

SPRING 2002

Comprehensive
Health
Education
Foundation



@ a glance

Welcome to the spring 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, please e-mail Sue Anderson (suea@chef.org) or Julie Peterson (julie-p@chef.org).

Watch for C.H.E.F.'s new updated look – summer 2002!



Healthy Beginnings™ – New and Improved!

Training participants gave *Healthy Beginnings™*, *nurturing young children's growing minds*, rave reviews last year. Since then we have made it even better. The basics are the same: *Healthy Beginnings* is a dynamic teaching tool for parents, early childhood caregivers, teachers, and others caring for and teaching young children. The materials help any audience visualize, appreciate and support the fascinating development of young children's brains, sense of self,

and early attachment to the important people in their lives. The *Healthy Beginnings* content describes what's happening at various ages, and supports healthy development with research-based suggestions for activities, adult-child interaction, and protective measures.

Improvements are significant. The Consultation Flip Book now covers development through age 5 with the same comprehensive approach—the front pages cover “what's going on” and “what to do” from prenatal – 5; the back pages flush out this information, giving educators additional information and activities to share when conducting consultations,

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Healthy Beginnings™ – New and Improved! (continued)

presentations and trainings.

The Consultation Flip Book is now a three-ring binder that opens at the top, making it easy to set on any flat surface and customize for different audiences.

The *Healthy Beginnings*™ facilitator's package, worth over \$250, includes a Facilitator's Guide (planning, training and resources), five step-by-step lessons, master transparencies, handouts and our updated journal, CD-ROM PowerPoint® presentation and expanded Consultation Flip Book.

2002 Healthy Beginnings Trainings

C.H.E.F.® is partnering with BrainNet® to provide *Healthy Beginnings* trainings for educators of people caring for and teaching young children, e.g., parent educators, early childhood caregivers/teachers/directors, health consultants, Brain Squad members, college instructors, and trainers in Washington State. The trainings will be taught by Victoria Tennant, M.Ed., an independent consultant and author of *Healthy Beginnings* who specializes in practical applications of brain/mind research.

Two-day Facilitator Training (for those not yet trained in *Healthy Beginnings*)

If you're interested in utilizing *Healthy Beginnings* in your work, please join us for this fascinating training that will:



- Give participants information about how experiences impact the developing brain (prenatal – age 5) with strategies for nurturing growth.
- Help participants integrate this information into their work.
- Give educators the tools they need to provide high-quality trainings and consultation.

Dates and Locations:

May 10–11 Vancouver, WA
May 16–17 Tri-Cities, WA
October 10–11 Seattle, WA

One-day Follow-up Training (for *Healthy Beginnings* facilitators trained in 2001)

Already been trained in *Healthy Beginnings*? Have your Facilitator's Package? Then join us at this follow-up training where you will receive updated pages for your Facilitator's Guide, a new journal, an updated CD-ROM PowerPoint® presentation, and a new, expanded Consultation Flip Book (prenatal – 5), worth over \$150. In addition, we'll spend additional time on program implementation and networking.

Dates and Locations:

May 24 Tri-Cities, WA
June 7 Seattle, WA

Registration Workshops Fee:

Both workshops are \$50 per person (includes training, one lunch and *Healthy Beginnings* materials)—scholarships available.

Contact: June Shigeno, C.H.E.F.,
1-800-323-3433, ext. 175
E-mail: june-s@chef.org

WWCC Colleagues Praise Healthy Beginnings™

Melinda Brennan is the coordinator of Early Childhood Education and Paraprofessional Programs at Walla Walla Community College. In her work, she influences many people whose lives touch local children and families. What Brennan likes best, besides the fact that *Healthy Beginnings* is “well done, thorough, user friendly, research based, and presented well,” is the flexibility of the program. This makes it easy to tailor it to a variety of audiences. “It’s a great marriage of research and practicality,” she finds.



Michelle Meyer, faculty member and program director of Childcare and Resource Referral at WWCC, also praises *Healthy Beginnings*. She teaches the program in both her infant-toddler and parent-education classes. “The flip book works fabulously and the interactive exercises really help parents understand.” She finds parents excited to learn what they can do to enhance their children’s brain development. “Parents get anxious when they hear about windows of opportunity closing,” she adds. It’s reassuring when they learn that it doesn’t all stop at 2 or 3 years old.

