



Small Wonders

The Newsletter of the Delaware Association for the Education of Young Children, Inc.

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DAEYC Web Site

While you're online, take a look at our Web site. We'd like your feedback and your ideas on how we can make the site serve you better. So please take a minute to visit www.daeyc.org

Congratulations Jim Lesko, Ed.D

Jim Lesko, Director, with the Early Development and Learning Resources, Delaware Department of Education has been elected to serve as a Governing Member at Large for the National Association for the Education of Young Children (NAEYC). Jim, along with other new Board members will begin their 4-year term on June 1, 2011. The DAEYC Board of Directors is proud of Jim and wish him well. The early care and education community could not have a better person representing the needs of children, families and the early care workforce.



Jim Lesko

Children's Concert

DAEYC Annual Children's Concerts will feature Janis McDavid during celebrations for the NAEYC Week of the Young Child. Ms. Janis is a children's musician from New York City. Concert information has been sent out to programs. To plan your attendance, please note the following dates for her performances:



Tuesday, April 19, 2011

at Sussex Tech High School, Rt. 9,
Georgetown / Sussex County

Wednesday, April 20, 2011

at Cornerstone United Methodist Church,
Rt. 896, Bear, DE/ New Castle County

Thursday, April 21, 2011

at DelTech Terry Campus, Dover / Kent County

Questions? Contact Amy Lane at alane@daeyc.org or 302-764-1500.



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Delaware Association for the
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700 A River Road
Wilmington, DE 19809
(302) 764-1500

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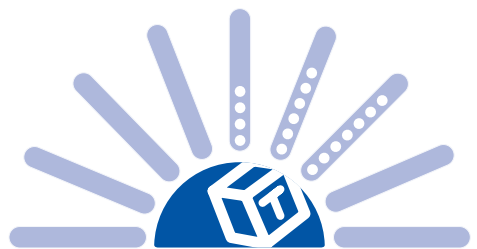
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T.E.A.C.H. Early
Childhood®

DELAWARE

A Project of Delaware Association
for the Education of Young Children

Welcome Lynn Jezyk – New T.E.A.C.H. Coordinator

The Delaware Association for the Education of Young Children (DAEYC) has a new T.E.A.C.H.® Coordinator, Lynn Jezyk. Lynn has been involved in Delaware's early care and education field for over 30 years and started her career as a Family Child Care Provider in 1979. Many of you know Lynn in her most recent position as the Office of Child Care Licensing's (OCCL) Rule Development Manager, where she worked for the past 11 years. She also worked for Delaware First as the Career Development Assistant when it was part of OCCL and for The Family & Workplace Connection (now Children & Families First) as a Referral Specialist and later as a Provider Services Coordinator. She also co-founded the original Family Child Care Support Group back in the early 1980's.

Lynn says that one of the main reasons the T.E.A.C.H. position interested her was that she knows first-hand what it is like to have the responsibility of balancing family, work and school. She obtained her degree by attending college as a returning adult student from 1980 to 1991. While it took her 11 years, she eventually obtained her Bachelor degree in Community and Family Services with an emphasis in Child Care from the University of Delaware graduating with honors. She hopes to be a source of encouragement to the T.E.A.C.H. scholars as she truly understands the ups and downs of maintaining such a balancing act.

DAEYC is thrilled that Lynn has joined us and will be sharing her experience and insight with the Delaware early childhood community. You may contact Lynn at ljezyk@daeyc.org or 302-764-1501. Welcome Lynn we are happy to have you join the DAEYC office!

Welcome

Delaware Health and Social Services Conducts Survey on Child Care Prices

Delaware Division of Social Services will soon be collecting information about the prices providers charge parents. This survey is completed every two years through a contractor hired by the Division. Providers will be contacted and asked what they charge for child care for infants, toddlers, preschool and school-age children. The Division is seeking rates that providers charge parents that are PRIVATE PAY RATES. Providers will not be called if they do not serve private pay children.

The contractor, Workplace Solutions, will soon be calling providers to conduct a brief telephone interview to ask providers 1) if they have private paying children in their care; 2) what age children they serve; and 3) what they charge for their child care services. Participation in this survey is voluntary. All information gathered by the research firm is considered to be confidential and only summary information will be reported to the state.

The Division of Social Services and the legislature will use this information about prices to help them as they set rates for state subsidized child care, Purchase of Care. The Division asks that you participate in the phone interview if you are contacted. If called, your participation will help children, parents and providers throughout the state.

