



December 2010

Southeast Early Childhood Professional Development Partnership Newsletter

SOUTHEAST
EARLY
CHILDHOOD
PROFESSIONAL
DEVELOPMENT
PARTNERSHIP
TEAM
AGENCIES

ESU#4 ESU #5 ESU #6

Beatrice Community Hospital
Blue Valley Community Action

Univ. of NE Extension
Family Service

Family Childcare Providers
Preschools

Public Schools

Concordia University

Public Health Solutions

Dept. of HHS

Peru State College

Southeast CC

Southeast District Health Dept.

SENCA Head Start

Grant Funded Preschools

Family Resource Center

Doane College



Kids and Holiday Stress

Kids love Christmas, but they too feel stress & anxiety over the holidays, especially if parents are stressed. These 10 tips will help children cope with holiday anxiety.

If parents are stressed at Christmas, their children will pick up those feelings of holiday anxiety. These holiday stress management tips will help both parents and children recognize holiday anxiety and feel less stress – because helping kids cope with holiday stress is the best way to enjoy Christmas!

First, recognize signs of holiday stress in kids. Signs of holiday anxiety include:

- Tears for seemingly minor reasons.
- Nervous behaviors such as nail biting and hair twirling.
- Physical complaints, such as stomachaches, headaches, fatigue, diarrhea, etc.
- Regression to younger behaviors: bed wetting, eating with hands.
- Withdrawal from school friends or siblings.
- Any behavior that your child doesn't normally do could be a sign

of Christmas anxiety.

Then, use the holiday stress management tips most appropriate for your kid.

- Take children out of the spotlight during Christmas plays or performances at relatives' homes. Helping children cope with holiday stress involves knowing their personalities and limits.
- Combine parties and get-togethers to reduce the time you spend partying. For instance, invite your aunt to a kids' Christmas party.
- Stick with the routine as much as possible. Keep stressful holiday shopping and eating out to a minimum; start preparing for Christmas early to avoid holiday anxiety.
- Ask your children what makes them feel better. Do they wind down with music, reading, spending time with you or playing with siblings? To help children calm down at Christmas, encourage them to do what they love
- Make sure your children eat nutritious foods, drink lots of water, and get exercise. Reducing kids' holiday stress is similar to minimizing your own holiday anxiety.
- Talk to your children about traditions and spirituality. If you believe in Christ, focus on the real meaning of Christmas – and trusting God. If you have traditions, explain why they've stayed in your family.
- Bring a favorite blanket or stuffed animal if you're staying with family over the holidays. A bit of home will reduce your child's holiday anxiety.
- Cope with your own holiday anxiety. The less Christmas stress you feel, the more relaxed your children will be.
- Volunteer at a food bank, kids' hospital or community center. Find ways to give to your community; volunteering often relieves feelings of holiday anxiety.
- Lighten the mood with funny movies, toboggan afternoons and cozy chats with hot chocolate.



Read more at Suite101: [10 Ways to Reduce Kids' Stress: Recognize Holiday Anxiety & Help Children Calm Down at Christmas http://www.suite101.com/content/how-to-reduce-kids-holiday-stress-a35512#ixzz15yaWwo02](http://www.suite101.com/content/how-to-reduce-kids-holiday-stress-a35512#ixzz15yaWwo02)

Hands On Early Learning with Jeff Johnson (Two locations on two different days)

It can be messy and loud, but young children learn through hands on interaction with the world around them. This session looks at dozens of ideas for using simple, inexpensive, and readily available materials to promote child directed play, exploration, discovery, and learning. This session is based on activities from my Redleaf Press Books, *Do-It-Yourself Early Learning* and *Everyday Early Learning*.

Thursday Feb. 17

6:30pm-8:30pm

York Elementary School
York, NE

To register call Karen at (402) 362-1414 or kpinkelman@yorkpublic.org

Friday, Feb. 18

1:30-4:00pm

Concordia University
Seward, NE

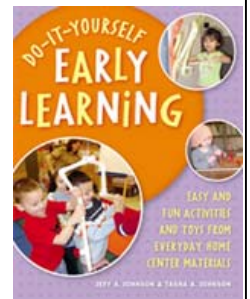
To register call Annette
at 643-7474

No cost

For parents, providers, teachers, students, service providers



Jeff A. Johnson opened Explorations Early Learning, a family child care program, in 2003 with his wife, Tasha, after spending 16 years directing a child care center and community center for a large non-profit agency. Their program focuses on emergent learning in a play-based and child-centered environment. Jeff presents keynotes and workshops at over 30 events a year on two main themes: caregiver self-care and child-centered early learning. In the last three years, he has presented to thousands of caregivers in about half the fifty US states and Ireland.



