



CHILDREN... THE HEART OF THE MATTER

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Nebraska Association for the Education of Young Children, Inc.

An affiliate of the National Association for the Education of Young Children

July, 2011 Newsletter



www.NebraskaAEYC.org

FROM THE PRESIDENT

Dawn Mollenkopf



When my twin sister, Tracy, and I were little, we loved playing with our model horses. The favorite horse we both shared was a Palomino named "Thunderbolt" because he had movable legs. One day, Tracy and I decided to have a horse show to see which horse could jump the highest. We actually didn't need to decide between us which

horse would win. It would naturally be Thunderbolt. Blackie, with the taped broken foot would score the lowest. My sister began to narrate the action. "Here comes Blackie running to the jump and he sails over the fence - 10 feet high. Now it's Brownie's turn. He runs to the jump and sails over the fence - 12 feet high. Then it is Thunderbolt's turn. He races easily to the jump and sails way over the fence - 100 feet high. Yeah! Thunderbolt is the winner!" I didn't dispute the win, but I knew enough about horses to know that 100 feet wasn't possible and explained this to my sister. She thought about it for a few minutes and then replayed the final win - at 50 feet high. I tried to negotiate down to 15 or 20 feet, which I thought might be realistic but my sister stuck at 50. So Thunderbolt won the race at 50 feet that day.

I have often thought about our play and realized that while I was more realistic, my sister was simply being more visionary. Maybe Thunderbolt couldn't really jump that high, but having a vision of something bigger was worth striving for, even if it was not readily attainable.

There are many challenges that face the Early Childhood field today and in the midst of our daily work with young children and families it is important to visualize the best each family and child can become, the best staff we can provide, the best policies we can support, and the best research we can engage in to optimize future outcomes. This year, the Nebraska Association for the Education of Young Children is also working on its vision - Vision 2015. The vision is still being created, with opportunities for members to rethink what membership should entail, suggest how the organization can improve communication, and identify ways that NAEYC can better advance the Early Childhood field. May all of us continue to work together to create a strong vision to make the Early Childhood field the best it can be.

"Flooding", "Levee", "Sand Boils"

Information provided by Susan Strahm

To Child Care Providers,

"Flooding", "Levee", "Sand Boils" are becoming all too familiar words to residents all along rivers in Nebraska.

The Missouri River Valley is in the midst of a record-breaking prolonged natural disaster. As adults, we have knowledge and resources to work through many of the issues associated with the flood. However, children and youth often do not have the experiences and knowledge necessary to process this disaster. Even children not directly impacted by the flooding may have questions or concerns. It is up to us as adults to assist them.

University of Nebraska Lincoln Extension has resources available to guide you in assisting children and youth work through this natural disaster. The following is a list of resources:

- ♥ "Dealing with Disasters" <http://flood.unl.edu/famililes>
- ♥ "Assisting Children and Youth Cope with Disasters" <http://www.extension.iastate.edu/woodbury/news/floodsand youth.htm>
- ♥ "Children as Victims of Natural Disasters" http://www.cfs.purdue.edu/extension/documents/children_families/ChildrenVictimsNaturalDisasters.pdf
- ♥ "Understand the Impact of Disasters on the Lives of Children and Youth"
- ♥ <http://cals.arizona.edu/pubs/family/az1341/az1341c.pdf>
- ♥ "Children, Stress, and Natural Disasters" <http://web.extension.uiuc.edu/disaster/teacher/teacher.html>
- ♥ "Children's Literature on Floods and Natural Disasters"
- ♥ <http://web.extension.uiuc.edu/disaster/teacher/floodbib.html>
- ♥ "The Great Storm and Flood Recovery: Children's Story and Activity Book" <http://www.mentorresearch.org/Documents/StormFloodColoringBookParentGuide.pdf>
- ♥ American Red Cross "Masters of Disaster" <http://www.redcross.org/disaster/masters/>

If you have questions please contact :
LaDonna Werth UNL Extension Educator,
128 Nth 6th St, Ste 100, O'Neil, NE 68763, 402-336-2760

www.NebraskaAEYC.org

Nebraska Association for the Education of Young Children Mission Statement

The Nebraska Association for the Education of Young Children, Inc. is committed to supporting high quality care and education for young children in the state of Nebraska.