Child Care Health Advocate Course

Below is the Announcement about the online Child Care Health Advocate course in Pennsylvania. This was sent on behalf of Northampton Community College.

The Child Care Health Advocate course is a 15 session, 3 credit hour online college credit activity for directors and lead teachers offered by Northampton Community College (NCC). Since 2007, this NCC has taught this course with ongoing collaboration between Northampton Community College and the PA Chapter of the American Academy of Pediatrics.

This course continues to receive accolades from all the enrolled students because it not only offers a unique opportunity for directors and lead teachers to acquire academic credit applicable toward undergraduate and graduate degrees, but also to immediately improve the performance of their programs. The mentored course assignments involve implementation of nationally recommended best practice in the student's work setting and access to national resources. Pediatrician, Susan Aronson, MD drew from and supplemented the California Childcare Health Program curriculum (available online without college credit) to write the college course curriculum. She remains involved with the nurse instructor, Judith Rex of the NCC faculty in delivering the curriculum.

The link directly to the flyer on the Northampton Community College website is www.northampton.edu/ccha

DAEYC would love to have members throughout the state contribute to our newsletter. Do you have information, knowledge or upcoming events to share with others?

If so, please email your information to Amy Lane (DAEYC Administrative Coordinator) at alane@daeyc.org.

For the summer newsletter, please submit by May 27, 2011 and for the fall newsletter the date to submit is September 2, 2011. The newsletter is usually published within two weeks of the submission date.

DON'T FORGET – the *Small Wonders* newsletter is now available via our website (www.daeyc.org) under the Forms & Publications section. We will notify members via email when the newsletter is available online. If your email address is incorrect, please make the corrections at the NAEYC website www.naeyc.org



DAEYC Membership

The value of your membership:

- Information and Specialized Resources
- Advocacy efforts
- Educational activities and products to enhance your career development
- Networking with other early childhood professionals
- Annual Banquet and Meeting
- Annual DAEYC Conference
- Newsletter – Delaware specific

To become a member of NAEYC and DAEYC log on to www.naeyc.org

DAEYC Contact Information:
Delaware Association for the
Education of Young Children, Inc.
700A River Road
Wilmington, DE 19809
(302) 764-1500
www.daeyc.org

Help a friend become a member of DAEYC/NAEYC

go to www.naeyc.org to sign up.
Membership dues for
Delaware are:

Comprehensive = \$90.00 per year
Regular = \$55.00 per year
Student = \$40.00 per year

Healthy Food Fun

By: Gina Celano, Nemours

Do you feel like you serve the same foods over and over again? No longer! Serving foods that meet the Delaware CACFP/*Delacare* Rules doesn't have to be the same old boring things every day. There are plenty of ways to make foods healthy, colorful and fun, and the only way children experience new tastes is to allow them to try new foods! Look for recipes like the one featured here to make food both healthy and fun.

Blender Pancakes**:

- 1 egg (or egg substitute)
- 1 cup plain low-fat yogurt
- 2 tablespoons vegetable oil
- ¼ cup enriched all-purpose flour
- ¾ cup all-purpose whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon cinnamon

Topping:

- 1 cup plain low-fat yogurt
- 2 tablespoons honey
- 1/4 teaspoon cinnamon
- 1/2 cup frozen blueberries, thawed



Directions:

In a blender, combine egg, yogurt and oil. In a large mixing bowl, combine the flour, sugar, baking powder, baking soda, salt and cinnamon and mix. Add the yogurt mixture and lightly combine. Using 2 tablespoons of batter for each pancake, cook the pancakes on a preheated, very hot, oiled griddle until golden, approximately 2 to 3 minutes. For topping, mix together the yogurt, honey and cinnamon. Fold in the blueberries. Spoon over the pancakes and serve.

**Makes 16 pancakes.*

These pancakes can be made for breakfast or a healthy afternoon snack, to meet the grain/bread and whole grain requirements. You can use blueberries, strawberries or bananas in this dish to increase the amount of fruit per serving. Remember adding fruit to meals increases nutrition, color and can also increase the fun.

Allow children to serve themselves by making a “pancake bar”. Give each child a pancake and allow them to choose toppings such as raisins, apples, or nuts. It's a win-win--kids are more likely to try foods they help to make and will be also be eating a foods that meets regulations.

** Recipe courtesy of *Meatless Mondays*.

Find more at <http://www.meatlessmonday.com/category/breakfast/>.

Inclusion Credential

The Delaware Inclusion Credential will be coordinated and monitored by the Delaware Institute for Excellence in Early Childhood (DIEEC). Successful candidates will receive the credential from the Delaware Department of Education.

