



# Helping Hands

We are offering a *helping hand* to School Readiness Providers  
A publication from Childcare Resources & Referral

## Transitions by Jennifer Agnew Literacy Coach

Transition times are often described as difficult times for preschool children and their teachers. Instead of cringing at the thought of doing another transition, try engaging the children in conversations and other vocabulary building experiences.

### For bathroom/ handwashing time

1. Play a game of "Simon Says"
2. Read a short story
3. Have children wiggle specific body parts
4. Talk about what they did in the morning or the

previous day or night

### Moving from lunch to nap time

1. Play soft calming music to set the tone
2. Tuck the children in
3. If a child is having a hard time laying down, show him what resting your body really looks like, lay down next to him!!
4. Talk about the benefits of resting our bodies
5. Have quiet activities at the table or plan rest time activities for children who wake up early
6. As children wake up,

utilize this as time they can use the bathroom as the others sleep.

7. If you notice children waking up earlier than what you have on your schedule, adjust your schedule, not the children!



## Episcopal Children's Services

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## Spotlight...Look who is shining bright!

This section focuses on Teachers & Providers shining brightly! If someone at your center is a shining star — share their accomplishments with an ECS team member.

- ☺ Joanna Krebs in Putnam wanted to say thanks to all of the providers that came to her recent Brain Research Training and recognize the following centers. Jenny Ritchie, 1 Year Old teacher, at Love Day Care has been working hard to follow the suggestions of her coach and arrange her classroom into learning centers and has even started a word wall. The Director and staff at a Child's Castle, has been very receptive to the ideas and technical assistance offered.
- ☺ We want to recognize Roots to Wings and Above and Beyond as two new centers in St.Johns County.
- ☺ Melissa and the staff at Lamb Day Care in Fernandina Beach deserve a "pat on the back" for working so hard toward Accreditation. All of your hard work will soon pay off. Congratulations!

# New Teaching Approach Shuns Labeling Children By: Crista Coffing-

Blain Inclusion Specialist Excerpted from "A Mind at a Time" by Mel Levine, M.D.

We all know the boy or girl who can't sit still, is constantly in trouble, or is not able to socialize successfully with other children? Dr. Mel Levine, a best-selling author-pediatrician, advises educators and parents instead of automatically labeling children to look closer because recent research shows that all brains are wired differently.

**Know thy child.** :Know your children's strengths and weaknesses. How well, for example, do they manage time, control their attention, write and read?

**Respond to gaps** :If you suspect your child is weak in areas that may cause problems later, seek assis-

tance from a professional.

**Foster strengths, knacks, talents, and interests.** :Help children pursue their passions. Playing sports is not enough. Children need both intellectual passions and recreational pursuits.

**Try not to harm** :If children feel they are disappointing their parents, they become emotional powder kegs. Give them lots of praise. Learn to listen without giving canned lectures or sermons.

**Maintain an intellectual life at home** :Show a strong interest in

what your child is learning at school. Limit television. Make sure children have free time to brainstorm, exercise creativity, and engage in imaginary play.

**Foster optimism and a positive view of the future** :Help children envision how they might use their strengths and interests in the future. The vision of the future should help to keep them motivated and ambitious.

As an educator it is important to remember that "There are a lot of different ways to succeed in life and many different minds out there." Dr. Mel Levine

## The Hands and Feet Turkey Shared by Tiffany Tyson Infant/Toddler Specialist

Well this is the month for gobbling turkeys. I wanted to give you an activity to do in your classroom for Thanksgiving. It is called Hands and Feet Turkey. What you need to do this activity:

- ☺ construction paper in brown, tan, orange, red, yellow and white
- ☺ Scissors
- ☺ Glue
- ☺ wiggle eyes, optional

How to Make It:

1. **Trace and cut out the child's hands and feet.** Trace two feet (with shoes on) on brown and tan construction paper. Trace two hands on red, orange and one hand on yellow construction paper. Total 4 feet and 5 hands.

2. **Make the body.** Put the two feet tracings together to make the turkey body and head, matching the heels together, and spreading the bottoms apart. Cut two feet out of the orange

scraps, and cut a diamond shape for the beak. Draw the eyes on white paper and cut them out, or use wiggle eyes. Make the wattle out of red construction paper. Glue them onto the body.

3. **Attach the tail.** Glue the red, orange, and yellow construction paper hands behind the brown body to make the tail.

4. **Wings.** Position the two tan hands to either side to make the turkey's wings and glue them in place.

## Environments Website by: Carla McGarva Environmental Specialist

Did you know that the *Environments* catalog has a wonderful website full of helpful information? Simply visit [www.eichild.com](http://www.eichild.com) and become a member. The Resource section of this website has articles that can be shared with both parents and staff. In particular, click on The Staff Training Aids section and there you will find an area entitled Health & Safety Guidelines. The following three headlines follow:

- Cleaning & Disinfecting the Early Childhood Facility
- Health Checklist
- Safety Checklist

These can be printed and hung in each classroom of your facility to ensure that proper Health & Safety practices are taking place. Use the other areas such as Daily Routines and Developmen-

tally Appropriate Learning to share during staff meetings, post on parent boards, etc. Be sure to look at the many other areas under the Resource section as well. These include: Label Maker, Assessment & Accreditation Guides, Parent Education Aids, Thematic Guides and Model Room Plans.

## Going Down on the Farm with Links to Literacy by Jennifer Agnew Literacy Coach

A good lesson plan can help bring organization and creativity to your classroom and can provide your preschoolers with an eagerness to learn. But remember, lesson plans are only a small part of the long-term goals you create for your students. Refresh yourself with the standards set by the Florida Department of Education's Office of Early Learning, in discovering what goals to set for your students in accordance with the domains. Next, once you have determined your long-term goal(s), figure out how you are going to achieve them.

