



Early Care &
Learning Council
United to Promote Quality

Infant Toddler Newsletter



NYS Infant and Toddler Resource Network

March 2018

Welcome to the March 2018 issue of ECLC's Infant Toddler Newsletter. We're excited to announce the launch of a new series: interviews with authors of infant/toddler related publications! Our first interview features author, expert, and President of the Board of Zero to Three, Alicia Lieberman. In this issue, ECLC's Americorp Vista, Renee Richman dialogues with Ms. Lieberman about her landmark book, *The Emotional Life of the Toddler*.

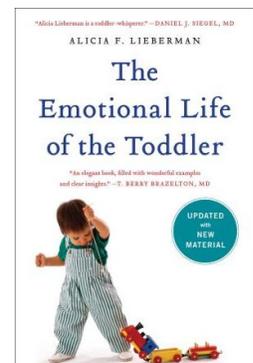
It was wonderful to connect with so many of you on January 9th, for our first IT Network event of the year. Thank you for contributing your energy and expertise to the discussions that took place. Based on your overwhelmingly positive feedback to the film screening of *Resilience: The Biology of Stress & the Science of Hope*, ECLC has begun to look for additional ways to support you in the work you're doing as it relates to Trauma. You'll find a great collection of resources about resiliency in this issue's Sesame Street article -- we encourage you to take a look. Additional Sesame Street resiliency resources will be distributed at our next IT Network event, on April 10th, when we'll be offering a FREE full day Pyramid PIWI training--we hope you'll attend, registration details can be found below.

Enjoy the first newsletter of the new year, please let us know what you think!

Interview with Alicia Lieberman

Author Interview

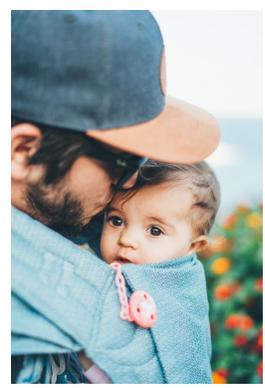
As part of a new series, ECLC's AmeriCorps VISTA, Renee Richman spoke with Alicia F. Lieberman, Ph.D. author of *The Emotional Life of the Toddler*. Alicia's knowledge and experience gave us an incredible interview that we are excited to share with you. To read the interview, click [here](#).



Parents Interacting with Infants

Pyramid PIWI Training

Join us for this one-day workshop taught by Master Cadre Pyramid Trainer, and Infant Toddler Specialist, Rose Shufelt, for an engaging Pyramid Module training designed specifically for Parents Interacting with Infants (PIWI). This event will take place on April 10th in Rochester. To learn more about the PIWI training and register click [here](#).



Sesame Street Resiliency

Sesame Street in Communities

Sesame Street Resiliency program was designed to build children's self-confidence and emotional tools needed to cope with adversity. Resiliency guides will be given out at the Parents Interacting with Infants (PIWI) Training happening on April 10. To read more about these guides, click [here](#).



Adverse Childhood Experiences

ACES Symposium

The fifth annual Capital District ACEs Symposium will take place on May 7th from 9am-3pm at the Empire State Plaza Convention Center in Albany, NY. Sponsored by La Salle School, this day-long program offers attendees a unique opportunity to gain important and useful knowledge about the effects of trauma on brain development, and how prevention and trauma informed care can be of significant benefit. To read more, click [here](#).



ECO-Healthy Child Care

Helping the environment

The Pre-Conference day (April 19) of the 2018 NYAEYC Conference will include an Eco-Healthy Child Care, Train the Trainer Course. Attendees will learn the steps that child care providers can take to protect the children in their care. Learn more about Eco-Healthy Child Care [here](#).



Welcome Liz

New IT Specialist

We are so lucky to have Elizabeth Rodano (Liz) join the Infant Toddler team as the Infant Toddler Regional Coordinator in Spring Valley (Region 6). One of Liz's passions in early education is dual-language learners as she is raising a bilingual child. To read Liz's bio and her plans to share her work overseas in Germany, click [here](#).



NYAEYC Conference

IT Specialist Presenters



Two IT Specialists from our network will be presenting at the NYAEYC 2018 Conference. If you're planning to attend the conference, we hope you'll check out their presentations!