Brennan has taught *Healthy Beginnings* to many parents and childcare providers, as well as 75 public school teachers. She also draws on the wisdom of the local Brain Squad to identify which agencies would like presentations.

Meyer also trains professionals—childcare providers and teachers from family home and center facilities and a migrant Head Start. “The PowerPoint® presentation was a huge success,” she reflects. She rounded out her latest session with presentations about brain development by a guest pediatrician and dietician.

“*Healthy Beginnings* came around at the right time,” says Brennan, “when the popular press was writing about the importance of the early years. It’s never too late to learn something new!”

Social Beginnings™ – guiding young children toward positive behavior



One little boy has trouble sharing. Another child uses “potty talk” when he’s angry. And one little girl hits other children when things don’t go her way. Every childcare provider and teacher wants effective tools to deal with these behaviors and have a lasting, positive influence. *Social Beginnings™, guiding children toward positive behavior*, has just those tools.

This new, interactive, educational training program and teaching tools enhance teachers’ and childcare providers’ ability to respond to and reduce preschool-aged children’s

(ages 3-5) hurtful behaviors, e.g., hitting, biting, kicking, grabbing, using disrespectful language, fighting, and temper tantrums. The trainings are designed for facilitators/trainers, as well as teachers and childcare providers.

Social Beginnings is a research-based program that supports children's social, emotional, physical and cognitive development; it reflects how important interactions with peers and adults are to this growth. The program demonstrates how to use social conflicts as teaching moments, where setting firm, clear and supportive limits can help children learn positive, effective alternatives.

The 2-day training program includes:

- A series of six partnership booklets, addressing the hurtful behaviors mentioned, promote partnerships between providers and parents, and encourage consistent adult responses between home and preschool or child care.
- A puppet to assist in teaching young children and facilitating trainings.
- A comprehensive facilitator's guide has three sections: planning, training and resources. At the heart of the guide are six step-by-step lessons for facilitators to use when conducting sessions with early childhood caregivers and teachers. These lessons include:

LESSON 1: Getting started – Looking at children's hurtful behaviors

This lesson introduces the training program and discusses the problem of hurtful behaviors in the lives of preschool-age children.



LESSON 2: Why children exhibit hurtful behaviors

This lesson covers our belief that children exhibit hurtful behaviors as an attempt to meet their basic needs, reflecting their strong emotions and developmental age, and not because they are "mean."

LESSON 3: Responding to hurtful behaviors and guiding children toward positive behavior

Participants explore, discuss, demonstrate and receive feedback on the use of "The Responding Strategy"—a six-step approach for responding to children's hurtful behavior and guiding them toward positive interactions and problem solving.

LESSON 4: Using puppets to intervene and guide children toward positive social behavior

Participants explore and discuss using puppets to intervene during displays of negative social behavior and help children grasp the concepts of positive social behavior.

LESSON 5: Looking at the environment – space, daily schedule, activities, materials, and caregivers/teachers

Participants look at their childcare or preschool environment to deter

mine how it can reduce hurtful behaviors and promote positive ones.

LESSON 6: Building partnerships with family members and training closure

Participants practice strategies for increasing communication and building partnerships with family members; training wrap up.

Social Beginnings was written by Jan Faull, M.Ed. A parent educator for over 25 years, Jan is a recognized speaker, writes a parenting column for the *Seattle Times*, and teaches classes at Overlake and Evergreen hospitals and at local community colleges.

2002 Social Beginnings Trainings

C.H.E.F.[®] is partnering with two Washington State conferences to provide Social Beginnings pre-conference trainings:

March 19 and 20, Vancouver, WA Northwest Regional Parenting Conference

No cost for the two days of training and materials worth over \$175. Contact: June Shigeno at C.H.E.F. (1-800-323-2433 or 206-824-2907, ext.175; e-mail: june-s@chef.org; Web site: parenting.wsu.edu)



Social Beginnings™
guiding young children toward positive behavior

May 1 and 2, Bellevue, WA Infant and Early Childhood Conference Pre-conference

\$95 (early bird price) per person—covers two days of training and materials worth over \$175. Register by March 29 for the early bird price. First come first served! On-line registration available. Contact: Donna Doerer (360-867-0944; e-mail: coordinator@waconferences.org; Web site: www.ieconference.org)