He is the author of seven books:

Do-It-Yourself Early Learning (Redleaf Press, 2006)

Finding Your Smile Again (Redleaf Press, 2007)

Everyday Early Learning (Redleaf Press, 2008)

Babies in the Rain (Redleaf Press, 2009)

Keeping Your Smile (Redleaf Press, 2010)

The Child Care Alphabet Book of Early Learning (Explorations Early Learning LLC, 2007)

The Child Care Alphabet Book of Manipulatives (Explorations Early Learning LLC, 2008)

For more information about Jeff, visit his website at www.jeffajohnson.com or email him at explorations@cablone.net.

The Learning Child: Keys to Enhancing Learning

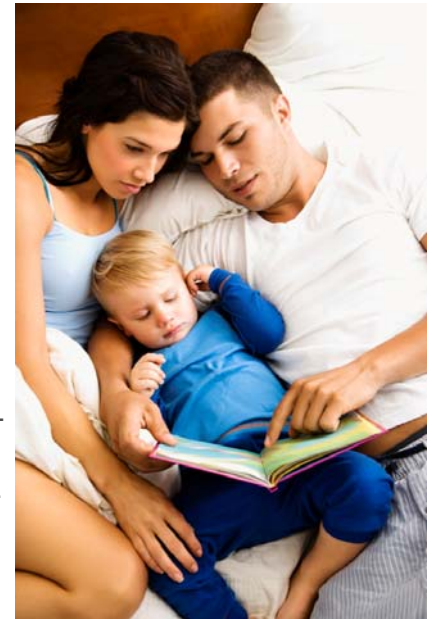
Monday, April 11th, 2011

6:30 PM

UNL Extension, Saline County

306 W. 3rd

Wilber, NE



When families and caregivers play, read and talk with their children, they foster their cognitive competence in ways associated with later academic achievement, work performance and social adaptation. This interactive lesson will introduce fun and exciting ways caregivers create a responsive, simulating, affirming and developmentally appropriate environment for young children (Birth-3).

Please RSVP by Thursday, April 7th if you plan to attend by calling
402-821-2151

Can they do it? Yes, they can!

Building Independence through Adaptations

February 12, 2011

ESU 5 in Beatrice

9:00-12:00pm

No Cost

Target Audience: Providers and Parents

Register with Peggy at ESU 5 402-223-5277

Workshop Objectives:

- (1) Participants will learn how to use assistive technology during daily routines within child care facilities to support the development of children with disabilities.
- (2) Participants will learn how to create adaptations in daily routines within child care facilities to increase the participation and engagement of all children.

Technology Tubs Checkout

The tubs will be made available to child care staff through checkout from ELC Coordinators and/or Regional Planning Region Teams. Materials included in the tubs will be assistive technology-based daily living toys and other materials that will be used to promote the development of young children. The inclusion of toys will be based on their contribution to the development of basic skills as well as their appeal to the interests of infants and toddlers.

SAVE THE DATE

JODI PFARR

BRIDGES OUT OF POVERTY: STRATEGIES FOR PROFESSIONALS WORKING WITH FAMILIES LIVING IN POVERTY WITH YOUNG CHILDREN



MAY 16-17, 2011

HOLIDAY INN

KEARNEY, NE



Jodi Pfarr is currently the Executive Director of Emma Norton Services, providing housing to single women with low incomes in the Minneapolis, MN area. Pfarr, who hold a Masters of Divinity degree, has worked for years within the crisis trauma arena. As a former debriefer for the St. Paul Police Department, she is able to offer her audience a view of poverty from two sides; the side experienced by the children and families living in poverty, as well as the perspective of the police and supporting professionals who are challenged to increase their awareness of the differences in economic cultures, how these differences affect opportunities for success, and the barriers to change.

