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How to Contact CCRC:

General Office

Web: www.cccrcinc.org
Email: ccrc@cccrcinc.org
Fax: 508-718-5525

Voucher Parents

Phone: 617-547-1063 x230 or x201
Email: voucherparents@cccrcinc.org

Voucher Providers

Phone: 617-547-1063 x204
Email: voucherproviders@cccrcinc.org

Voucher Billing

Phone: 617-547-1063 x204
Email: voucherbilling@cccrcinc.org

Parents (with general questions)

Phone: 617-547-1063 x504
Email: parentinfo@cccrcinc.org

Health Access Project

Phone: 617-547-1063 x222
Email: healthaccess@cccrcinc.org

For more information about anything in this newsletter, please call 617-547-1063 x504 or email parentinfo@cccrcinc.org.

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Ways for You and Your Child To Cope with Daily Stress

As adults, we deal with many “stressors” in our daily lives. But, did you know the stress we go through can impact our children as well? In addition, children can face their own stressors and we, as parents and providers, may not even realize it.

There are different life events that may cause your child to carry stress. These might include starting a new school or child care program, a pending move, welcoming a new sibling, making new friends or adjusting to a new home life. The absence of a parent through separation, divorce, military deployment or death may also trigger stress. No matter what stress your child is facing, you will want to help him or her through it.

We’ve listed some behaviors below that you might see as a result of the stress your child is feeling, as well as what you can do to help your child through the stressful times.

- Irritability
- Anxiety
- Uncontrollable crying
- Trembling with fright
- Eating or sleep problems
- Regression to infant behaviors
- Sadness or Anger
- Withdrawn
- Experience nightmares
- Become accident prone

Be someone your child can lean on, regardless of his/her age. Here are some ways to help your child cope with stress:

- Notice your child
- Praise him/her
- Acknowledge their feelings
- Teach your child how to view the situation in a more positive way
- Teach children how to cope with stress in a healthy way
- Find time to talk with your child

News/Updates:

Consultation Services for Children (CSC), a program of Enable Inc, is a program funded by the Massachusetts's Department of Early Education and Care that offers behavioral consultation to early education and child care programs in the Region IV METRO West towns. Mental health clinicians can assist program staff in indentifying and addressing challenging behaviors of one or more of the children enrolled in their program, as well as, provide general overall classroom observations and assist with creating a positive and healthy learning environment. If you are interested in receiving services or exploring how CSC can assist you, please email or call the clinician identified below as serving your area.

Consultation Services for Children services are available to programs in Region IV Metro West towns at **no charge**.

If your program is located in: Arlington, Bedford, Belmont, Braintree, Burlington, Cambridge, Canton, Cohasset, Dedham, Dover, Foxboro, Hingham, Hull, Lexington, Milton, Norwell, Norwood, Quincy, Randolph, Scituate, Sharon, Somerville, Walpole, Waltham, Watertown, Westwood, Weymouth, Wilmington, Winchester, or Woburn send an email message to **Katherine Judge, LICSW** at kjudge@enableinc.org or call **781-821-4422, ext. 321**.

If your program is located in: Acton, Ashland, Boxboro, Carlisle, Concord, Framingham, Holliston, Hopkinton, Hudson, Lincoln, Littleton, Marlboro, Maynard, Medfield, Millis, Natick, Needham, Newton, Norfolk, Northborough, Plainville, Sherborn, Southborough, Stowe, Sudbury, Wayland, Wellesley, Westborough, Weston, Westwood, or Wrentham send an email message to **Rhonda Stollerman, Med** at rstollerman@enableinc.org or call **781-821-4422, ext. 329**.

An Introduction to the Quality Rating and Improvement System (QRIS) Program

A Quality Rating and Improvement System (QRIS) is a method to assess, improve, and communicate the level of quality in early education and care and after-school settings. QRIS are similar to other consumer rating systems, in that they "rate" goods or services to provide customers with a better understanding about the quality of that item.

Any interested early education and care and after school program has the opportunity to engage in the new Quality Rating and Improvement System in order to gain a better understanding of a program's quality in respect to the QRIS system and to inform related targeted quality advancements.

The Quality Rating and Improvement System (QRIS) Program Manager will help programs manage the QRIS Application process.

The QRIS Program Manager (QPM) is designed so that programs can:

1. Create, View and Edit a QRIS Program Application
2. Create a list of documentation that an individual program plans to submit to demonstrate how they meet the measurements for each of the QRIS standards
3. Complete an on-line version of the QRIS Self-Assessment Worksheet to assist programs in identifying their self-assessed QRIS Level.

The QRIS Program Manager (QPM) is also designed to:

- Track the submission of program applications for QRIS ratings that includes each program's self assessed QRIS level
- Support the management of the evaluation process of QRIS application and materials provided for review
- Generate summary Information and verification reports about each program's approved QRIS Level.

For online resources about the QRIS Program Manager, including information about how to access the application, [click here](#).

[Click here to login to the Quality Rating and Improvement System Program Manager](#)

LET'S MOVE!
Child Care

**NACCRRA, the Centers for Disease Control and the Office of Child Care
are excited to announce the**

Let's Move! Child Care State Challenge

Join states who have already committed to *Let's Move! Child Care* by encouraging your local family child care and center providers to join the fight against childhood obesity.

States will be recognized in two categories:

- Highest percentage of licensed or legally operating child care programs that sign up as *Let's Move! Child Care* participants
- Largest percentage of *Let's Move!* programs that successfully complete the initiative's checklist quiz and action plans

Let's Move! Child Care is an effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices for children in child care. Winning states will receive national recognition including an award presentation during the 2012 Weight of the Nation conference.

With more than 20% of children between 2 and 5 years old overweight or obese, the child care community is an essential ally in the effort to prevent childhood obesity, support children's healthy development, and prevent the occurrence of later chronic disease.

Rally your local child care programs and encourage them to sign up as *Let's Move! Child Care* participants at www.HealthyKidsHealthyFuture.org !

The five goal areas of *Let's Move! Child Care*

1. Increasing physical activity 
2. Reducing screen time 
3. Improving food choices 
4. Providing healthy beverages 
5. Supporting infant feeding 



Events in Massachusetts

Are you looking for new and creative things that you can do with the whole family?

Are you looking for seasonal activities that your family can enjoy?

Visit the MA Child Care Resources website at: <http://machildcareresourcesonline.org> and click on [Events](#) to find events and activities that you can enjoy with the whole family.

For seasonal activities, click on [Seasonal Fun](#), and find activities and events.

Please visit CCRC's website, www.ccrinc.org, for more information about any of our programs or services.

On our website, you'll find:

For Parents:

- Information and forms about child care subsidies,
- An online search function so that you can search for child care programs in your area,
- Resources for selecting child care, available in English, Spanish, Portuguese, and Haitian Creole,
- Additional community resources,
- Health Access information, and more!

For Child Care Providers/Centers:

- A calendar of upcoming trainings for child care providers,
- Information about becoming a Voucher Provider,
- Forms to update your program's information,
- Links to additional resources, including the National Association of Child Care Resource and Referral Agencies (NACCRRA) of which CCRC is a member