Emily Cleaver will be presenting on the Purposeful Planning for Infants and Toddlers; Using observations and knowledge of child development to interact and plan meaningful activities for children that support their overall development and interests.

Infant/Toddler Track
Friday April 20, 2018
2:00 PM - 4:00 PM

Dawn Daniello will be presenting on Relationships Building with Families: Creating Culturally Responsive Care Giving Practices; This workshop offers participants a two-way process of information sharing and understanding to communicate with families in order to resolve issues called "Acknowledge, Ask and Adapt". We will analyze several situations and possible resolutions

Infant Toddler Track
Friday April 20, 2018
4:30 PM - 6:30 PM

Will you be attending this year's NYAEYC Conference?

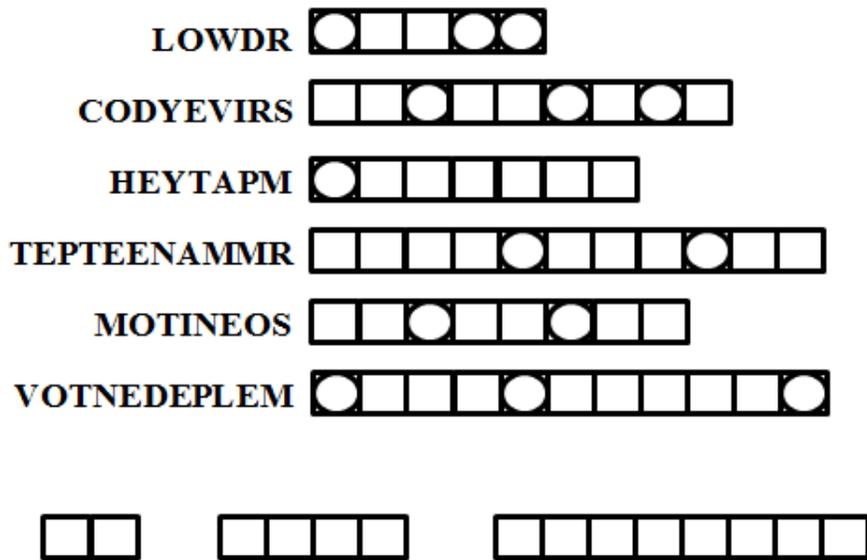
Please let us know, as ECLC will be hosting a special gathering just for the IT Specialists. Just send an email to [Jeannie](#) with RSVP: YES in the subject line if you'll be there!

Winter Fun

Jumble Puzzle

Try our jumble puzzle. Unscramble the words and use the letters with the circles around them to come up with the bottom phrase. The picture should help you solve the puzzle!

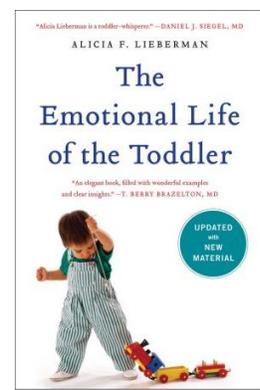




Calendar

Date	Event	Location
April 10	PIWI Training	Rochester
Spring	Roundtables	Regions 1-7
April 19-21	NYSAEYC Conference	Verona, NY
May 15	Statewide IT Network Event	TBD
May 16 - June 30	Regional Follow up Activities to Statewide IT Network Event	Regions 1-7
June 6	ECLC Annual Meeting	Scotia, NY
July 10	Infant Toddler Retreat	TBD
July 11 - September 30	Regional Follow up Activities to Statewide IT Network Event	Regions 1-7
October	ECLC Leadership Summit	TBD
October 9	Statewide IT Network Event	TBD
October 10 - December 31	Regional Follow up Activities to Statewide IT Network Event	Regions 1-7

If you don't have your roundtable event on the calendar, please contact [Jeannie](#) to schedule a time



1. What do you want people to know about *The Emotional Life of the Toddler*?

I want people to know that toddlers feel deeply and that these feelings are not much different from the feelings adults have. Toddlers have a passion with which they express their emotions. Most of these strong feelings come from learning about the world. They feel strongly because they are working to turn their confusion into understanding. I hope the book will generate empathy for toddlers and a sense of perspective on what they are dealing with emotionally.

