

Delaware Association for the Education of Young Children

FEBRUARY 2022, ISSUE NO. 3

ECE Matters

Advocacy Day: April 7, 2022

Save the date! And think of ways you can participate towards efforts of making positive change for the early childhood education field. Not all educators and providers have flexibility to leave the center during the day, and with COVID, some individuals may feel unsafe going out to public venues. There are many ways to advocate:

- send emails or make calls to legislators
- share social media posts raising awareness to the causes
- start discussions with friends and community members who may not know about the issues

Take a moment to fill out the this [survey](#) to tell us how you plan to participate this year, or

you can contact admin@deaeyc.org to reach someone directly about how you can get involved!

SAVE THE DATE!

JOIN US ON APRIL 7, 2022

EARLY CHILDHOOD EDUCATION ADVOCACY DAY



National

[NAEYC PUBLIC POLICY & ADVOCACY](#)

[EASTERSEALS: MAKE THE FIRST FIVE COUNT](#)

[RE-ENVISIONING EARLY CHILDHOOD POLICY AND PRACTICE](#)

State

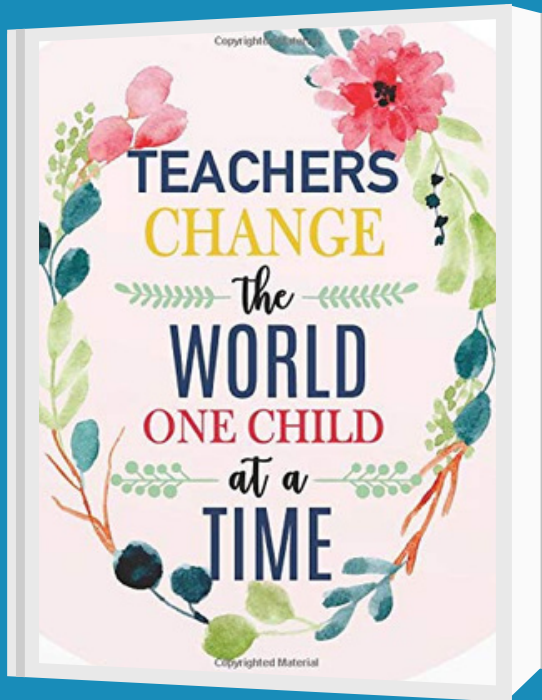
[FIRST STATE PREK: GET INVOLVED](#)

[DEAEYC ADVOCACY RESOURCES](#)

[ALLIANCE FOR EARLY SUCCESS](#)

Early Child Care Providers Can't be Thanked Enough!

This month, deaeyc would like to acknowledge ALL early child care providers! These last two years have been the toughest yet, and you have stayed dedicated to the children and families in your care. Your business impacts our society exponentially by cultivating the growth and development of future leaders, workforce members, voters, and advocates. Thank you for the work you do, every day! You are essential to the whole of society.





Program Highlight

"Happy Place Christian-based childcare program is committed to providing a safe, but fun environment for all children. Our highly trained staff nurtures every child and treat them with dignity and respect. Happy Place welcomes all families from different back grounds and national origin. We know that you have many child care choices and that you want the best day care for your child, that is why Happy Place works within every child individual needs and insures that children have every possible chance to learn and grow."

Happy Place has two locations in New Castle County: one in Newark and one in Middletown. By the end of February 2022, the Middletown location will be moving to a new facility; the updated address will be 100 Patriot Dr. Middletown, DE. Program Director, Anna Tawfik, includes that "everyone is very excited with the transition since it is much bigger and a newer facility with all brand new furniture and toys. Happy Place is looking forward to hiring more staff and enrolling more kids to help the community with the shortage in childcare spots and continue providing 5 Stars quality care."

Additionally, Ms. Tawfik included that Happy Place Childcare of Middletown received an award for Entrepreneur of the Year through Middletown Chamber of Commerce, for serving the community in such challenging times (staff shortage) and going above and beyond in serving young kids."

Congratulations!



FREE WEBINAR: What You Don't Know About ACES (Adverse Childhood Experiences): Part 2

"Adverse Childhood Experiences or ACEs is one of the most widely used terms when discussing the traumatic events that occur in childhood (0-17 years) such as experiencing violence, abuse, or neglect.

"On February 17, 2022 at 1:00 – 2:00 PM EST, SCRIPT-NC will host a free webinar for faculty, professional development providers, and other early childhood leaders. This webinar will share examples of how to integrate early childhood trauma-responsive practices in teaching and professional development. Register for the webinar [here](#).

"NOTE: What You Don't Know About ACEs: Part 1 unpacked what's important to know about ACEs in an October 2021 webinar. The presenters strongly encourage you to watch the [archived recording of Part 1](#) before participating in Part 2."



