



deaeyc

Delaware Association for the Education of Young Children

JUNE 2022, ISSUE NO. 5

ECE Matters

deaeyc's 2022 Conference: Inclusion and Excellence

Starting on May 21st, deaeyc kicked off its 2022 conference with a keynote presentation from Conscious Discipline, entitled, "Bringing Calm to Chaos," and, for the first time, simultaneous Spanish interpretation was provided. Spanish-speaking educators made up over half of those in attendance. In addition, deaeyc provided a Spanish training on May 24th, and it was the most attended training of the conference. These milestones have made this conference one of the most inclusive in deaeyc history!

As deaeyc moves into this next fiscal year, expanding bilingual services is a top priority. From trainings to literature, from conversations to collaborations, deaeyc's aim is to elevate all early educators across the state by providing inclusive, quality trainings and valuable connections.

Scroll down to the next page for additional data and highlights from this year's conference.

Contribute



If you are interested in helping deaeyc achieve its goals in assisting the early childhood field, you can do so in many ways:

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Become a Member!

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Testimonial

"I enjoyed the [Social Emotional Learning for Adults] training especially because we always think about the care of the children. However, children get hurt when the caretakers are not taking care of themselves. Self-care as I have been learning and working on myself is more than just spa days, days off of work, or reading a book. If we as childcare providers and caretakers, in general, aren't doing mental exercise and decompression. None of the other things will be as beneficial. It has to be the 'total man'."



Conference Highlights/Data



TOTAL ATTENDEES: 65



ATTENDEE LOCATIONS:

NEW CASTLE: 76%

KENT: 6%

SUSSEX: 13%

PA: 5%

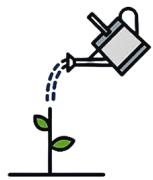


Survey Evaluations

At the close of each session of the conference, participants were asked to complete a survey evaluating the training. It is important to note that each and every survey is read. You are being heard!

On the evaluations, there is an optional section for educators to include suggestions for future trainings that they need or would want to attend. From May's conference, deaeyc received 55 suggestions for future trainings! Educators are in need of quality training in a variety of topics, and deaeyc is committed to developing and delivering trainings to meet those needs.

Stay tuned!



Quick Tips for Self Care in the Classroom

Contributed by Adrienne Meade



Teacher self care is a popular topic in the news. There is no shortage of suggestions for how teachers can ensure they are managing stress, preventing burn out, and finding a healthy work-life balance. One aspect of self care that I haven't seen get much attention, however, is the teacher's physical well-being in the classroom. As early childhood educators, our work is very physical: Lifting and carrying children, folding our bodies into small chairs, and kneeling and working on the floor. I don't have medical expertise to offer, but I have discovered a few quick and no-cost strategies for tuning into my body's needs during the work day.

Lie Down

You read that right--lie down right where you are! Give yourself one minute to lie on the floor with your knees bent. Doing so allows the muscles that hold your spine and neck upright to relax while also supporting your lower back. Opening your arms into a T position might also feel good, or place your hands on your belly and take a deep breath to make them move up and out. If you have access to a wall and it feels comfortable for you, experiment with placing your legs up against the wall as you lie down. This is a yoga pose that improves circulation, which feels great if you have been standing for a long period of time.

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Wall Massage

Have knots along your shoulders and back? Find a space where two walls come together to form an outward corner, and lean against the point. Rock gently from side to side, using the corner to massage the affected area. You can increase the pressure to your liking by walking your feet farther away from the wall.

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Might you feel a little silly trying one of these strategies in the middle of your day? Maybe. But I'm willing to bet you felt a little silly the first time you shouted a potty chant or rocked out to a Kidz Bop song, too! And if you feel guilty doing something that feels like it's only for you, just remember: The children will see you modeling self-care. Taking care of yourself is one of the most important lessons you can impart to your students because it conveys that everyone is worthy of care - and that's a message we can all get behind. So take that minute!



Use Some Imagery.

When I feel my shoulders and neck tensing up from curling over to work with the children, I have a few mental images that help me adjust my posture and straighten my spine. Maybe one of these will help you, too.

- Invisible Thread. Imagine there is a thread stretching from the crown of your head to the ceiling, and that someone is gently pulling up on that string, like a puppeteer.
- Squeeze the Pencil. Picture a pencil right in the middle of your back. Pull your shoulder blades down and together to keep the pencil in place.
- Triangle of Light. Pretend that your head and shoulders form a triangle: One point on each shoulder and one in the center of your forehead. Now, imagine that the triangle is shining up and forward with light that you want to send out to the world.