Building a Washington State Parent Education and Support Network

Workshop summary and next steps

Two excellent workshops, held last fall in Moses Lake and Seattle, brought leaders in the field of parent education and support together to learn about key trends and one another's work and to explore building a Washington network. Sponsors included Family Support Washington, Comprehensive Health Education Foundation, WSU Cooperative Extension, WA Council for Prevention of Child Abuse and Neglect, WA State Child Care Resource and Referral Network, WA State Department of Health, Foundation for Early Learning, Talaris Research Institute, Jan Faull, and the Organization for Parent Education Programs in WA State Community and Technical Colleges.

Building a Washington State Parent Education and Support Network (continued)

Nearly all participants rated the workshop “great” and their thoughtful feedback is already proving helpful. Here are a few highlights:

The heart of a network:

Participants’ feedback indicated that they wanted a network that would:

(1) facilitate use of best practices, (2) identify opportunities for growth, parent education and support, teen programs, and connections with immigrant, refugee and poverty-level families, (3) make parenting education as common as childbirth classes, (4) facilitate professional development, and (5) build interdisciplinary connections, e.g., local, county and state governments, research, and organizations.

Building a network: What an exciting and challenging idea. Participants recommended many issues to be considered, such as:

(1) diverse membership, e.g., doctors, school districts, faith communities, childcare providers, (2) leadership model and structure—statewide vs. local vs. regional, (3) the economic, population and cultural differences between Eastern and Western Washington, (4) definition of common goals, terms and objectives, (5) the network as a

community forum, not a program supervisor, (6) a single entry point for finding resources, and (7) staffing.

Next steps:

The sponsors recently met to review participant feedback, identify issues and strategies, and define the exciting next step: Develop a Washington State Parenting Education Network – WA-PEN.

Related goals for 2002 are:

- A one-day planning event on September 25 in Eastern Washington for selected parenting education and support leaders from the 2001 workshops from across the state.
- Development of a WA-PEN list serv. Watch your mail for more on this!

“The most valuable part of the workshop was coming together to network and share with others who believe that parenting education is critical to successful families.”

—workshop participant

C.H.E.F.'s Early Childhood Grants

C.H.E.F.® gives grants within the state of Washington to non-profit organizations that provide programs within early childhood. C.H.E.F.'s program specifically targets work within three strands: Promote and support responsible parenting; enhance the ability of child-care givers to provide safe, health-promoting care; and mobilize communities to adopt child-and family-friendly policies.

For the grant cycle ending September 2001, C.H.E.F. funded the following Washington State organizations:

- **Seattle King County Department of Health:** Child Care Health Program
Awarded \$2,500
- **Family Support Center of Olympia:** Parents' Night Out Program
Awarded \$3,000
- **Family Works, Seattle:** Parenting Project
Awarded \$5,000
- **Federal Way Youth and Family Services:** New Frontiers: Parenting Program
Awarded \$2,500
- **Lopez Island Family Resource Center:** Lopez Respite Nursery Program
Awarded \$2,500
- **North Central ESD #171:** Family Friendly Facts Program
Awarded \$5,000



For more information about C.H.E.F.'s grant program, you may call Sue Haughton at 206-824-2907 or go on-line at www.chef.org/grants.htm. The next application deadline is April 30, 2002.

Great Reading!

The Heart of Parenting: Raising an Emotionally Intelligent Child
by John M. Gottman, Ph.D., et al

Though written for parents, childcare providers and teachers will also find this book very meaningful. An important task of children's development is learning to behave appropriately at home, in childcare, at school, and in the larger community. This requires a degree of self-control; Gottman's research indicates that in order to develop self-control, children must first learn to manage their emotions.

Children learn emotional management from those adults who skillfully guide them through the concepts of Gottman's five elements of "Emotion Coaching": Be aware of the child's emotions; recognize the emotions as an opportunity for intimacy and teaching; listen emphatically and validate the child's feelings; help the child verbally label emotions; set limits while helping the child problem solve.

"Emotion coaching" is at the heart of Gottmans' book, but he covers much more. In particular, he adeptly addresses "authoritative parenting," an approach that can help parents, caregivers and teachers develop satisfying relationships with the children in their lives.

Review by Jan Faull