



Early Childhood

I N I T I A T I V E

A G L A N C E

Yes, a few things have changed at C.H.E.F. and our newsletter readers are getting the first glimpse. The redesigned C.H.E.F. logo reaffirms our mission of providing health education for life—from early childhood through the school-age years and into older adulthood. And although our look has changed, our commitment to providing you with helpful, trustworthy information remains the same. We hope you enjoy our fresh face as you stay up to date on C.H.E.F.'s early childhood activities.

Larry Clark
President & CEO

Fall Greetings!

Welcome to the fall issue of Early Childhood @ A Glance. This newsletter will inform you about Comprehensive Health Education Foundation's (C.H.E.F.®) Early Childhood Initiative, current activities, and health resources.

If you have any comments or suggestions about this newsletter, please e-mail Sue Anderson at suea@chef.org or Julie Peterson at juliep@chef.org.

Culture Matters™ every minute, every day

C.H.E.F. is sponsoring *Culture Matters*, supporting the social and emotional health of children, a preconference training with the Washington Association for the Education of Young Children (WAEYC) Conference in Yakima, WA on October 16, 2002. The advisory group designed the day-long session to address the important role culture plays in supporting the social and emotional health of children.

Culture Matters will feature Dr. Alvin Poussaint, noted psychiatrist, professor, educator and writer (see the following article). Workshops will focus on strategies for childcare settings for young children and/or school-age children, and for programs training childcare providers.

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Culture Matters™ every minute, every day
(continued)

Introducing Dr. Alvin Poussaint

Dr. Alvin Poussaint, keynote speaker at the

Culture Matters preconference training is one of the country's top authorities on subjects from stress to interpersonal communication, from multiculturalism to family dynamics. At *Culture Matters* he will speak on culture and the social and emotional health of young children in childcare.

In addition to his work at the Harvard School of Medicine, Dr. Poussaint is the author of two books, *Lay My Burden Down: Suicide and the mental health crisis among African Americans* with co-author Amy Alexander, and *Raising Black Children* with co-author Dr. James Comer.

An interview with Dr. Alvin Poussaint

In an interview, Dr. Alvin Poussaint shared a bit of his vast wisdom, a kind of preview to his keynote. Here are some of the highlights:

On reflecting everyone's culture in the childcare setting: "First, be aware of your culture. Through what lens do you see the world and how does your culture influence that? Bring everyone's culture in through teaching materials, music, songs, stories, decorations and special days to honor different cultures. Have a potluck and ask families to bring their traditional foods."

On knowing about other people's cultures: "Treat people with dignity," counsels Dr. Poussaint. Read, go to trainings, be curious, but don't let educating yourself lead to stereotyping. For instance, if you learn about

Full-day Preconference Training

8:00 a.m. – 4:30 p.m.

Cost: \$10.00 (actual \$179

per person cost is subsidized
by conference sponsors).

Participation is limited to the first 60 registrants (includes workshops, keynote, and lunch). Watch for the WAEYC conference registration flyer in the mail. They will be handling preconference training registration. You can also call WAEYC for information **253-854-2565**.

It's going to be a dynamic day so **register early!**

Keynote Only with Dr. Alvin Poussaint

10:00 a.m. – Noon

Cost: \$10 (cash at the door)

C.H.E.F. is handling keynote registration only. Please e-mail June Shigeno TODAY to hold your spot/s at **junes@chef.org**.

Culture Matters is sponsored by Comprehensive Health Education Foundation (C.H.E.F.), WAEYC and Governor's Head Start – State Collaboration Office, and supported by an 18-member advisory board.

Native American culture, understand there are many tribes, customs, languages, etc. There isn't one "Indian opinion" or "an Indian way" of seeing all things.

On respect for each other's culture: "Be sensitive to classroom issues. Use derogatory words or actions as teaching moments. Tell them, without putting the child being offended on the spot, how hurtful words can be. Build empathy in children by helping them imagine walking in another's shoes."

On providers' interactions with young children: "Childcare workers are role models, authority figures, nurturers, teachers, and may serve as parent substitutes for the young child. They are enormously important and must patiently support the development of their charges in a positive way while respecting the personal and cultural individuality of each child in the school or childcare setting. Providers should always be mindful that praise for positive behavior supports a child's growth more than criticism of negative behavior. Setting limits, which is important, should flow in a natural and constructive manner."

On the outside world: "Be ready to truthfully and respectfully answer children's questions—they bring media stereotypes into their childcare setting and social interactions."

