10.00 | CCR18SN | Sec # 1 | CKC: SN | Age group: All | CDA: 8 | |

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| How Can We Support Gender-Expansive Children in Preschool? | | NEW | | Saturday, February 23 | | |
| Many young children are gender-expansive--they do not conform to their culture's gender expectations. Due to this identity they often face mistreatment and discrimination. How do we support the positive gender identity development of all children? How do we help children think about gender and fairness? Participants will learn key terms, reflect on their own gender, and hear stories from anti-bias classrooms. | | | | | | |
| Laura Czarniecki | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 9:00 am - 12:00 pm | Cost: \$24.00 | CCR78DIV | Sec # 1 | CKC: DIV | Age group: PK | CDA: 3 |

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| Promoting Healthy Social-Emotional Development in the First Five Years (Set 2) | | Thursday, February 28 | | | | |
| Participants will examine the importance of developing early social-emotional competence and the practices that support this in infants, toddlers, and preschool aged children. Factors that influence self-regulation and optimal brain development will be explored. | | | | | | |
| Aoife Magee | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: \$30.00 | CCR11MHGD | Sec # 1 | CKC: HGD | Age group: IT/PK | CDA: 3 |

Please remember that children under 16 are not allowed at trainings. However, breastfeeding infants are welcome. Please call in advance of your class to make arrangements. 503 - 491 - 6205

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| Ways to Keep the Conversation Going with Adults | | NEW | | Saturday, March 2 | | |
| Need to have an important conversation? Not sure if the other person will engage? Working with adults on a day-to-day basis can lead to tough conversations. Through discussions and active listening techniques we will practice how to keep the conversation going and express what needs to be said in a healthy and productive way. | | | | | | |
| Tammy Marino | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 10:00 am - 12:00 pm | Cost: \$20.00 | CCR10VPM | Sec # 1 | CKC: PM | Age group: NA | CDA: 6 |

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|---|---------------|--|---------|----------|---------------|--------|
| Working with Divorced and Blended Families | | Monday, March 4 | | | | |
| This class will cover some of the ways you can work with your families who have lives in multiple homes. We will cover: the policies you should have in place to help clarify your role and expectations; talking with children and their parents; the needs of children whose families are undergoing changes when their parents divorce or re-partner; some differences in parenting styles with sole parents and co-parents; and blended family dynamics for children. | | | | | | |
| Hillary Hyde | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:30 - 8:30 pm | Cost: \$16.00 | CCR60FCS | Sec # 1 | CKC: FCS | Age group: NA | CDA: 4 |

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|---|---------------|--|---------|-------------------------|--------------------|--------|
| Child Sexual Behaviors: What's Common, Concerning, and Harmful | | NEW | | Tuesday, March 5 | | |
| Attendees will walk away with an increased understanding of child sexual development, identifying and responding to problematic sexual behaviors, creating norms/rules for a safe and respectful classrooms, talking to young children about child sexual abuse and private part safety, and responding to concerns of abuse. | | | | | | |
| Sally Blackwood | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:30 - 9:00 pm | Cost: \$10.00 | CCR11XHGD | Sec # 1 | CKC: HGD | Age group: IT / PK | CDA: 8 |

Introducing trainer Sally Blackwood, LP, CARES Northwest Prevention Educator! Sally is a Licensed Professional Counselor who began working with traumatized children in 1990. She has worked at CARES Northwest since 2006 and previously worked in residential treatment, community mental health, and private practice. She has served for almost 10 years as a counselor on the Family Sex Abuse Treatment Team of Multnomah County. She has experience and training in counseling children, teens, families and adults who have experienced trauma with a specialty in sexual abuse.

| Oregon's Increasing Quality Training | | | | Wednesday, March 6 | | | |
|---|------------|---------|--|--------------------|---------------|--------|--|
| This session is the first step to participating in Spark, Oregon's Quality Rating and Improvement System. Spark recognizes, rewards and builds on what you are already doing well and provides free tools, financial incentives and professional support to increase and document your quality. In this session participants will explore Spark participation through a step by step breakdown of the process and criteria and get an in-depth look at the benefits of participation. | | | | | | | |
| Debbie Buta and Hadiyah Miller | | | Location: CCR&R Office Classroom 4510 NE 102nd Ave. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: FREE | CCR65PM | Sec # 2 | CKC: PM | Age group: NA | CDA: 5 | |