Connecting the Brain to the Rest of the Body:
Early Childhood Development and
Lifelong Health Are Deeply Intertwined

International Play Association's Porch Play Chats



contributed by Peter J. Pizzolongo,
Rehoboth Beach, DE

Do you know there's an International Play Association, with a USA branch? The IPA-USA vision is for "A world where all children can play," and the IPA/USA Mission is "...to protect, preserve, and promote the child's right to play." For information about the IPA/USA, go to: [IPA – International Play Association \(ipausa.org\)](#).

IPA/USA has been posting a free online series with a variety of topics devoted to promoting children's right to play and ways in which early childhood educators can use play as a strategy for children's learning. These "Porch Play Chats" are available on the IPA/USA YouTube channel. The chats are hosted by the IPA/USA President, Deb Lawrence, and Lisa Murphy (aka the [Ooey-Gooley Lady](#)). You'll probably recognize many of the presenters, including Walter Drew, Marcy Guddemi, Richard Cohen, Ellen Cogan, Rusty Keeler, Corliss Outley, Ross Thompson—to name a few. A Chat I recorded is available now: "Encouraging Risky Play." I also recently recorded "The Ethics of Supporting Play" (to be posted on April 18), and will soon record "Child Assessments through Play" for posting later in the Spring. Check out these resources on the IPA/USA YouTube Channel: [IPA-USA - YouTube](#).



The National Child Traumatic Stress Network (NCTSN)



"This [website](#) offers resources about identifying different types of child trauma, signs of exposure, and the effects of trauma on children. Resources are available for specific audiences including professionals, family and caregivers, school personnel, and policymakers. The site includes resources for addressing traumatic grief (i.e., the sudden death or loss of a loved one). NCTSN recently produced a resource guide for school administrators and staff (A Trauma-Informed Resource for Strengthening Family-School Partnerships). Some resources are available in Spanish." **ESPAÑOL**



Black Women & Girls' Mental Health

Thursday, February 24, 2022 | 10am-12pm | Virtual Seminar

With Natasha Mullen, LPCMH, LMSW, ACS
of Milestones Consultants

"As a mental health practitioner, Ms. Mullen has extensive experience on the topic of mental health of women and girls. Since 2004, she has facilitated UNIQUE, a mentoring group, for young ladies and women to develop self-esteem, leadership and social skills.

"In this webinar, Ms Mullen will discuss the prevalence of mental health issues in this population, the impact of trauma, and best practices in providing quality mental health support.

"SUN Delaware's Professional Education Series is provided at no-cost and, licensed professionals can apply for two (2) continuing education units following the completion of this program. Registration is free but seating is limited!" Click [here](#) to register.



Dolly Parton's Imagination Library

"In Delaware's Imagination Library program, children ages birth up to their 5th birthday receive a FREE book in the mail each month. The purpose is to instill the habit of reading, and create the library habit, too! This program is brought to you by Delaware Libraries, a program of First Lady Tracey Quillen Carney's First Chance initiative."

Celebrate Black History Month!

Sesame Street:
Let's Celebrate Black History Song!

Black History and Early Childhood Education: Five Resources to Explore for Black History Month



Twice-Exceptional Kids: Both Gifted and Challenged

Learn More About Adoption and Foster Care

Get all of your questions about Foster Care & Adoption answered during CFF's monthly information session!

Mark your calendars for Wednesday, February 16th at 6:00pm.

Access the monthly session [Zoom link here](#).





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.

Talking with Toddlers

"Toddler communication is its own special language, one that isn't always intuitive for parents. The author of this column asked experts what family members and caregivers can do to make talking to toddlers more effective and less fraught. As the mother of an almost-three-year-old, she was pretty eager to hear what they had to say. When talking to toddlers, the way you communicate is just as important as what you're trying to say, as summarized in [this article](#)."



What Do Newborns Learn From Watching You?

"Newborns actively observe their caregivers and try to imitate their movements. Newborns do more than just 'eat, sleep, and poop,' as it turns out. A new research study found that babies 0-3-months-old benefit from observing caregivers handling everyday objects and from early interactions. Learn more [here](#)."



Parents Help Children With Language

"Language delays are the most common type of developmental setback. The COVID pandemic has made it more challenging for children to receive the outside support they need. But [this article and video, in English and Spanish](#), reports on how parents can help their children flourish." **ESPAÑOL**



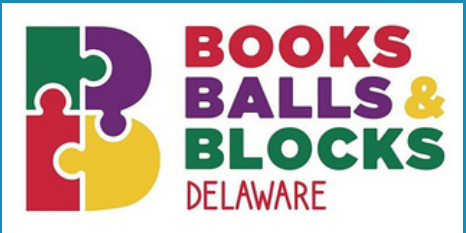
Support for Grandparents Raising Their Grandchildren

Almost 3 million grandparents are raising their grandchildren today, which often is the unfortunate result of tragic circumstances. In a response to this, the folks at MoneyGeek worked with experts to [publish a guide that connects grandfamilies to financial assistance](#) and living resources at federal, state, and local levels.