THIS WORKSHOP IS DESIGNED FOR SERVICES COORDINATORS, EARLY CHILDHOOD PROVIDERS, MENTAL HEALTH PROVIDERS, HEAD START TEACHERS AND CASE WORKERS, CHILD CARE PROVIDERS, IFSP/IEP TEAMS, SOCIAL WORKERS, SCHOOL PSYCHOLOGISTS, MIGRANT RECRUITERS AND COORDINATORS, CHILDREN & FAMILY SERVICE PROVIDERS AS WELL AS FAMILIES AND FOSTER FAMILIES.

FUNDED THROUGH NEBRASKA PART C IDEA ARRA FUNDS

CHILDREN BIRTH TO
THREE ARE
AMAZING!

SO ARE THEIR
CAREGIVERS!

SAVE THE DATE!!



Celebrating Infants and Toddlers:
A Nebraska Professional Development Institute



National Presenters
Inservice Hours
Early Childhood CEU's

Celebrating

- Infants and toddlers
- Infant/toddler caregivers and others who support their development

There will be

- Fantastic presentations
- Great food
- Wonderful resources to take home

**Cornhusker Marriott
Lincoln, Nebraska
February 17, 18, 19, 2011**



**Funded through the American Recovery
and Reinvestment Act Child Care and
Development Block Grant Quality Funds**
Watch for further information



Questions ?

martha.nash@nebraska.gov

Emotion Coaching

Presented by Kelly Vanness, MA

Tuesday, March 1, 2011

6:30pm—8:30pm

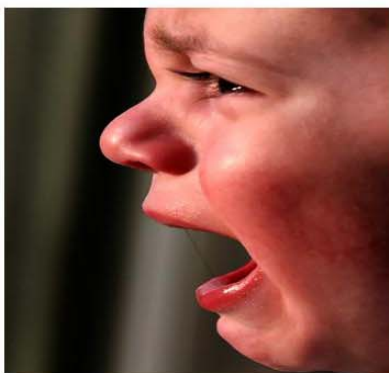
(Complimentary Supper served from 6:00-6:30pm)

ESU 6
210 5th Street
Milford, NE

Learn how you can help children to recognize, learn about and express their emotions in a positive way. You will also learn about social/emotional development of young children birth to age 5. We will explore the four parenting styles and the five steps of emotion coaching. This workshop is designed for parents, caregivers and early childhood professionals.

Who Should Attend?

Teachers/Paras
Childcare Providers
Parents



To Register

go to
www.esu6.org
and click on events
registration.
(Questions, call
402-761-3341)
Registration Deadline is
Feb. 23

This free workshop is sponsored by the
Early Childhood Region 6 Planning Team.

Core Competency: Interacting with Children and
Providing Guidance to Children

Learning with Nature

December 16, 2010 7:00pm-8:30pm

Cost: \$5.00 or Free to Family Service CCFP participants
This workshop will be held in Lincoln, NE.



SEWARD

Family Nights

2010-2011
5:45-6:30 p.m. Free Family Meal
6:30-7:30 p.m. Parent Presentation

Family Nights are for parents and their children to relax at the end of the day and enjoy a free meal followed by a presentation for parents while children play under the supervision of Concordia University students. Please sign up at UNL Extension Office at 643-2981, or St. John Child Development Center at 643-3122, We want to be sure to prepare enough food for everyone!

This invitation is open to all families in our community.

September 14, 2010

"No Child Left Indoors"

Walk a trail and learn how to be a citizen scientist by tagging butterflies, catching frogs, counting and feeding birds, and other activities.

FREE GIFTS FOR CHILDREN

Location: Seward County Fairgrounds/4-H Center

Dinner sponsored by Subway - Served by St. Andrew Episcopal Church, Seward

October 19, 2010

"The Message Behind The Behavior"

This presentation will include common behaviors that families have to deal with, including such things as lying, tantrums, sleep problems, and food issues.

Presented by Nancy Thompson, MS LMHP Child & Family

Therapist/Consultant

Location and meal sponsored by St. Vincent de Paul Catholic church, Seward, NE

November 9, 2010

"What Do I Do If They Don't"

What is your response when your children don't do what you want them to do? Can you make it non-stressful? Learn some simple techniques to make this possible.