ASIAN AMERICAN & PACIFIC ISLANDER heritage month

Caregiver Resources

The following articles are from "Baby Talk: Resources to Support the People Who Work with Infants and Toddlers" and "Natural Resources: Free Resources for Learning About and Using Trauma-informed practices." All content is free to be shared or copied.

Asian American & Pacific Islander Heritage Month

"The AAPI community is the fastest growing racial or ethnic group in the United States. It is also one of the most diverse groups with close to 50 different races, ethnicities, or nationalities, and over 40 different languages and dialects spoken. These resources are presented in honor of Asian American and Pacific Islander Heritage Month:"

CELEBRATING ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH

ASIAN AMERICAN AND PACIFIC ISLANDER TEACHING RESOURCES

ASIAN AMERICAN AND NATIVE HAWAIIAN/PACIFIC ISLANDER CHILDREN'S BOOKS

WHAT I WISH MY TEACHERS UNDERSTOOD ABOUT ME: A FACT SHEET ON ASIAN/ASIAN AMERICAN RACIAL & CULTURAL IDENTITY



[Why is Social-Emotional Learning \(SEL\) Important? Tips on Implementing SEL Principles at Home, in School, and in the Community.](#)

[Fundamentals of Social Emotional Learning](#)

[Emotional Literacy and Problem Solving for Children](#)



["The Centers for Disease Control and Prevention \(CDC\) and the American Academy of Pediatrics \(AAP\) updated their developmental Milestones Checklists for infants and young children for the first time in over 10 years."](#)

[CDC'S DEVELOPMENTAL MILESTONES](#)

[INDICADORES DEL DESARROLLO](#)

ESPAÑOL



[The Pyramid Model for Promoting Social and Emotional Competence in Infants and Young Children](#)

[Pyramid Model Resources Library.](#)



[Small Children Have Big Feelings.](#)

ESPAÑOL [Niños Pequeños Tienen Grandes Emociones](#)



[Sesame Street: Common and Colbie Caillat Sing "Belly Breathe" with Elmo](#)

"A fun example of how to teach the emotional regulation strategy of deep breathing to children. For more support in teaching SEL skills from our friends at Sesame Street check out their videos on Empathy, Growth Mindset, Impulse Control, Self-Regulation, Conflict Resolution, and Being an Upstander."

Ticket Raffle!

deaeyc has embarked on a robust fundraising campaign--maybe you've seen the emails or received a letter. As a non-profit 501(c)(3), funding is essential for the organization to continue to support young children.

deaeyc is one of the leading advocacy groups in the state for early childhood education. Members of deaeyc's Board of Directors have spent countless hours advocating for more equitable legislation and funding for early childhood. An increase in funding to the Purchase of Care (POC) program could, for some centers, allow them to provide hourly rate increases or bonuses to staff, to hire new staff, and/or to open more classrooms (increasing the number of children in their care and decreasing the number of children on waitlists across the state). deaeyc is the voice for those in need--the administrators, the educators, and the children.

In addition, deaeyc provides professional development trainings throughout the year to assist early educators in meeting the requirements of obtaining 18 hours of training annually, as mandated by the Office of Child Care Licensing. Educators are in need of specified trainings to help them navigate challenges they are seeing in their classrooms. deaeyc creates and delivers trainings to meet these needs and to put quality educators in early childhood classrooms.

Looking into the future, deaeyc has already started incorporating bilingual services and will continue to seek opportunities for inclusivity. Furthermore, deaeyc will be working to expand its services to parents, which will include First Aid/CPR training and a parent-centered training course to help families of young children in the home.

By donating to deaeyc, you can provide deserving support to the early childhood field and young children.

Donate today!

Would You Like to Contribute to this Newsletter?

We are looking for contributors for content in the following areas:

- TEACHER HIGHLIGHTS
- CENTER/PROVIDER HIGHLIGHTS
- PROGRAM EVENTS
- LOCAL ADVOCACY
- PARENTS' CORNER

Send your contributions to Lisa Miller

lmiller@deaeyc.org

THANK YOU!

Enter for a chance to win: **TWO TICKETS**

July 23, 2022
8:00 p.m.

To Kill a Mockingbird

Kimmel Center for the Performing Arts
Academy of Music
Parking Included!

1 raffle ticket for \$25
5 raffle tickets for \$100

TKAM National T

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Please share any of the resources from this newsletter with your staff, colleagues, and families. If anyone is interested in receiving the newsletter, please have them contact Lisa Miller, lmiller@deaeyc.org to be added to the mailing list.

