

# Infant and Toddler Newsletter

## Communities of Practice

What is a community of practice?

- A community of practice (CoP) is a group of people who share a common concern, a set of problems, or an interest in a topic and who come together to fulfill both individual and group goals.
- Communities of practice often focus on sharing best practices and creating new knowledge to advance a domain of professional practice. Interaction on an ongoing basis is an important part of this.
- Many communities of practice rely on face-to-face meetings as well as web-based collaborative environments to communicate, connect and conduct community activities.

<https://www.communityofpractice.ca/background/what-is-a-community-of-practice/>

Why join a community of practice?

We know that the earliest relationships children have with parents and caregivers have a profound effect on brain development, social emotional and cognitive skills as well as successful learning experiences. It only makes sense that Educators participate in activities that help to develop and support the essential skills needed to provide quality care.

### How can I become part of a community of practice for infants & toddlers?

Join others who share interests specific to infant & toddler educators.

Examples of CoP groups

<https://www.zerotothree.org/our-work/zero-to-three-fellowship/>

<https://www.naeyc.org/get-involved/communities>

<https://meclp.umbc.edu/program/community-of-practice/>

<https://nhsa.org/communities-practice/>

<https://www.dec-sped.org/communities-of-practice>

Connect with ESCCRC's Infant & Toddler specialists, Rose Merryweather ([rdmerryweather@salisbury.edu](mailto:rdmerryweather@salisbury.edu)) or Andrea Clymire ([arclymire@salisbury.edu](mailto:arclymire@salisbury.edu)) or the Infant & Toddler Advisory Board for more information.

### Infant and Toddler Winter Training Opportunities:

Tuesday January 23 6:00 - 9:00 pm (Virtual)

Behavior Guidance for Infants and Toddlers

Tuesday February 13 6:30-8:30 pm (Salisbury)

Math and Science Board Books for Babies

Thursday March 21 6:00 - 9:00 pm (Wye Mills—ESHEC)

But It's Mine! Redirecting Toddlers (Developing Social Emotional Competencies)



One kind word can warm three winter months.

JAPANESE PROVERB

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Eastern Shore Child Care Resource Center

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## Let's Look at the Regs

Regulations are not just rules. They are a guide to help us keep children safe.

### Cool weather concerns for Infants & Toddlers

#### 13A.16.05.06 Ventilation and Temperature.

A room may be used for child care only if it:

- A. Has natural or mechanical ventilation that provides adequate exchange of air to protect a child's health and comfort;
- B. Is free of moisture and dampness; and
- C. Has a temperature at floor level of not less than 65° F.

#### 13A.16.08.07 Playground Supervision.

When a group of children is engaged in a playground or outdoor activity, staff members assigned to the group shall:

- A. Station themselves among the children so that immediate intervention can occur if necessary; and
- B. If a child expresses or shows signs of discomfort due to over-activity, temperature or weather conditions, or other physical or environmental factors, take immediate and appropriate steps to alleviate the discomfort.

#### Dressing for Cooler Temps

The [American Academy of Pediatrics](https://www.aapublications.com/) offers this rule of thumb for winter weather dressing: Put babies and children in one more layer of clothing than an adult would wear in the same conditions. Why? Pockets of air between clothing layers actually help trap heat. Layering also allows kids to remove a jacket or sweater when, say, you're in transit, instead of having to choose between being overheated or freezing. (In other words, don't just throw on a parka over those PJs!)

<https://www.kindercare.com/content-hub/articles/2016/november/winter-rules-the-art-of-dressing-your-kids-for-the-cold#:~:text=The%20American%20Academy%20of%20Pediatrics,layers%20actually%20help%20trap%20heat.>

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### Does it matter what the floor level temperature of the Infant & Toddler room is?

According to The children's Hospital of Pennsylvania, Babies are not as adaptable as adults to temperature change. A baby's body surface is about three times greater than an adult's, compared to the weight of his/her body. Babies can lose heat rapidly, as much as four times more quickly than adults. Premature and low-birthweight babies usually have little body fat and may be too immature to regulate their own temperature, even in a warm environment. Even full-term and healthy newborns may not be able to maintain their body temperature if the environment is too cold.

When babies are cold-stressed, they use energy and oxygen to generate warmth. If skin temperatures drop just one degree from the ideal 97.7° F (36.5°C), a baby's oxygen use can increase by 10 percent. By keeping babies at optimal temperatures, neither too hot or too cold, they can conserve energy and build up reserves. This is especially important when babies are sick or premature. <https://www.chop.edu/conditions-diseases/warmth-and-temperature-regulation>



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