2. What inspired the book?

For years I wrote anecdotes as I saw and observed babies and their changes. Through this I realized that toddlers were being categorized as 'manipulative' or 'bad'. I wanted to show readers that if people took the time to understand toddlers there would be so much fewer problems. The term "terrible twos" needs to be abandoned because this is the just toddler, learning, exploring and expressing their intense emotions.

3. What is your number one piece of advice for child care providers?

Don't be scared of toddlers. They have strong feelings and they are more scared than you are. A toddler's bad behavior does not equal a problem child. The best way to interact with toddlers is to let them know you understand them. Talk to them and let them know what their activities will include for the day so they are aware of what they will be doing.

4. Providers have a lot to do every day, how would you suggest they fit it all in?

I would tell them to ask themselves what their experience is. What work conditions are they dealing with? What expectations do they have? What are their priorities? Take the time to figure out how to make your stress manageable. If the caregiver is stressed, the child takes on those feelings and things escalate.

5. Give us three words to describe yourself:

"Like a toddler" I am able to empathize with toddlers and I have very strong emotions. It gives me a sense of meaning to do the work that I do.

6. How would you describe your book to someone who knows nothing about child care?

The book is an effort to demystify child care and toddlers. It shows adults/the public that taking care of toddlers is a demanding and hard job. Each toddler is an individual demanding attention. Child care providers do not get the financial compensation, good work conditions, and respect that they deserve. It is demoralizing and brings the child care providers energy down.

7. How do you know your strategies are effective?

There are three ways to know if my strategies are effective. One is in the moment; looking to see if the toddler comes back to regular emotions, if he/she is relating and exploring. Second is long-term. Does the child have a feeling of wonder, joy, relating. Are they able to turn to adults for comfort? And lastly, that their learning milestones are on point.

8. Which five items would you put in an empty classroom?

1. Toys like stuffed animals and kitchen utensils, things that gives them reassurance and comfort.
2. Farm animal and wild animal toys. These can be used to demonstrate emotions.
3. Dolls
4. Doctor/ambulance kit because this gives toddlers the opportunity to relate to real life objects and things that they will see or use later on in life
5. Building blocks

All of these give the toddler opportunities to grow. They provide a nurturing environment that a child can feel safe and secure in.

9. What has been the most formative experience you've had in your work with young children and families?

The most formative have been the experiences and moments of connection with a child. Being able to join in with the

feelings that they were experiencing gives a bond between me and the child. If I align myself with their worries and fears it allows them to feel more comfortable with me and create a feeling of partnership between us.

10. What defines success for you as a worker in the early education field?

When I see families that are happy together and they feel that they can face adversity together that is when I know that my work has been successful. When children know they can turn to their parents for affection and know they will be loved no matter what is a big indicator of success.

11. What role should outdoor play and interaction have in a child's playtime experience?

Outside playtime time is so important. It instantly changes the child's mood. Playgrounds with tricycles, mini cars, etc. are so beneficial for children; they love it. It allows them a chance to get fresh air and experience a new environment during the day.

12. What is the best way to communicate with families?

The most important thing when talking with parents is to start the conversation off with something positive about the child and then get into the problem. This allows the parents to hear something good before the bad. That way they know that their child is not just a problem in the classroom. It creates an open dialogue by not blaming the parents for doing something wrong.

13. What theories, models, or values guide your work when it comes to children's mental health?

I was trained in psychodynamic approach. The way the child feels is so important to me when guiding my work. I observe the children and their feelings in the moment. I see the need for the child's protection. Children have many fears, they have the fear of losing love from their parents, the fear of not belonging, the fear of being bad. These fears are all important when looking at the mental health of a child. I also use social learning theory which questions what the child needs to learn at their age to be a productive member of society. I have a lot of respect for cultural diversity and the emphasis on individualism versus collectivism. It is important to understand the cultural values of the family to see how the child reacts and behaves.

14. What is the most important trait of an infant/toddler caregiver?

It is important for them to have the capacity to see the world through the eyes of the toddler, without losing sight of their responsibilities. One who holds the belief that every infant/toddler in their care has value and belongs there.

