

Winter 2021 newsletter



Lower Shore Early Childhood
Mental Health
Consultation Program
at Salisbury University



Welcome to Winter!



We are so excited to continue offering our services this year, including consultation, technical assistance, referrals, training, and education! Our program works to develop and support the social emotional literacy of the early childhood population ages birth to 5, in addition to supporting early childhood professionals, parents, caregivers, and families.

Call Janelle Parker at 410-677-6590, email us at jiparker@salisbury.edu, or fax us at 410-677-0206!

WE WISH YOU AND YOUR
FAMILY

Happy Holidays

AND A
JOYFUL NEW YEAR!



Winter Newsletter

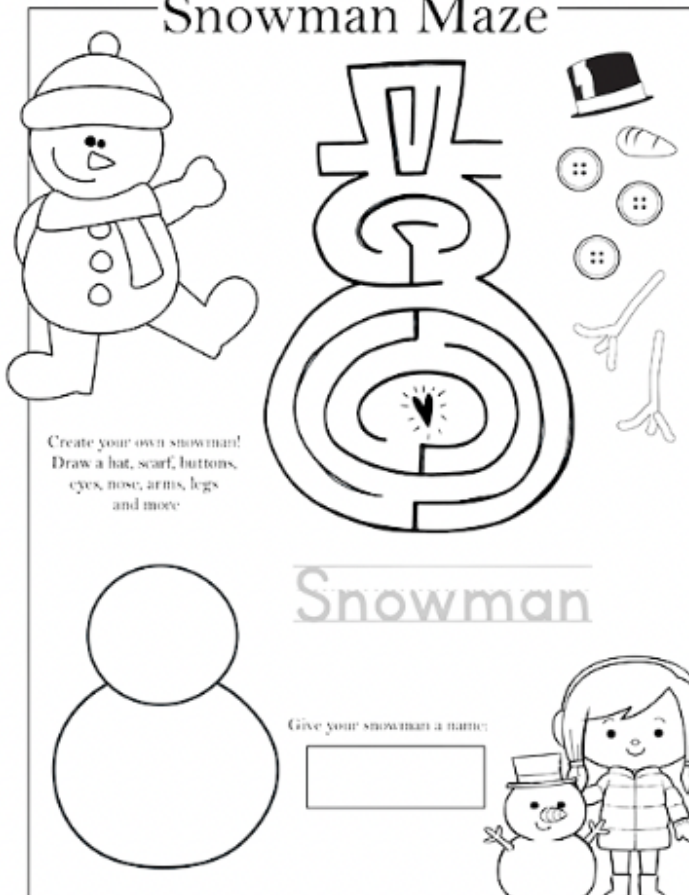
DECEMBER 2021

Facts

- Winter is the coldest season.
- Snow falls in the Winter.
- Every snowflake has six sides.
- The sun looks bigger in the Winter.
- Trees stop growing in the Winter.
- Plants stop growing in the Winter.
- Nights are longer in the Winter.
- Some animals hibernate in the Winter.
- Winter comes before Spring.
- A blizzard is a bad snowstorm.



Snowman Maze



How To Dress in the Winter.

1. Adjust winter clothes for children's needs. Dress babies and young children in one more layer of clothing than an adult would wear in the same conditions.
2. Keep exposure to the cold at a minimum. Babies and young children don't have the same tolerance for cold that adults do. It's important to limit time outside.
3. Don't forget winter accessories. Remember warm boots, gloves or mittens and a hat, which make a big difference in keeping young children and babies comfortable.

Prevent colds and the flu by getting kids to:

1. Use soap and water. Washing their hands frequently will reduce the spread of germs.
2. Cover their mouth. Sneezing or coughing into the bend of their elbows also helps prevent spreading germs.
3. Get immunized. Keep vaccinations current, including the flu shot (for children 6 months and older).



EVENTS & PROGRAMS

THESE ARE EVENTS AND PROGRAMS
AVAILABLE TO ANYONE!



Programs

KISS Video Car Seat Assistance Program

Sign up at:

<https://www.signupgenius.com/go/60b094aa5a92aa5f49-kiss>

Video Car Seat Assistance Program is meant to be an educational interaction between a child's caregiver(s) and a certified Child Passenger Safety Technician (CPST) to promote the safety of the child while riding in a vehicle.

Zero to Three Resources

<https://www.zerotothree.org/resources/326-toddlers-and-challenging-behavior-why-they-do-it-and-how-to-respond>

This is a parent resource presented by Zero to Three on the topic of "the meaning behind challenging behaviors and how parents and caregivers can set age-appropriate limits for their toddlers."