Successful candidates for the Inclusion Credential are assumed to have the content knowledge and ability to work directly with children and families to affect change in the early childhood environment.

Education Requirement:

- Successful completion of *Exceptional Child* or equivalent coursework, minimum of 3 credits; **OR**
- Successful completion of 42-45 clock hours of the following Delaware Community-Based training: *Including Children with Special Needs* (6 hours from TECE 2) or *Inclusion Best Practice* (3 hours); *Cara's Kit* (3 hours); *Success in the Classroom: How to Make Learning Accessible for All Children* (18 hours, formerly Inclusive Child Care); and *Special Quest* (18 hours).

**Note: Delaware Institute for Excellence in Early Childhood recommends that the education requirement be successfully completed no longer than ten (10) years prior to applying for the credential.*

Portfolio Requirement:

- Process: Candidate applies to DIEEC by submitting verification of the required education and a \$25 application fee; portfolio packet is mailed to the candidate; candidate has a maximum of six (6) months to complete and submit her/his portfolio to DIEEC for review along with the \$75 review fee.

**Note: Limited scholarships are available for the review*

- Components: Philosophy Statement; Readings; Assignments; Resource File; Family Interview; and Program Visit.
- Portfolio is scored based on a Rubric, given to the applicant with the assignments; successful completion is a score of 75% or higher. The rubric includes construction, organization and quality of writing as well as content.

A Candidate Interview is required upon successful completion of the portfolio. For more information contact **302-831-3239** or Institute-Early-Childhood@udel.edu

Grant Opportunity! Childcare Capacity Building Program.

Delaware Institute for Excellence in Early Childhood (DIEEC) is seeking proposals for identified gaps in service areas: infants and toddlers, school-age youth, children with disabilities, non-traditional hours and mildly-ill children. Funds must be used to create, expand or enhance the quality of programs, with an emphasis on serving low-income children. Programs must be licensed through the Office of Child Care Licensing, Department of Services for Children, Youth and Their Families. Licensed early childhood programs can apply for grant funds to offset a portion of program start-up, expansion or improvement costs; including personnel, equipment, supplies, contractual services and professional development.

The next proposal due date is April 25, 2011. To take advantage of this opportunity to receive funds and quality technical assistance call **302-831-3239** or visit www.dieec.udel.edu for more information TODAY!

Upcoming Events

Mark your calendars for
Thursday, June 2, 2011

for the
**DAEYC Annual Meeting
and Awards Presentation**
to be held at the
Duncan Center in Dover.

Invitations will be sent out soon

**Advocacy Day is
Wednesday, April 13th
in Dover.**

At 1:00 pm Rally outside
Legislative Hall then at
2:00 pm Early Childhood Day
Proclamation Ceremony in
Legislative Chamber.
Wear yellow to support
early care and education
in Delaware.

**2011 KIDS COUNT in
Delaware/FAMILIES
COUNT in Delaware
Fact Book Release & Briefing
Scheduled for Monday,
May 9, 2011 at the
Chase Center on the
Riverfront Ballroom**

8:30 a.m. - 9:00 a.m. Registration
and 9:00 a.m. - 10:00 a.m.
Release and Briefing.
To register, you can call
(302) 831-4966.

Look for information in our
next *Small Wonders* newsletter
on how to get beautiful fall
mums. DAEYC will be selling
mums in the late summer, just in
time for your fall planting.
More details will be in our
next newsletter.

The Seven Essentials That Every Child Needs

What does it take for children to achieve their full potential? What does it take for them to take on life's challenges? What does it take to effectively communicate with others? How can we, as adults, help children thrive in life and as learners? In her book, "Mind In The Making"(2010), Ellen Galinsky offers seven essential life skills that is necessary for every child to be success. They are simple. Any child can learn them. Any adult can teach them. They do not cost any money and they do not require any expensive equipment. These are not the kind of skills that children can just pick up. These skills need to be fostered and nurtured. They are the skills that prepare children for the challenges of today's world and the future. Dr. T. Berry Brazelton, M.D. says of these essential skills, 'we need to get these important messages out'. Below is a summary of these very important essential skills.

SKILL #1: FOCUS and SELF-CONTROL

Children need this skill in order to achieve their goals, especially in a world that is filled with distractions and information overload.

It involves paying attention, remembering the rules, thinking, flexibly, and exercising self-control.

SKILL #2: PERSPECTIVE TAKING

Perspective taking goes far beyond empathy. It involves figuring out what others think and feel. It forms the basis for children's understanding of their parents', teachers', and friends' intentions.