Presented by Matt McNiff, M.A. ESU #5

Location and meal provided by United Methodist Church, Seward, NE

February 15, 2011

"It's OK To Play"

This workshop will introduce parents to all the wonderful benefits of play on their child's growth and development. This fun and interactive session will help families learn how to play, grow and learn together!

Presented by Tonia Durden, Ph.D, Extension Early Childhood Specialist
Location and meal provided by St. John Lutheran Church, Seward, NE

March 8, 2011

"All The World's A Stage"

Kids roles as child, sibling, and friend. This session will focus on teaching appropriate boundaries and helping kids build healthy relationships with parents, siblings and friends.

Presented by Carrie Gottschalk, Family consultant Therapist

Location: Seward Civic Center

Meal provided by Seward Kiwanis

April 19, 2011

"Connecting Kids With Stories"

Storytelling is a great way to reach kids, and can be an even better outlet for the kids themselves. Storytelling stimulates imagination, reinforces memory, and broadens the experience of language, especially for those kids who have difficulty with the written word.

Presented by Michael Sullivan, worldwide known author

Location: Seward High School Theater

Meal provided by Runza

Sponsored by:

- *Seward County Bridges**
- *UNL Extension Office in Seward County**
- *St. John Child Development Center**
- *Seward Public Library**
- *Four-Corners Health Department and Southeast Early Childhood Professional Development Partnership**


Free beginning literacy screening
for readiness for school in:
October and February



Save the Date!!



February 10 & 11, 2011
Embassy Suites Omaha-LaVista

 **Thursday, February 10**

**"Findings, Meaning, Action: Making Sense of Your
Results Matter Child Outcomes Data"**

Dr. Kathy Hebbeler

Early Childhood Outcomes (ECO) at SRI International, Menlo Park, CA

Dr. Lynne Kahn

ECO at Frank Porter Graham Institute-UNC, Chapel Hill, NC

 **Friday, February 11**

**"Engaging Every Child in Community-based
and Center-based Settings"**

Dr. Robin McWilliam

Siskin Children's Institute, Chattanooga, TN

Registration Coming Soon!



Sponsored by
Nebraska Department of Education and
Nebraska Department of Health and Human Services



SAVE THE DATE!

Kaleidoscope Conference

January 29, 2011

Omaha, NE

Contact OmahaAEYC@yahoo.com

Early Childhood Conference

February 5, 2011

Grand Island, NE

Contact: Sue.jensen@nebraska.gov

Peru

Early Childhood Conference

April 2, 2011

2011 Nebraska ASD Conference

April 7th and 8th, 2011

Embassy Suites— La-Vista, NE

Keynote Speaker:

Michelle Garcia Winner

Concordia Early Childhood Conference

June 15, 2011

Keynote Speaker:

Dr. Judy Harris Helm

What Do I Do If They Don't?

Helping children with Behavioral Challenges

Mr. Matt McNiff, M.A., presenter

Thursday, February 3, 2011

6:00 – 8:00 p.m.

(5:00-6:00pm Supper will be served)

Central Elementary School

Fairbury, NE

Who Should Attend: Parents, Teachers, Child Care Providers,
Service Providers

In-service hours available

Raising children is tough work. Raising children who display rude and defiant behavior can be even tougher. What do you do if the children refuse? What are some strategies that you can use when they don't want to do what you ask of them? How do I stop my child from tantruming. This workshop will address why children display defiant behaviors and provide strategies for timeouts, tantruming, and many more behavior issues.

Mr. Matt McNiff, M.A. - Matt McNiff is a behavior consultant with the Educational Service Unit No. 5 in Beatrice, NE where he works with nine school districts to help teachers and administrators develop ways to help students with behavior problems. Matt has a Master's degree in special education from the University of Nebraska-Lincoln, specializing in behavior disorders. Matt specializes in helping teachers to develop programs that will reduce problematic behaviors and increase academic time. He also speaks to groups around the country on how to reduce rude and defiant behavior in children.

To register for this free workshop please contact Renae at 402-729-2418
by January 27, 2011.