On making families an important part of the childcare experience: "It's very important for providers to know about the communities they serve, what parents expect from them, and what feedback families need to feel included."

We look forward to hearing much more from Dr. Poussaint at the *Culture Matters* preconference training in October.



interview



WA-PEN Connects Through Cyberspace

Look for a WA-PEN postcard in October inviting parenting educators in Washington State to sign up for the ListServ. This electronic discussion forum will help you keep up to date on upcoming trainings and events, and it will let members ask for help and share resources and information with colleagues all across the state. This great communication tool was developed in cooperation with our host, Washington State Cooperative Extension.

Check your mailbox in October!

WA-PEN Develops Vision and Direction

Invited Washington State leaders in parenting education will continue building the Washington Parenting Education Network at a retreat this September. The meeting is by invitation only in order to insure a balance and diversity of parenting educators from both eastern and western Washington and from a variety of organizations.

WA-PEN Sponsors include C.H.E.F.[®], Discuren Charitable Foundation, Foundation for Early Learning, Talaris Research Institute, WA Council for Prevention of Child Abuse and Neglect, WA State University Cooperative Extension, and a 12-member WA-PEN Advisory Group.

Look for a next-steps update in C.H.E.F.'s Spring 2003 Early Childhood newsletter.

This newsletter and information about our initiatives can be found on our Web site at www.chef.org.

Turning Conflict into "Guiding" Moments with *Social Beginnings*[™]

Social Beginnings, guiding young children toward positive

behavior, an interactive, educational training program, offers insight and innovative teaching tools to enhance the ability of childcare providers, teachers and parents to effectively respond to and reduce preschool-aged children's (ages 3–5) hurtful behaviors and to guide them toward positive behavior.

Participants at two Spring *Social Beginnings* Pilot trainings provided valuable feedback that was used to strengthen the program. The "report card" from participants' evaluation follows:

Knowledge and Skills

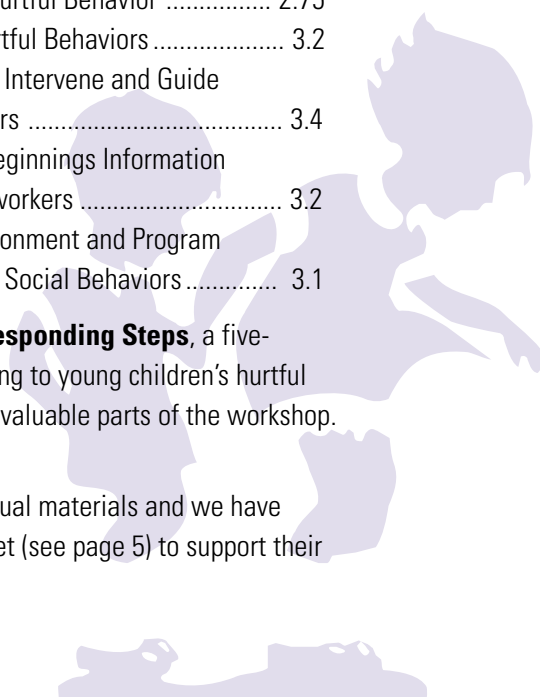
On a scale of 1 (*none*) to 4 (*a lot*), participants reported increasing their knowledge and skills in the following areas:

1. Why Children Exhibit Hurtful Behavior 2.75
2. How to Respond to Hurtful Behaviors 3.2
3. How to Use Puppets to Intervene and Guide Positive Social Behaviors 3.4
4. How to Share Social Beginnings Information With Families and Co-workers 3.2
5. How to Create an Environment and Program That Promotes Positive Social Behaviors 3.1

Participants found **The Responding Steps**, a five-step strategy for responding to young children's hurtful behavior, one of the most valuable parts of the workshop.

Materials

Participants requested visual materials and we have added a poster and magnet (see page 5) to support their



use of **The Responding Steps**. Participants also recommended creating a video which we hope to develop in 2003.

Partnership Booklets

At one training, when asked if the six Partnership Booklets should be used with both early childhood caregivers/teachers and families, 42 out of 43 participants said "Yes." We strengthened **The Responding Steps** and other content and adjusted the booklets to reflect a more comfortable reading level.

The Future

We are looking for funding to disseminate *Social Beginnings* statewide in 2003 within existing systems that train caregivers, early childhood educators and families.