Alicia F. Lieberman, Ph.D. is an Irving B. Harris Endowed Chair of Infant Mental Health, Professor and Vice Chair for Academic Affairs at the UCSF Department of Psychiatry, and Director of the Child Trauma Research Project, San Francisco General Hospital. She directs the Early Trauma Treatment Network, a center of the National Child Traumatic Stress Network. She is currently president of the board of Zero to Three: The National Center for Infants, Toddlers and Families.

Parents Interacting with Infants

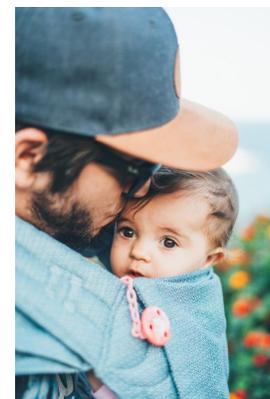
PIWI Training

Pyramid Training: Parents Interacting With Infants (PIWI)

Save the Date! Free PIWI Training for Infant Toddler Specialists

Tuesday, April 10th, 8:30 AM-3:30 PM at Child Care Council, Inc.

Join us for this one-day workshop taught by Master Cadre Pyramid Trainer, and Infant Toddler Specialist, Rose Shufelt, for an engaging Pyramid Module training designed specifically for Parents Interacting with Infants (PIWI).



- **This module is for staff who work directly with Parents**

- Emphasizes parent-child interaction as both the focus and context for understanding and promoting children's development.
- PIWI can be used for home visiting, parent-child groups and socializations in a variety of settings including Early Intervention and Early Head Start.
- This one-day workshop provides an overview of PIWI. Participants will learn & practice all components of PIWI, including the philosophy, dyadic interactions and strategies, triadic strategies, and developmental

This training is being offered for free to all Infant Toddler Specialists, however, [Registration](#) is required. Please visit ECLC's Registration Page to reserve your seat!

PIWI Training Sponsored by ECCS

The NYS Council on Children and Families and grantees in 11 other states have been awarded the Early Childhood Comprehensive Systems (ECCS) Impact grant. This - year grant from the Health Resources and Services Administration, Maternal and Child Health Bureau seeks to enhance early childhood systems building and demonstrate improved outcomes in population-based children's developmental health and family well-being. The overall 5-year aim of this project is to demonstrate a 25% increase from baseline in age appropriate developmental skills among 3 year old children in two selected NYS communities - Nassau County and Western NY.

Sesame Street Resiliency

Sesame Street in Communities



There are two different guides to the Sesame Street Resiliency program; an educator guide and a family guide. Each guide includes an eight week lesson plan to help children identify emotions, feelings, problem solving, and activities. Each week has five days' worth of activities with worksheets and printables for teachers or parents to use with the children. These activities help to build their self-confidence, emotional tools needed to cope with adversity and form their problem solving skills. The guides come in a booklet with both English and Spanish for bilingual classrooms or families.

This booklet is a detailed guide to teaching children resiliency. The activities and goals are aligned with Pyramid Model. Each page is dedicated to one day where it lists the activity name, how long it will take, the supplies needed, the goal of the day and the setup for the activity. Below you will find an example of one of the day's activities:

Day One: Call-and-Response
Word Garden

Children will learn words as they chant and move

Supplies: Word Cards printables, safety scissors, tape

Setup: Cut the cards for **happy**, **thrilled**, and **ecstatic**. Think of examples of times you felt **happy**, **thrilled**, and **ecstatic**.

Goal: Learn the words **happy**, **thrilled**, **ecstatic**

Activity:

- Explain that you are going to plant a Word Garden. Start by planting words about feelings. "Today you are going to plant **happy** words." Show each word flower and share its definition and pose.
- Give examples of feeling **happy**, **thrilled**, and **ecstatic**. Then ask, "When is a time that something good happened and you felt **happy**--you felt **thrilled**? When is a time you were so **happy** you were **ECSTATIC**?"
- Have children take turns taping the words to "plant" the words of the week.
- Now lead the children in the call-and-response. Say each line and do the feeling pose. Encourage the children to repeat the action after you. Hold up the large pose pictures during the activity.

CALL-AND-RESPONSE:

I fell good about something, yay!