This workshop is being sponsored by Fairbury Public Schools and the
Region 5 Planning Team.

Core Competency: Interacting with Children
and Providing Guidance to Children

PROVIDER SPOTLIGHT

Jenifer Alberts

I am the Early Childhood Specialist for Freeman Public's Young Falcon Preschool in Adams, Nebraska. I live near Filley, Nebraska with my husband Doug and our four children Olivia, Emma, Ian, and Avery. This is the first year that our site-based preschool has been in session, and we have had an amazing start to our school year. Is it really December!? We currently serve seventeen preschool children in a morning session which is offered Monday thru Thursday. Our class is a mixed age group of 3's, 4's, and those just turning 5.

The Young Falcon program stresses the importance of play in how a child learns, grows, and turns into the unique and amazing person that they are to become. The children are offered many choices throughout their day...their favorite being center-time. Center activities include, art, blocks, dramatic play, library, discovery, story writing, sand/water table, hands-on learning (puzzles, games, manipulatives), along with our other special theme centers.

I am fortunate to have an amazing team to teach with; I truly believe that it takes a village. Freeman Public is fortunate to have our own full-time speech-language pathologist, Annie Guenzel, who works with our preschoolers for ninety minutes each day. Our two paraprofessionals, Robyn Finkner and Vici Osterhaus, are also a valuable part of our preschool team. We feel a strong and supportive partnership with our parents, communities, and school, are key to success.



Darlene Rockenbach

Hi! I'm Darlene, an Early Childhood Educator at Centennial Public School in Utica, NE. I received a Bachelor of Science Degree in Elementary and Early Childhood from Concordia, Seward in 1994. In 2009 I received a Master's Degree in Early Childhood Administration. My experiences have been focused on teaching and administration in early childhood. I live in Seward with my husband Mark, and our three children Joshua, Rachel, and Andrew.

Centennial opened its doors to their first classes of preschool this year. It was apparent there was a need to reach young children and provide fun educational experiences for them. There were so many children missing the opportunity for preschool before entering kindergarten. Lil' Broncos Preschool has a three year old program Monday-Thursday mornings. There is an afternoon class of four year old students. Children are allowed to learn and explore while playing indoors and outdoors. Children are engaged and developing an intrinsic motivation to play and learn. Lil' Broncos preschool is setting the stage for a lifetime of learning!

We are thrilled about having 28 students in our first year. It is exciting to see the enthusiastic and energetic children walking through our doors each day. The children are full of questions and curiosities yet to be explored. Lil' Broncos Preschool is successful because of the support received from our team of staff members, teachers, administrators, and school board members. Each day we focus on meeting needs of our students and how to adapt our teaching to meet their needs.



BETTER KID CARE 2010 - 2011

Penn State and the University of Nebraska—Lincoln Extension

Giving Your Best: Making Secure Attachments *January 27, 2011 - 6:15 p.m.*

If you make a list of qualities of successful adults it will likely include: confidence, independence, strong social skills, resilience, cooperation, etc. The foundation for these traits is built on the relationships that infants and toddlers form with the adults in their world. Learn what you can provide for children today to help prepare them to be successful adults tomorrow.

Every Child Counts: Building Community *March 8, 2011 - 6:15 p.m.*

Jamal seems different from the rest of the children in your group. He usually plays by himself and when he asks to join others in play, they usually say “No.” This program will help you learn how to bring out nurturing, caring behaviors in children to create a community where children support each other. You’ll learn ways to help Jamal and others like him to rise from being loners in the group to being leaders.

Creating Special Moments with Infants & Toddlers *May 3, 2011 - 6:15 p.m.*

Special moments should occur more often than celebrating children’s birthdays or developmental milestones. This program will help you discover how to create special moments with infants and toddlers every day. Learn how to turn diaper changing and other routine tasks into special moments that you share with each child.

There are two (2) in-service hours available for each session you attend. Each program is free of charge. The sites are: **Nebraska City High School Media Center** and **University of Nebraska-Lincoln Extension Office in Syracuse**. Please pre-register by calling the UNL Extension Office in Otoe County at 269-2301. Let us know early which site you will attend so adequate copies of educational materials will be available.

