



## Training Newsletter

A Program of Southern Kennebec  
Child Development Corporation

the **LINK** eNewsletter  
Staying Connected and Informed

Issue 174 January 2018

### "Managing Stress: Caring for Children and Yourself!" mini conference-6 training hours

What causes stress or anxiety in a childcare setting? Noise. Tension between staff and parents. Children's immediate needs. Too much work and paperwork. Too many children per caregiver. Not enough time for training. No time or place for a quiet break during the day. Not getting along with co-workers. Lack of clear direction from supervisor.

A caregiver who feels "stressed out" may not be able to offer the nurturing environment that children need. So what can you do? Join us for this one-day conference to learn how you can cope with the daily pressures in childcare.

**Saturday, March 3-Buker Community Center,  
Augusta-7:45 am-4:00 pm  
\$55.00  
[Register Now!](#)**

### Customized Training to Meet Your Needs!

Are you a child care center that would like customized onsite training for your staff? We can help! Child Care Options will make all the arrangements to bring training to you. This means training will be customized to meet your needs and delivered by highly skilled and qualified trainers, staff will not have to travel to a training after a long work day and you will determine the time and date(s) for the training to meet your needs. Interested? Give us a call at 582-3110 ext. 27 or email: [rita@skcdc.org](mailto:rita@skcdc.org)



## Child Care Options

### Contact Us:

582- 3110 Ext. 27 or  
1-800-525-2229 Ext. 27  
Fax: 582-3115

### E-mail:

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### Mailing Address:

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Farmingdale, ME 04344

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