Children who can understand or see others' perspectives are also much less likely to get involved in conflicts.

SKILL #3: COMMUNICATIONS

Communicating is much more than understanding language, speaking, reading, and writing. It is the skill of determining what one wants to communicate and realizing how our communications will be understood or perceived by others. It is a skill that often is lacking in today's world.

SKILL #4: MAKING CONNECTIONS

Making connections is at the heart of learning. Figuring out what is the same and different and sorting these things out into categories or groups is basic. Making unusual connections is the core of creativity. In a world where everyone can google for information, it is the persons who can see connections that are able to go beyond knowing information to using this information well in and in an appropriate manner.

SKILL #5: CRITICAL THINKING

Critical thinking is the ongoing search for valid and reliable knowledge to guide beliefs, decisions, and actions.

SKILL #6: TAKING ON CHALLENGES

Life is full of challenges and stresses. Children who are willing to take on challenges in instead of shrinking from them or simply Coping with them, do better in school and in life. (reasonable risk-taking)

SKILL #7: SELF-DIRECTED, ENGAGED LEARNING

It is through learning that we realize our potential. As the world changes, so can we too. Lifelong learning is forever.

Finally, according to Galinsky, acquiring these essential skills are crucial for a child's success. Hopefully, we will take this knowledge to our classroom and homes to feed to our children. Their success depends on it!

Submitted, by Allison Miller, MEd -mother and educator



Creating Relationship Recipes

Peeking at the Ingredients in the Pantry

Martie Mollenhauer, Ed.D., Zero to Three Infant/ Toddler Consultant and DAEYC Board member

“People may not remember exactly what you did or said, But they will always remember how you made them feel.”

Anonymous

Take a few minutes to stop and reflect about YOU. Yes, it is ok to think only of yourself right now!! Do you realize your roles and responsibilities in working with young children and their families? Do you understand that You are the Heart of Quality Care (Mollenhauer, 2006). Do you realize that you relate and communicate with others every day of your life? Consider that most of us take these relationships for granted!! No way you say? I wonder.

Make Your Relationships a Priority

“We live in a world full of people. We relate and communicate with others every day of our lives. Yet we have very little instruction on how to foster genuine relationships and have a deep, meaningful communication. We need to discover how to relate and communicate personally and professionally. We start with good intentions and make our relationships more of a priority in our lives.” (Rockwell, 2003) Relationships are the mutual, long-lasting back and forth bonds we have with people in our lives – a series of ongoing influences & interactions that built upon each other. These support systems affect the quality of experiences and development. They need to be Responsive, Reciprocal, and Nurturing. They must be culturally sensitive with an understanding & respect for one another’s values, beliefs and perceptions. They must build Trust and Security. (DARE to AFFIRM, 2008)

Relationships, Resources and Role Models

“Children teach us about ourselves and help us explore feelings. Those who nurture children can utilize that experience to keep the child within them alive into adulthood.” (Whitten, 2005) You are role models for your children and want them develop into well-rounded children. As Early Childhood Professionals, you must draw upon resources outside of yourself to strengthen your own life experiences and then encourage activities and routines for children. “Everyone benefits when adults relationships are valued and supported alongside those between adults and children.” (Baker & Manfredi/Pettit, 2004)

DARE to AFFIRM cites the Platinum Rule

Martie Mollenhauer created DARE to AFFIRM (www.daretoaffirm.com) in 2003 to empower individuals to discover and nurture themselves so that they could acknowledge and affirm others. Allison Miller joined the organization in 2005. Together they facilitate learning experiences for adults based on Jeree Pawl’s (1998) Platinum Rule. “Do unto others as you would have others do unto others.” Their training messages for working with children and families were not being lived and practiced with all adults in the organization. They began challenging people to *understand* what they were doing and not only affirm and value children, but do the same with one another and themselves! Building relationships is a dance with leaders and followers, each one taking turns when their strengths can lead. These dances

might not always be smooth and in perfect step, but isn’t that what practice is all about? The more we recognize each other’s strengths and ‘catch them doing something right’, the more we can build teams and strive for quality in programs!!

Their challenge to training participants has always been to define Nurturing Relationships. What did the participants remember about these from their childhood and what were the important ingredients that made these relationships work? Martie and Allison began to see patterns in these characteristics and have selected **16 Key Ingredients for building relationships**. They know that these are not a final list, but one that they are comfortable with...for now!