The mission of the Nebraska Association for the Education of Young Children, Inc. is to:

- ♥ promote professional development activities
- ♥ advocate for issues relating to children and families
- ♥ serve as a resource for local affiliates and for other agencies involved in working with and for children and families
- ♥ disseminate information supportive of quality services, education, and care for children and their families
- ♥ provide networking opportunities for early childhood professionals and families throughout the state.

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January 1, 2011 – December 31, 2011

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Childhood Policy & Public Services, Building Bright Futures

Nebraska AEYC

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www.NebraskaAEYC.org

**Strengthening and supporting Nebraska's
early childhood community since 1976**

NAEYC UPDATES



Early childhood professionals are gathering in Orlando, FL this November! Join tens of thousands of your colleagues from around the world as NAEYC presents the world's largest conference on early childhood education. Whether you are a newcomer to the field or an experienced professional, we invite you to join with us to strengthen your knowledge of the best approaches to high-quality early childhood education.

This year, NAEYC plans to have nearly 50 topic areas from which to choose. Some of the sessions will be presented in Spanish. Conference sessions will be held at the Orange County Convention Center, 9800 International Drive, Orlando, FLA. For more information, visit <https://www.naeyc.org/conference/>.

Registration is now open!!

HEADLINES FROM AFFILIATE CONNECTIONS, JUNE 30, 2011

NAEYC is again planning a **summer membership campaign**. More details to follow.

Student Resources are now available online. Visit the Affiliate Resource Center/Students, and begin with the Student, Faculty and Affiliate Guide, highlighting Campus Events, Conferences, Week of the Young Child, and Fundraising or Advocacy. Providing support to student groups was one of the goals of the NeAEYC 2010 & 2011 retreat. We'll continue to work with existing and new student groups.

A new publication, **Spotlight on Young Children and Nature**, is now available. With this collection of articles from *Young Children*, teachers will learn how to use nature education to address early learning standard, involve families and the community, and encourage children's appreciation of the natural world.



NAEYC and VISION 2015

The NAEYC Governing Board recently approved an exciting and strategic Vision 2015 at its September 2010 meeting. NAEYC is asking affiliate leadership at the local and state levels to become acquainted with and aware of this vision. NAEYC is asking that affiliates consider how our affiliate can complement the goals and related benchmarks with Vision 2015 through a plan for our state, and how will this vision influence or impact our future strategic direction.

The six goals identified by NAEYC are as follows:

1. NAEYC is influential and impacts local, state, and national early childhood **public policy and early childhood professional practice**.
2. NAEYC has **aligned its standards for early childhood programs, practices, and professional preparation with its policy stances**.
3. NAEYC demonstrates a strong **commitment to continuous improvement with respect to organizational wellness and organizational excellence**.

4. NAEYC is a model of **diverse leadership and leadership development**.
5. NAEYC has a "**connected network**" of 250,000 people; alliances with other organization enhance this network.
6. NAEYC promotes the expanded **development of the professional status** of individuals in the early childhood field.

ADVOCACY/EDUCATION

The recently announced Early Learning Challenge Grant, as part of the new round of Race to the Top, announces bold priorities in the draft requirements states must address to be competitive in their grant applications. One of the most seemingly controversial priorities is using universal and undefined early learning and development standards and kindergarten entry assessments to promote school readiness. The persistent use of the words “school readiness” bubbles up in all our work around increasing access to high-quality childcare, but what does it mean? What we know for sure is that the issue of school readiness is about much more than a child being ready, it’s also about ready schools and ready communities. And it’s much more than a moment in time pencil and paper test. A child’s readiness to learn in school is generally attributed to five domains¹:

- Physical well-being (e.g., health, motor development);
- Social and emotional development (e.g. social skills, emotion regulation);
- Approaches to learning (e.g., ability and inclination to use skills);
- Language development (e.g. verbal language, emerging literacy skills); and
- Cognition and general knowledge.