| Reducing Stress in Your Life | | | | Saturday, March 9 | | | |
|--|--------------|----------|--|-------------------|---------------|--------|--|
| We all experience stress on a daily basis, especially as child care providers. Come to this class and learn techniques for managing the stress in your life. Explore when to be concerned and how extreme stress leads to burn out. Leave with concrete steps to help decrease symptoms and experience more joy in your life. Experience inner peace in the midst of difficulties. This class is offered for the low stress cost of \$5.00! | | | | | | | |
| Joan Lowe | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 9:00 am - 12:00 pm | Cost: \$5.00 | CCR48PDL | Sec # 1 | CKC: PPLD | Age group: NA | CDA: 6 | |

| Fun for Everyone! Inclusive Games | | | | Tuesday, March 12 | | | |
|--|---------------|-----------|--|-------------------|---------------|--------|--|
| Games are a great way to build teamwork, social skills, and just have fun! Join us as we learn how to adapt games for children of all abilities to play. Get your game gear ready...we will play a variety of games from different cultures, for different age groups, and for all to enjoy! | | | | | | | |
| Julianne Standish | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 7:00 - 9:00 pm | Cost: \$16.00 | CCR16XLEC | Sec # 1 | CKC: LEC | Age group: SA | CDA: 3 | |

| Bloom Where You Are Planted: The Art of Nurturing the Nurturer (Set 2) | | | | Wednesday, March 13 | | | |
|--|---------------|----------|--|---------------------|---------------|--------|--|
| Are you just surviving or thriving as a caregiver? Is it possible to feel personally nurtured while nurturing children daily? Learn how to give without giving out. Leave with a concrete plan to put into action! | | | | | | | |
| Amy Williams | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: \$30.00 | CCR61PDL | Sec # 1 | CKC: PPLD | Age group: NA | CDA: 6 | |

| An Introduction to Screening and Assessment (School Age Focus) | | | | Saturday, March 16 | | | |
|--|---------------|---------|--|--------------------|---------------|--------|--|
| Curious about screening and assessment tools? Want to learn more about the options available? Join us as we share different tools for screening and assessment, particularly within the context of the Spark standards. This class will focus on tools to be used in your work with school age children. | | | | | | | |
| Tammy Marino | | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 9:30 - 11:30 am | Cost: \$16.00 | CCR74OA | Sec # 1 | CKC: OA | Age group: SA | CDA: 7 | |



Are you interested in working on quality improvement? There is still time to qualify for support funding and earn a star rating with the current Spark system! Call CCR&R at (503) 491-6205

Would you like to receive The Source via email each quarter? Email amelia.reyes@mhcc.edu to sign up for our mailing list.



FOCUS SATURDAY: CULTURALLY RESPONSIVE INFANT CARE - MARCH 16

First Connections, Module 19: Culture, Development, and Learning Saturday, March 16

Culture influences development and learning, and child care practices reflect cultural beliefs. Infants learn about their culture mainly through routines, language, and adult-child interactions. Come discuss how you as a caregiver can support children's needs for consistency and security by recognizing, respecting, and supporting each child's connection to family and culture.

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| Jeannie Suihkonen | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 9:00 am - 12:00 pm | Cost: \$15.00 | CCR15DIV | Sec # 1 | CKC: DIV | Age group: IT | CDA: 8 |

First Connections, Module 20: Resolving Cultural Issues Saturday, March 16

Resolution of conflicts with parents about caregiving practices is essential to establishing a nurturing environment for children. The problem-solving process of "acknowledge, ask, and adapt" is an important tool for respectful ways to solve issues caused by cultural differences. Caregivers can use this process to support children's and adults' identity and way of being in the world.

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| Jeannie Suihkonen | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 12:30 - 3:30 pm | Cost: \$15.00 | CCR16DIV | Sec # 1 | CKC: DIV | Age group: IT | CDA: 4 |

Introducing new trainer Jeannie Suihkonen! Jeannie Suihkonen comes to CCR&R Multnomah County highly recommended by our colleagues at CCR&R of Marion and Polk County. She will teach the two classes on infant-toddler care listed above. Jeannie been in the ECE field for 29 years, working at Nike's Vivian Stringer Child Development Center, Head Start, and A Family Place Relief Nursery. Most of her of my career she has worked in Registered and Certified Family Child Care. Jeannie is the co-owner of Wild Primrose Preschool, which she runs with her daughter. Jeannie is also an OCCD Master Trainer.

Using Temperament Characteristics in Early Childhood Program Planning Tuesday, March 19

Participants in this training will discuss how the characteristics of temperament can be observed and assessed using a screening tool. Participants will further discuss how a child's temperament can be used for program planning.