*I am feeling **happy** today.*

*I am feeling really **happy**, yay!*

*That means I'm feeling **thrilled** today.*

*I am feeling super **happy**, yay!*

*That means I'm feeling **ecstatic** today.*

Find books that address the feelings in this lesson. Use them to further explore and discuss the feelings,

If you would like to receive some of these parent or educator guides, they will be available at the PIWI Training or contact [Renée](#) if you are unable to attend the training. You can also check out this [website](#) for more information!

Adverse Childhood Experiences

ACES Symposium

The fifth annual Capital District ACEs Symposium will take place on May 7th from 9am-3pm at the Empire State Plaza Convention Center in Albany, NY. Sponsored by La Salle School, this day-long program offers attendees a unique opportunity to gain important and useful knowledge about the effects of trauma on brain development, and how prevention and trauma informed care can be of significant benefit. Confirmed presenters include Nadine Burke Harris, MD, MPH, FAAP, Founder and Chief Executive Officer of the Center for Youth Wellness; and James Redford, Documentary Filmmaker and Co-Founder and Chair of The Redford Center.

"Dr. Harris is a pediatrician and leader in the movement to transform our response to early childhood adversity and the resulting toxic stress that dramatically impact health and longevity. Nadine's TED Talk, How childhood trauma affects health across a lifetime has been viewed more than 3 million times. Most recently, her work was profiled in James Redford's film, Resilience. Nadine's book, The Deepest Well, on the issue of Childhood Adversity and Health was released in January 2018. James Redford, a screen writer, director and producer, created the documentary Resilience as a companion piece to his documentary Paper Tigers. He stated: We created Resilience to make this science digestible and relevant to everyone, and to showcase some of the inspiring individuals who are putting that science into action."

Admission to the May 7 symposium is free, however, registration is required. Registration is expected to open in late February. Visit www.lasalle-school.org for further details.



ECO-Healthy Child Care

Helping the Environment

The Pre-Conference day (April 19) of the 2018 NYAEYC Conference will include an Eco-Healthy Child Care, Train the Trainer Course. Attendees will learn the steps that child care providers can take to protect the children in their care from environmental hazards such as lead, pesticides, cleaning products, mold, art supplies, and plastic products including toys. The science-based and award-winning Eco-Healthy Child Care Program supports child care professionals in reducing children's exposure to environmental health hazards while directing parents to child care facilities that are eco-healthy. The content delivered in this training is in-line with NY child care licensing regulations. Eco-Healthy Child Care is a national program, managed by the Children's Environmental Health Network, that partners with child care professionals to eliminate or reduce environmental health hazards found in and around child care facilities.



Cost is \$50 per attendee. Child care licensing staff are welcome to attend the training free of charge. Space is limited. For more information, contact Hester Paul hesterp@ecohealthychildcare.org or Sue Kowaleski at kowaleskis@saccn.org

Register [here](#)

Welcome Liz

New IT Specialist

Liz is excited to have taken on the role of Infant Toddler Regional Coordinator (Region 6). Previous to this, she was the Early Childhood Quality Specialist with the Child Care Council of Westchester. She holds a Masters in Human Services with a focus on Children and Family Services, and is currently completing a Doctorate of Education in Early Childhood Education. Her dissertation focuses on exploring the dynamic between specialists and family child care providers, and how it impacts program quality.

Liz has worked in child care and school systems in New York, New Jersey, and abroad. She spent a year working with toddlers and preschoolers in South Korea and five years working with infants through school agers in Germany and Luxembourg. Her area of passion is in working with dual-language learners, as she is raising a bilingual child. Her international experience has given her a wider view of quality and child care systems, and she has done extensive research on nature-based learning and the forest school movement. In her free time she runs marathons, plays in the forest with her daughter, and plots to revolutionize early childhood education in America.

Liz will be traveling to Germany this spring to meet with Kita Seminare Hamburg, an organization that provides professional development to early childhood professionals and certifies child care programs for meeting different standards of quality. She will also be touring the Doll-Kita democratic child care programs of Pinneberg, and discussing how empowering children through choice affects the early learning dynamic. She is excited to share her findings when she returns!



Contact

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Stay Connected



"Sometimes the smallest things take up the most room in your heart"

- A.A. Milne