A Year of Play



"Browse fun seasonal activities by month to find play activities that promote your child's development throughout the year. With a different theme for each month, this resource offers separate playful opportunities for infants and for toddlers."



Saturday Zoom sessions in February "targeted to 36 to 48 month old children (3 & 4 year-olds). They encourage adults to play with children in directed age appropriate play. By participating with your child - fine motor, communication and problem solving skills are increased." Register [here](#).

- Saturday, February 19th Topic: Communication - 10:00 a.m. session
- Saturday, February 26th Topic: Problem Solving - 10:00 a.m. session



Take 5! (Breaths, that is)

Before going any further--take 5!

Take a deep breath in through your nose...1...2...3...4...5.

Hold it...1...

Exhale through your mouth...1...2...3...4...5.

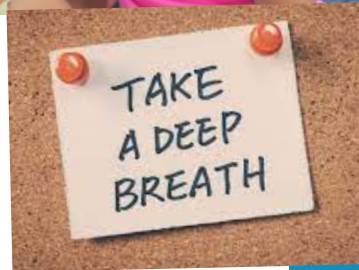
Repeat three to five times.

This exercise takes very little time and has enormous impacts, from lowering blood pressure to reducing adrenaline levels, which ultimately calms the body. Low blood pressure leads to a clearer mind with more ability to focus, which can lead to help with anxiety and depression.

February can be a difficult month...the shortest one, yet the hardest for many. Every day you get up and keep moving is a success! You're doing great! When you have a moment of reprieve, you have permission to take it.

Rest.
Relax.
Recharge.

Breathe all the way!
You've got this!



Trouble Sleeping?

SLEEP STORY FOR ADULTS

DEEP SLEEP RELAXING MUSIC

Yoga for Beginners

SUN SALUTATION

YOGA FOR KIDS!

10-MINUTE MORNING YOGA: FULL BODY STRETCH

FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.

BELLY BREATHING
Slowly fill and empty your belly with breath

BREATHING VISUALIZATION
Visualize taking in something positive with each breath

BREATH COUNT
Count your breaths slowly and evenly

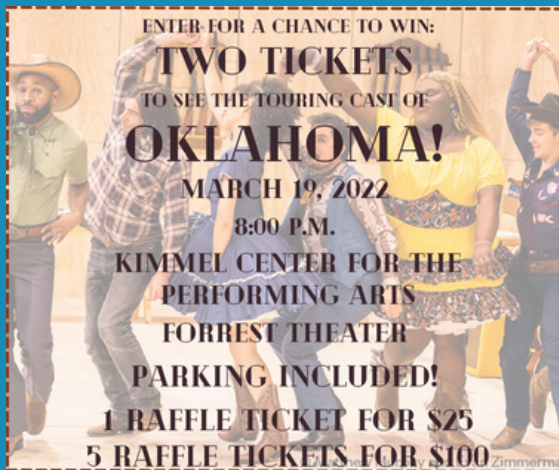
MINDFUL BREATHING
Pay attention to the rhythms of your breath

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Ticket Raffle!

(Click the image below to enter!)



Become a Member!

deaeyc

Delaware Association for the Education of Young Children

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.

Do More 24 DE



Delaware's Giving Day.

3/3 - 3/4

6 PM - 6 PM

DoMore24Delaware.org

deaeyc has a long history in Delaware of supporting the early education field, from offering high quality professional development to leading the state in advocacy toward legislative change.

This March, deaeyc is participating in a one-day giving event called Do More 24 Delaware. For 24 hours, we are hoping to raise \$2,400, and with your help, we know we can meet that goal!

Help deaeyc continue to support and advocate for the early childhood community by giving to our organization! Any amount counts and all proceeds will go toward future efforts to bring support and positive change to the field of early childhood education. The [deaeyc giving page](#) also includes an option to set a reminder for the event and/or the amount you pledge to give. Pledge today and help us spread the word by sharing our posts on social media and with your contacts.



deaeyc's Annual ECE Conference
begins Saturday, May 21, 2022

Keynote Presentation: Conscious Discipline

from 9:00 a.m. - 11:00 a.m.

Additional workshops will be offered after the Keynote and during the evening the week of May 23rd.

Stay tuned for more information!

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!