Sarah Ann Kotchian
Public Policy Chair



We are fortunate to see many if not all of these factors recognized in Nebraska’s Results Matters work, but Results Matter in Nebraska is limited only to early childhood programs served by school districts and their partners. In 2010, twenty-one states required universal assessment of all students entering kindergarten, and three other states were close to universal in practice.² The universal assessment of these students arguably allows both the state and the local community to take accountability of results and allow more attention to curriculum and individualized instruction and support at school and at home. So where are we in regard to assessing school readiness for all children in a way that addresses multiple domains with responsible use of the data to inform policy?

If you will recall in 2010, the Nebraska Legislature passed LB 1006, to move the kindergarten entrance age date from October 15th to July 31st, effective in 2012. The law also requires that on or before January 1, 2012, local school boards must approve and make available a recognized assessment procedure for determining if a child is capable of carrying the work of kindergarten, but these assessment procedures are strictly limited to early entrance only. Currently, Nebraska school districts are prohibited from assessing a child’s readiness prior to kindergarten if the child is age-eligible to attend. So with this incredible new federal funding opportunity before us, is it time we rework our current policies to even out the starting line so all children have the opportunity to race to the top from the very beginning? We remain at the ready.

¹S.L. Kagan, “Readiness past, present, and future: Shaping the agenda,” *Young Children* 48 (1992): 48-53.

²NCSL *Technical Report: State Approaches to School Readiness Assessment* (2009), by Jennifer M. Stedron, National Conference of State Legislatures (NCSL). www.ncsl.org/documents/Educ/KindergartenAssessment.pdf#

CHILDREN’S CHAMPIONS



To receive regular, informative email information regarding legislative issues and early childhood, sign up for Children’s Champions. Go to www.NAEYC.org, click on Public Policy, and join Children’s Champions. These updates are provided by NAEYC and Adele Robinson, JD, Deputy Executive Director, Policy and Public Affairs.

KINDERGARTEN ELIGIBILITY

This information is about the minimum age requirements at which pupils may enter kindergarten and first grade in Nebraska. This law was effective July 15, 2010.

For the school year 2011-2012: Except for exceptions, no child shall be admitted into kindergarten unless the child has reached the age of five years or will reach the age of five years on or before **October 15** of the current year.

For the school year 2012-2013 and each school year thereafter: Except for exceptions, no child shall be admitted into kindergarten unless the child has reached the age of five years or will reach the age of five years on or before **July 31** of the calendar year in which the school year for which the child is seeking admission begins.

Exceptions: The child attended kindergarten in another jurisdiction in the current school year, the family anticipates relocation to another jurisdiction that would allow admission within the current year, or the child has demonstrated through a recognized assessment procedure approved by the board that he or she is capable of carrying the work of kindergarten.



TECHNOLOGY

FEATURED WEBPAGE

www.NebraskaAEYC/Nature Explore

This page includes much information about the importance of outdoor play for children of all ages.

- Body of evidence: Links to Richard Louv and resources at the Early Childhood Training Center
- Information about Learning with Nature resource and the process to develop a classroom
- Links to Dimensions Educational Research Foundation, Arbor Day Foundation, & nation-wide Certified Nature Explore classrooms
- Nebraska Outdoor Classroom Sites: This link is right in the middle of this page, and includes links to information and photos from 43 Nebraska child care centers, public facilities, Head Start classrooms, and public school classrooms.
- Contact information for Nancy Rosenow, Director of Dimensions Educational Research Foundation is included.