Remember, your lesson plans need to be written and posted! For ideas on creating great lesson plans, look for upcoming trainings in the Master Training Calendar, or visit websites like [www.pbs.org/teachersource/](http://www.pbs.org/teachersource/)

### Sample of Lesson Activities for Day 1 of Farm Theme Long Term Goal Focus: Enhance & Improve Social/Emotional Skills

Morning Circle	Ask the children what they know about farms: -Who has been to a farm? -What animals live on farms? -What does each animal produce? Ex. Chickens-eggs, cows-milk, etc.
Story	"Old MacDonald's Farm" using flannel board. Have children interact
Centers	Bring out farm animals, any farm props into centers. Encourage children to build their own farms using these props.
Small Group	Create a poster board showing the life cycle of a vegetable seed, i.e. How a tomato grows. Using clean empty milk cartons, allow the children to plant vegetable seeds or grass seed in them.
Music/Movement	Using "Old MacDonald's Farm", sing together and move like the farm animals-walk like a chicken, gallop like a pony, hop like a bunny, waddle like a duck, etc.

## The Journey to Accreditation by: Kirsten McCrimon Manager of School Readiness



On the journey to accreditation one of the many important documents you (the director) should have in place is a center specific crisis management plan.

In November we are offering a training specifically geared to Directors and Family Child-care Homes on setting up or reassessing your current Crisis Management Plan called "When Disaster Strikes is your Crisis Management Plan ready?" This training is based on the government publication called *The Practical Guide for Schools and Communities*.

At the training you will receive information regarding an assortment of crises that may effect a childcare or family home center as well as the four steps of effective crisis planning.

### And the Survey Says....

We want to thank everyone who recently responded to our Director's surveys. Based on the feedback, Managers will be offering monthly support to those in need as well as offering trainings in conjunction with our quarterly meetings. If you are interested in the accreditation/improvement process, need Technical Assistance or have a training idea/need please contact Jenni or Kirsten and we will be happy to help. Thanks

#### Dates and Locations

Thursday, November 2: 11:30-1:00  
St.Johns Work Source Office on SR16

Friday, November 3: 6:30-8:30  
Palatka Work Source Building (in Mall)

Wednesday, November 15: 11:30-1:00  
OP Work Source 2141 Loch Rane Blvd

Friday, November 17: 11:30-1:00  
Family Service Center 418 S 8th St  
Macclenny

Please feel free to bring your lunch and RSVP, to ensure that enough materials are available at the training.



#### Contact Information

Kirsten McCrimon (SunkidZ)  
(904) 838-5252

Jenni Matusko (CNBB)  
(904) 726-1500 ext. 225



## Local Professional Development Opportunities (Training Calendar)

### Saint Augustine Trainings

- ☺ **November 6** - 6:30-8:30pm Ponte Vedra Library  
It's Potty Time: Flush! Flush! Flush!
- ☺ **November 15** - 6:30-8:30pm Rowe's Grocery  
Different But the Same? Cultural Diversity in the Classroom.
- ☺ **November 15** - 6:30-8:30pm SJC Main Library  
Legos are not Blocks

### Putnam Trainings

- ☺ **November 1** — 6:30-8:30 Work Source  
Gobble up a Great Lesson plan
- ☺ **November 2** — 6:30-8:30 Putnam Main Library  
Portfolioing is easy as 1,2,3
- ☺ **November 17**— 6:30-8:30 Work Source  
Understanding Developmental Screenings

### CNBB Trainings

- ☺ **November 2**- 6:30-8:30pm Yulee Full Service Center  
A Lesson at the Beach so to Speak: Using Sand and Water as Teachers
- ☺ **November 9**- 6:30-8:30pm Island View Baptist Church  
What Do You Do With the "MAD" That You Feel
- ☺ **November 9**- 6:30-8:30pm Yulee Full Service  
Flexible, Fearful or Feisty
- ☺ **November 16**- 6:30-8:30pm Island View Baptist Church  
A Lesson at the Beach so to Speak: Using Sand and Water as Teachers
- ☺ **November 30**- 6:30-8:30pm Island View Baptist Church  
ECERS At -A-Glance

To **register** for one of these great training opportunities please check-out our website. The website also will provide a complete list of trainings and descriptions offered each quarter. <http://www.ecs4kids.org/>.

## Other Professional Development Opportunities

### DCF 40 Hour Classes

ECS was recently given permission to offer the DCF 40 hour classes. Please check <https://training01-dcf.myflorida.gov/dcf/cct/reg/registration?countyidselected=42> to register.

### DCF Early Literacy & VPK Online Trainings

Please visit <https://training01-dcf.myflorida.gov/dcf/cct/inf0001.html> to take the classes.

### CDA/E Classes

Beginning February 1, ECS will be offering a CDA class

at Central every Tuesday & Thursday from 6:30-8:30. Please contact EJ Jones at 726-1500 ext 282 to register. Cost of the class is \$395. Grants are available.

### Area Conferences & Workshops

☺ **November 8-11: Atlanta, GA**

NAEYC Annual Conference and Expo [www.naeyc.org](http://www.naeyc.org)

### Scholarships

SunkidZ has a variety of scholarships available for more information please contact Dawn Bell at the coalition office (386) 328-8225.

## Warm Line 1-800-238-3463

Do you have a concern about the health, development, disability, and special needs of a child? If so call the Warm Line. The purpose of the warm line is to provide advice to child care personnel concerning strategies, curriculum, and environmental adaptations that allow a child to derive maximum benefit from the child care experience.

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