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|----------------|---------------|--|---------|---------|------------------|--------|
| Aoife Magee | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: \$24.00 | CCR54OA | Sec # 1 | CKC: OA | Age group: IT/PK | CDA: 7 |

Meeting Children's Special Nutritional and Dietary Needs (Set 2) Wednesday, March 20

Many children in child care today have special dietary requirements. Accommodating food allergies, cultural/religious preferences and vegetarian diets is a common issue in child care programs. Child care educators struggle at times to ensure that children with special dietary needs receive appropriate food. Come share your solutions and explore new options. Together we can better meet every child's nutritional needs.

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| Debbie Buta | | Location: CCR&R Office Classroom 4510 NE 102nd Ave. Portland, OR 97220 | | | | |
| 6:00 - 9:00 pm | Cost: \$15.00 | CCR13CHSN | Sec # 1 | CKC: HSN | Age group: NA | CDA: 1 |

Sculpture Art Saturday, March 23

This class is designed to get your creativity going. Students will play with materials, create, and get new ideas. Open ended projects will be explored. Age appropriateness of projects will be discussed.

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| Joan Lowe | | Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220 | | | | |
| 9:30 - 11:30 am | Cost: \$16.00 | CCR10YLEC | Sec # 1 | CKC: LEC | Age group: PK | CDA: 1 |

Coming in Spring 2019: Save the Date! 20 hour, Set 2 training, *Supervisor Academy*. This course will be offered partially in-person and partially online and will focus on effective coaching techniques, improving communication skills, and managing staff. In-person classes: Saturdays, April 27, May 11, and June 1.

Mt. Hood Community College
Child Care Resource and Referral
of Multnomah County
26000 SE Stark St.
Gresham, OR 97030

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CCR&R STAFF (503) 491-6205

Training Registration Questions? Call (503) 491-6205

Child behavior specialist line (503) 491-6219

Christine Waters, Director 491-6210
Amelia Reyes, Program Assistant 491-6205 - Registration
Carmen Ellis, Training Coordinator 491-6213
Janet Muros, Program Specialist 491-6222
Deb Johnson, CCI Coordinator 491-6220
Carol Wilks, CCI Program Specialist 491-6206
Debbie Buta, CCI Business Consultant 491-6216
Hadiyah Miller ECE Consultant 491-6221
Winnie Cheung, ECE Consultant (English/Mandarin) 491-6226
Tam Nguyen, Provider Specialist (Vietnamese) 491-6214
Esther Horta, ECE Consultant/Network (Spanish) 491-6208
Yelena Hennegan, ECE Consultant/Network (Russian) 491-6211
Galina Nekrasova, ECE Consultant/Network (Russian) 491-6218
Leslee Barnes, ECE Consultant/Network (English) 491-6215
Muna Farah, ECE Consultant/Network (Somali) 491-6209
Sieu Inac, Inclusion Specialist (971) 673-2294
Cami Stevenson, Early Intervention/Special Education 491-6217
Paula Zaninovich MSW, Child Behavior Consultant 491-6145
Maria Nazzaro LCSW, Child Behavior Consultant (503) 258-4543

For assistance finding child care call 2-1-1

For referral support contact 2-1-1 Info at (503) 416-2698

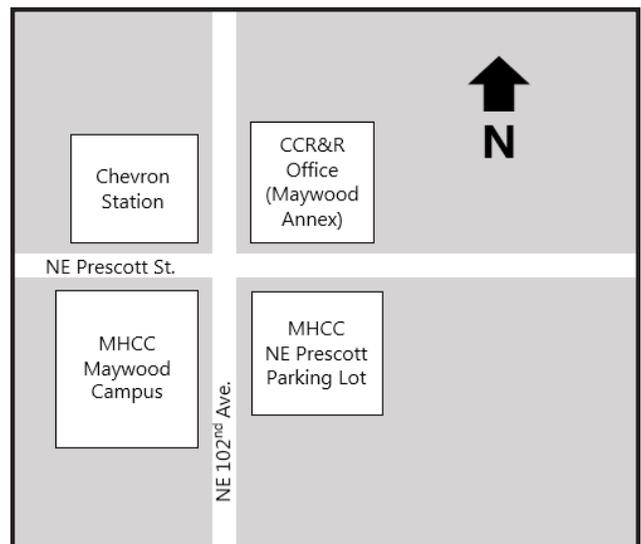
Website: www.ccr-mc.org

Email us: info@ccr-mc.org

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Please call or drop in if you need help
registering for a CCR&R class.

Other services typically require an appointment.



OFFICE: [4510 NE 102nd Ave, Portland, OR 97220](https://www.google.com/maps/place/4510+NE+102nd+Ave,+Portland,+OR+97220)

MAYWOOD: 10100 NE PRESCOTT ST, PORTLAND, OR 97220