Wicomico Library

Virtual Reading Events

12/20, 1:30-2:00pm: Project READ Virtual Read Aloud

Themed stories will be read virtually via:

<https://marylandlibraries.zoom.us/j/92490811368>

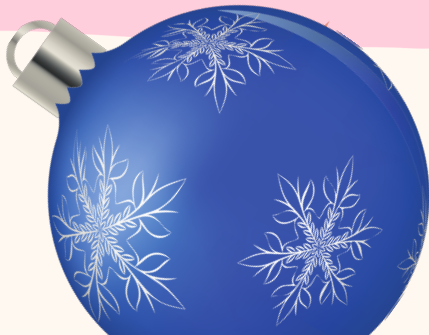
12/29, 1:30-2:00pm: Project READ Virtual Read Aloud

Themed storytime via:

<https://marylandlibraries.zoom.us/j/92490811368>

1/12, 3:45-4:15pm, Storytelling with Molly MacGregor on Facebook Live

via: <https://www.facebook.com/wicomicopubliclibrary>



Activities

12/11: Virtual Cozy Crafts: Dotted Holiday Cards

Hosted on YouTube:

https://www.youtube.com/playlist?list=PLfE6FZmXOidvL7rcXgByn_e3fbdPA2hRL

12/10: Take and Make: Holiday/Winter Card Kit

Kits for holiday cards and instructions will be available for pick up at the Centre and Pittsville Branches all day. Registration is not required.

12/30: Virtual Games with BoardgameArena

Virtual boardgames will be hosted on boardgamearena.com for free. Registration is open now.

1/4, 3:00-4:00pm: Ms. Ali and her Friends

This is a puppet show supporting social emotional development.

Registration is open at:

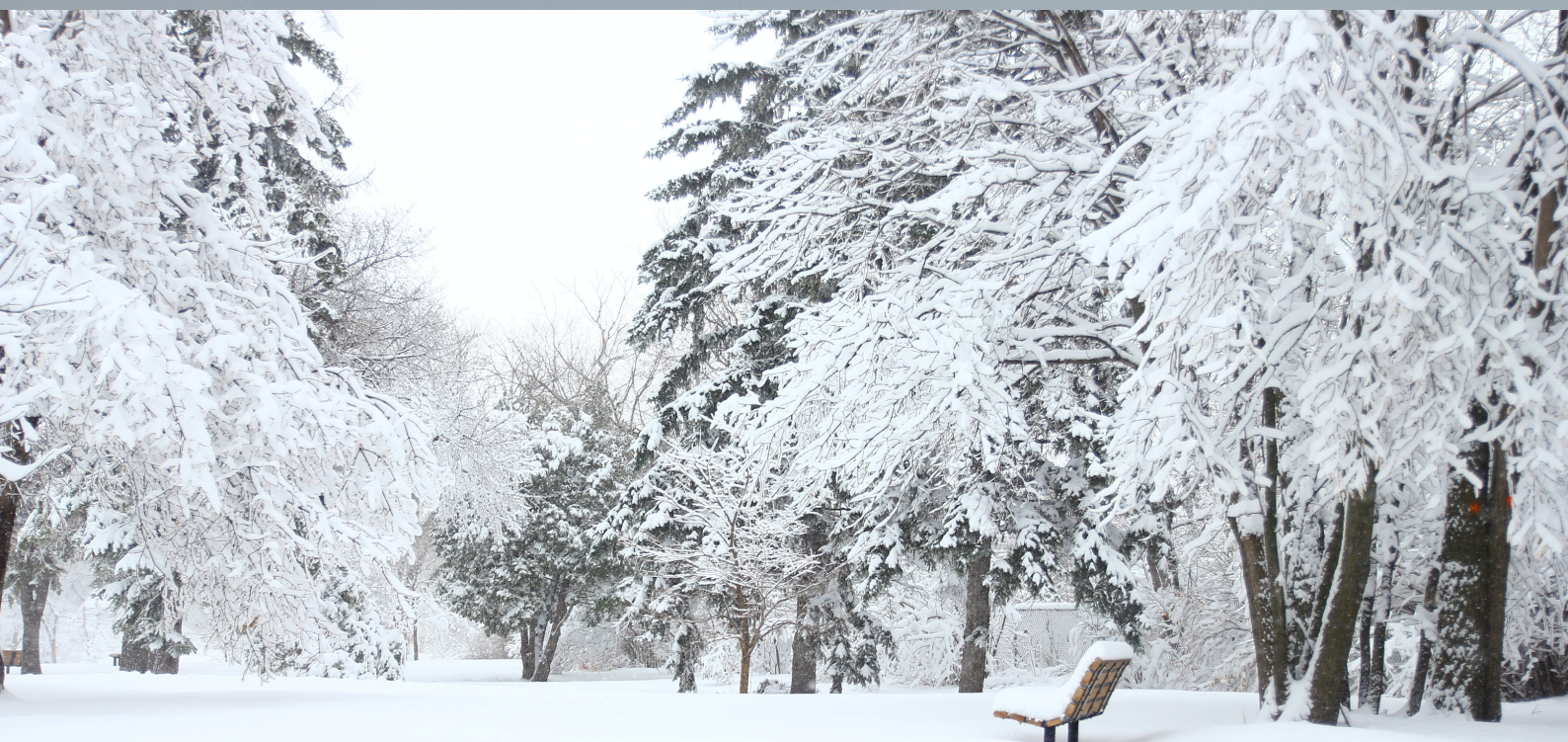
<https://wicomicolibrary.evanced.info/signup/EventDetails?EventId=46936&lib=1005&return=&backTo=Calendar&startDate=2022/01/01>