If you are unable to attend, a DVD of the program is available for review. However, to receive two credits for watching the DVD, you must write a one-page summary of the program and turn it into the UNL Extension Office in Otoe County. Call 269-2301 for the DVD. The one page summary can be done only one time a year for two hours of in-service.

Early Learning Guidelines

Social Emotional

Monday, April 4 and Monday, April 18
6:00pm -9:00pm both nights

No cost

ESU 5---Beatrice

To register call Peggy 223-5277
CORE COMPETENCY: Level 4



Fun to Play Ready to Learn: Wiring Infants and Toddlers for Success!

When families and caregivers play, read and talk with their children, they foster their cognitive competence in ways associated with later academic achievement, work performance and social adaptation. This interactive lesson will introduce fun and exciting ways caregivers can support the brain development of young children.

Date: January 26th

Time: Noon-1:00pm

Presenter: Eileen Krumbach

Location: Kilgore Library, 520 Nebraska Ave., York, NE 68467

Registration Contact: Deb Schnell, York Middle School 362-6700

1 Inservice hour for Child Care Providers

Cost: \$5.00

The first ten individuals to register will receive the Fun to Play,
Ready to Learn Book Free at the door - (10.95 value)

Nebraska Early Learning Guidelines

Birth to 5

January 22—Creative Arts

February 26—Language and Literacy Development

Session times: 8:30am—2:30pm

Location: UNL—Lincoln extension in Lancaster County Office
444 Cherry Creek Road

Trainer: Michelle Rupiper,
Director of Ruth Staples Child Development Lab
University of Nebraska-Lincoln

Cost: \$10.00 per session, paid at the door for each session
Lunch is included

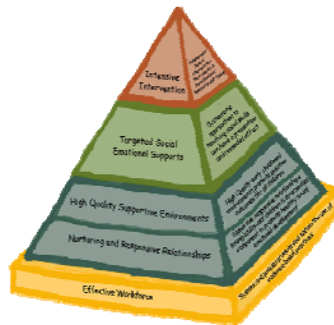
Pre-register by calling: 436-1997 (Lincoln Public Schools E*CITE)
Core Competency: Level 4



Planning Responses to Children's Behavior

*A 3-Part Training for Early Childhood Professionals
Who Work with Children Age Three to Five*

ESU 5
900 W. Court
Beatrice, NE



Module 1: Promoting Children's Success:
Building Relationships and Creating Supportive Environments
Friday, January 14, 2011 9:00-3:00pm

Module 2: Social Emotional Teaching Strategies
Friday, February 25, 2011 9:00-3:00pm

Module 3: Individualized Intensive Interventions:
Determining the Meaning of Challenging Behavior
and Developing a Behavior Support Plan
Friday, March 25, 2011 9:00-3:00pm

There is no charge for this training.

Because the principles of these workshop build upon each other,
attendance at Modules 1 and 2 is a prerequisite for attending Module 3.

Lunch will be provided on all three days of the training.

To register contact Peggy at ESU 5 by calling (402) 223-5277



Southeast Early Childhood Professional Development Partnership
Cara Small, Coordinator
csmall@esu6.org (402) 761-3341 FAX (402) 761-3279

[The deadline for submitting information for publication in the next issue is January 15, 2011.](#)

Improving Child Care Quality

A cash award of \$1,000 awaits one hundred and fifty child care providers across the state who successfully complete an exciting new project, the *Nebraska Early Learning Connection for Quality Portfolio*. This stipend is a recognition for child care providers who work with a program that accepts child care subsidy (often known as Title XX), who join a local network of learners and complete the entire series of six designated workshops. The guided activities of the project will total 25 hours of training. The network process is one of learning along with others who are also committed to quality programs. The focused learning experiences will lead to reflection and self-awareness, professional development planning, program quality improvements, attention to attributes needed to effectively serve children in inclusive programs, as well as how to partner effectively with families and community service providers. Components of the project include the six workshops, personal visits with a facilitator/coach following each workshop, and preparing a portfolio/scrapbook of activities. Applications from providers have been received and these scheduled workshops begin in January and conclude in July.

Educational Service Unit #6
210 5th Street
Milford, NE 68405

Non-Profit
Organization
U.S. Postage Paid
Milford, Nebr.
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