OUCH! THAT HURTS
Responding When Children Hurt Others (Ages 3–5)

THE RESPONDING STEPS

- 1 Prepare Yourself**
 - Take a deep breath.
 - Tell yourself, "I'm going to stay calm, yet speak clearly."
- 2 Make a Choice**
 - Step in and stop hurtful behavior that is physical.
 - Step near and guide hurtful behavior that is not physical.
 - Step back and watch hurtful behavior that you will deal with later.
- 3 Notice Children's Emotions**
 - If strong, stay near and name the emotions.
 - If not strong, describe the situation for them.

Wait for behavior and emotions to calm down before moving to Step 4
- 4 Guide Children Toward Positive Behavior**
 - If children start behaving positively, describe it for them.
 - If they don't, problem solve with them.
 - If they can't, solve the problem for them.
- 5 Give Yourself Feedback**
 - Did you stay calm, yet speak clearly?
 - What did you do to help the children?
 - Would you do something differently next time?

Social Beginnings™
guiding young children toward positive behavior

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1-800-323-2433 • www.chef.org

push, hit, kick • fight • grab and not share
temper tantrums • disrespectful language • don't comply

C.H.E.F.® 2003 Training Calendar

We are in the process of setting dates and locations for these 2003 training programs for caregivers/teachers/parents:

- **Healthy Beginnings™**, nurturing young children's growing minds
- **Social Beginnings™**, guiding young children toward positive behavior

Please e-mail Sue Anderson (suea@chef.org) if:

- **You have a conference planned** for caregivers/teachers/parents in 2003 and would like to partner with C.H.E.F. to offer a *Healthy Beginnings* or *Social Beginnings* preconference training or workshop at your conference.
- **You have resources** in 2002–2003 to bring an onsite training or workshop of *Social Beginnings* and/or *Healthy Beginnings* for caregivers/teachers/parents to your location.
- **You are a trainer** and would like to be added to the *Social Beginnings* and/or *Social Beginnings* Facilitator training waiting list—or you attended one of the pilot trainings and would like to attend a follow-up training in 2003 with the newest materials.

Watch for a C.H.E.F. training brochure with dates and locations in early 2003.

RESOURCES

Hale-Benson, Janice E. *Black Children: Their Roots, Culture, and Learning Styles*.

Baltimore, MD: John Hopkins Press, 1986

Ooka Pang, Valerie and Li-Rong Lilly Cheng (Eds.). *Struggling to Be Heard: The Unmet Needs of Asian Pacific American Children*. Albany, NY: State University of New York, 1998

Ramsey, Patricia G. *Teaching and Learning in a Diverse World: Multicultural Education for Young Children*. Williston, VT: Teachers College Press, 1998

Wright, Marguerite A. *I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race-Conscious World – A Guide for Parents and Teachers*. Hoboken, NJ: Jossey-Bass, 1998

Rodriguez, Gloria G., *Raising Nuestros Ninos: Bringing Up Latino Children in a Bicultural World*. NYC, NY: Fireside Books, 1999

Cross, Terry L., *Positive Indian Parenting: Honoring our Children by Honoring our Traditions*. Portland, OR: National Indian Child Welfare Association, 2001

C.H.E.F.® Grant Guidelines

We have a new look to our grant guidelines and materials. However, the focus of our grantmaking efforts remains the same: to support leadership, collaboration, and program efforts that *strengthen health education for life* in Washington State.



At C.H.E.F., we believe strongly that health education is a tool that serves individuals throughout their entire lives and so we encourage the delivery of health education through a wide spectrum of organizations and approaches. We have a special interest in efforts that:

- Are collaborative or community-based
- Serve low-income, ethnically diverse, or rural populations
- Use new methods and avenues to deliver health education
- Make use of intergenerational or cross-age interaction

In the spring cycle of 2002, we funded the following organizations within our early childhood initiative area:

- **Nooksack Valley School District #506:** Children and Families Partnership (\$3,000)
- **Columbia Basin College:** Listening, Loving, Learning Program (\$9,500)
- **Central Washington Comprehensive Mental Health:** Strong Families Program (\$4,519)
- **Children's Home Society of Auburn:** Brain Development Activity Kit (\$4,000)

For more information about C.H.E.F.'s grant program, you may call Sue Houghton at **206-824-2907** or go on-line at **www.chef.org/grants.htm**. Our deadline dates are September 30 and April 30.

**Watch for our newly designed Web site
at www.chef.org in late October.**