Sixteen Relationship Ingredients

Trust
Respect
Perception
Attitude
Understanding
Belonging
Gratitude
Affirmation
Acceptance
Authenticity
Communication
Laughter
Give & Take
Patience
Integrity
Sensitivity

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Nutrition and Physical Activity Helpline 1-800-660-6602

The nutrition and physical activity helpline is a toll-free number available to answer your questions on nutrition and physical activity in child care. Helpline staff is available Monday through Friday 9 a.m. to 5 p.m., and there is a voice mailbox for after hours. We have been receiving some great questions from providers regarding nutrition and physical activity! Feel free to call with any questions you have. Staff is ready and willing to help you make nutrition and physical activity a part of your daily routine!



NAEYC Directory

Main Phone Number

800-424-2460; 9am to 5pm eastern

E-Mail

membership@naeyc.org

Mailing Address

1313 L Street, N.W., Suite 500
Washington, DC 20005

Address for Membership Renewal

PO Box 97156
Washington, DC 20090-7156

24 Hours Fax Number

202-328-2649

Other NAEYC Departments

www.naeyc.org/contact/

Putting the Ingredients Together Your Special Recipe for Relationships

Like all recipes, there are basic ingredients. How they are selected and combined is what make them yours. You might choose to add your own twist to make them Uniquely YOURS!! You might create a recipe and it works for one relationship and totally flops for another. Well...modify it and try again!! Explore the possibilities and keep striving to make them work for you! How will you put these ingredients together for your special recipe?? We have received breads, cakes, pies & puddings and those that don't turn into a recognizable food. Here is one example:

Recipe for a Relationship Pie from a group of exciting ECE professionals at the 2009 DAEYC conference:

3 c. Respect Mix Respect, Communication and trust in a large bowl
2 ½ c. Trust Blend well and add a pinch of gratitude
3 c. Communication . . . Add Understanding, Patience, Give & Take and Attitude one at a time
1 c. Patience Until bonds form
½ c. Understanding . . . Knead until your perception is authentic
1 c. Give & Take Bake slowly over a lifetime at 98.6 and remember to affirm yourself
Pinch of Gratitude For a job well done!!

WE ASK THAT YOU CREATE A RELATIONSHIP RECIPE AND SHARE IT WITH US. Email them to relaterecipen@aol.com . Please share your first name and town. Someday soon, there will be a whole recipe book and yours will be included!! Feel free to create as many as you wish. There are different recipes for different relationships.

Ponder these points as you mix and blend to create your own unique recipe:

1. What ingredients will you use? Do you need all of ours...or others?
2. How will you mix the ingredients? What is the sequence? What comes first, second or third? Are some grouped together for best results?
3. What amount of each ingredient will you use? (ex. 2 t, 1T, cup, pinch or??)
4. What technique/s will you use to mix the ingredients? (ex. Stir, whip fold, blend, other)
5. At what tempo/speed will you mix the ingredients? (fast, slow, idle, combination)
6. What methods of cohesion will you use? (Ex. Bake, chill, gel, let it sit)
7. What temperature or method will you use to hold it together? (Ex. Sizzle, deep fry, slow cook)
8. How much of your time will you invest in creating this delicious recipe for relationships?

As Early Childhood professionals you are decision makers; you take an active part in determining the quality of your work and the quality of the program where you work. (Wittmer & Petersen, 2010) As you feel socially and emotionally healthy, you promote the social and emotional health of children. How you feel about yourself affects your ability to form and maintain relationships and cope with stress. (Whitten, et.al, 2005) So, it IS all about YOU as the Heart of Quality Care. YOU are the person who totally deserves to be affirmed and valued- by yourself and others.

Mollenhauer, M. (2006) *The Heart of Quality Care: A reminder to administrators about the importance of valuing the caregiver.* NHSA: Children and Families, Winter 2006.

Pawl, J. & St.John, M(1998) *How you are is as important as what you do...in making a positive difference for infants, toddlers and their families.* Washington, D.C.: Zero to Three

Rockwell, I. *Wherever You Go, There THEY Are: Developing Genuine Relationships.* Unpublished manuscript, Five Wisdom Institute (<http://www.fivewisdomsinstitute.com/>)

Schulz, D. (2004) *Building Relationships: Early Childhood Teachers and the Community.* Child Care Information Exchange, September/October 2004.

Whitten, J., C. Moran , B. Bennett & C. Smith (2005) *Caring for the Children, Caring for Yourself: A Guide to Promoting Social & Emotional Health.* Lewisville, NC: Kaplan Early Learning Corporation; © 2005 The Devereux Foundation.