Trainings in *December*



- 2nd - Including All children & the Americans with Disabilities Act (ADA), 6pm-9pm via Zoom (\$30)
- 4th - Super Saturday: Pancakes, Pancakes!
9am-4pm via Zoom (\$45)
- 4th - Medication Administration, 6pm-9pm at Stepping Stones (\$30)
- 7th - Bottom's Up! Tummy Time Fun, 6pm-9pm via Zoom (\$30)
- 14th - Mindfulness & Yoga for Young Children, 6pm-9pm via Zoom (\$30)
- 16th - Center Aid Orientation, 6pm-9pm via Zoom (\$30)





What is developmentally appropriate practice and inclusive discussion?

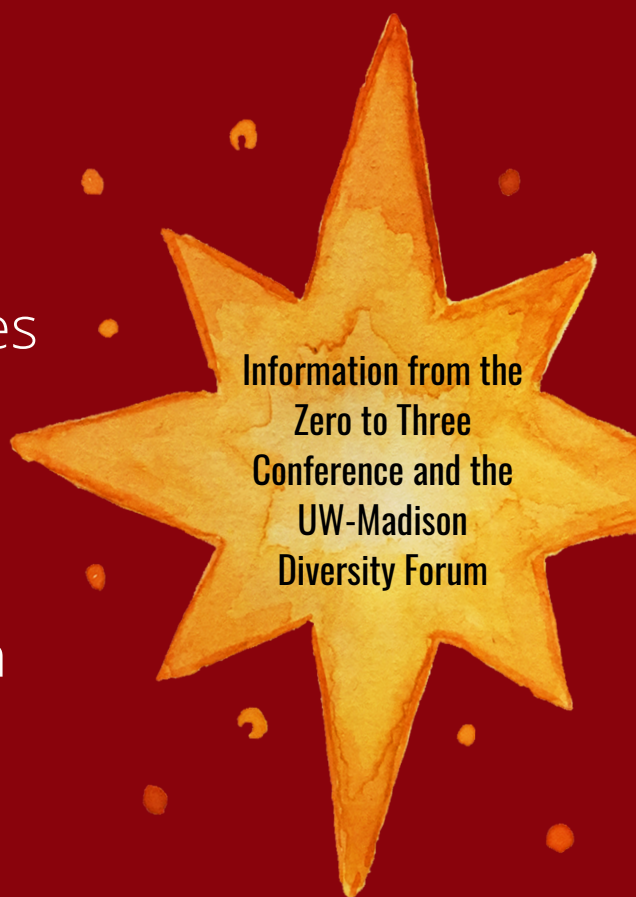


- Creating a client-specific practice based on individual strengths and culture
- Advancing equity and seeing differences as strengths
- Evaluating oneself, becoming aware of one's own biases, and reflecting on how they impact one's behavior
- Valuing culture and including all children
- Educators help mitigate stressors and promote play
 - This is essential and helps children learn joyfully
- When children feel like they belong, their motivation to learn increases



What are the benefits?

- Safe and stimulating play spaces
- Executive function skills
- Social-emotional skills
- Family fun, support, education
- Collaboration and coordination







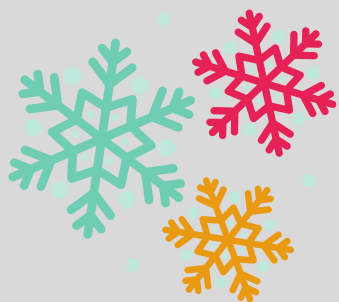
How to practice this:

- Learn about the child's culture and engage in discussion about it
- Ensure the child is included in the classroom by selecting inclusive topics
- View different cultures as strengths
- Enhance play by using aspects of the child's culture to help them feel that they belong



How Early Childhood Programs Build Resilience:

-  • Reducing risk and adversity exposure
-  • Boosting resources for health
-  • Nurturing brain development
-  • Connections with caring, capable adults



WE
VALUE
RITUALS
CULTURAL FAMILY INDIVIDUAL



MODERN
THERAPIES

ANCIENT
WISDOM

BOTH HELP HEAL TRAUMA

STORYTELLING
IS A HEALING PRACTICE



CHILDREN
ARE
SACRED BUNDLES
ZERO TO THREE

TAKE STRENGTH

OUR HISTORY MATTERS



INDIGENOUS TRAUMA

SHAME REPLACED WITH HONOR

COURAGEOUS
CONVERSATIONS
WILL BE HELD



WE HAVE A LOT OF
WORK
TO DO!





Merry Christmas

Christmas Activities



Christmas SEARCH & SEEK



CAN YOU FIND?

- | | |
|-----------|-------------|
| 5 BELLS | 3 TREES |
| 1 IGLOO | 2 STOCKINGS |
| 7 MUGS | 9 HATS |
| 2 SNOWMEN | |

Can You Find Santa Clause?