Website Trivia: T.E.A.C.H., Calendar, Job Postings and the Newsletter are the most visited sites. January through June the average daily visit to our site was 57.5. People from other countries such as Russia, Ukraine, Canada, Kazakhstan, and others also visit our site on a daily basis.

www.NebraskaAEYC.org

SURVEY MONKEY



STUDENT GROUP SURVEY

This survey was distributed to 17 institutions of higher education, all with an early childhood program. Representatives of 12 of these institutions responded to the survey.

students:

- 2/3 of the respondents have more than 46 students in classes each year
- 54.6% of the students take classes on campus

Do you have an EC organization?

- 50% said No, they don't have an EC organization
- 25% have an organization connected with AEYC
- 25% have an organization unconnected with AEYC

Are you interested in support from Nebraska AEYC to form a student group?

- 81.8% said Yes

From the narrative, the biggest concerns are faculty time and support, campus red tape, and other competing groups.

FACEBOOK

NeAEYC is on Facebook

If you are a Facebook Member just type: [facebook.com/NeAEYC](https://www.facebook.com/NeAEYC) in your browser and it will lead you directly to our page. Click the "LIKE" button at the top of the page.



NAEYC POSITION STATEMENT ON TECHNOLOGY

NAEYC's position statement on Technology and Young Children is in the process of revision. In their position statement, the word "technology" refers primarily to computer technology, but can also include related technologies.

It includes 7 key principles:

1. In evaluating the appropriate use of technology, NAEYC applies principles of developmentally appropriate practices and appropriate curriculum and assessment. In short, NAEYC believes that in any given situation, a professional judgment by the teacher is required to determine if a specific use of technology is age appropriate, individually appropriate, and culturally appropriate.
2. Used appropriately, technology can enhance children's cognitive and social abilities
3. Appropriate technology is integrated into the regular learning environment and used as one of many options to support children's learning
4. Early childhood educators should promote equitable access to technology for all children and their families. Children with special needs should have increased access when this is helpful.
5. The power of technology to influence children's learning and development requires that attention be paid to eliminating stereotyping of any group and eliminating exposure to violence, especially as a problem-solving strategy.
6. Teachers, in collaboration with parents, should advocate for more appropriate technology applications for all children.
7. The appropriate use of technology has many implications for early childhood professional development.

More information is available at <http://www.naeyc.org/files/naeyc/file/positions/PSTECH98.pdf>

"If everyone is moving forward together, then success takes care of itself."

Henry Ford

NeAEYC ANNUAL PLANNING RETREAT

Nebraska AEYC hosted the 10th annual planning retreat at Mahoney State Park on Thursday, June 9. It was attended by nearly 50 people. Nebraska Head Start Association provided financial support. More information to follow in the September newsletter.



Terry Rohren
presenting on the registry



Sarah Ann Kotchian
presenting on advocacy



Carol Fichter
presenting on the portfolio project &
the Early Learning Connections

Door Prizes
were won by:

- Mary Afrank
- Angela Rippe
- Cara Small
- Molly Clark
- Jeanne Webb
- Jen Hernandez
- Becky Veak
- Pat Enevoldsen
- Penny Gildea



Crystal Kozak
presenting on student
chapters



Jen Harris, Connie Fishburn, Pat Hoffschneider



Door prizes



Celebrating 10 years of
incorporation and retreats



Large Group



Linda Zinke
presenting on
NeAEYC

NeAEYC ANNUAL PLANNING RETREAT



Advocacy Team



T.E.A.C.H. Early Childhood NE Team



Affiliates/Chapters Team



Quality Initiatives Team

STUDENT LEADER RECOGNITION



Roseanna Conley, Metro CC student, with Gina Defreese & Beth Brewer.



Brittany Cambren, Southeast CC student, with Crystal Kozak & Gina Defreese



Angela Rippe, Southeast CC student, with Crystal Kozak & Gina Defreese

ACCREDITATION



NEBRASKA AEYC ACCREDITATION SUPPORT

TRACY GORDON is available to provide training, coaching and support to programs working on their accreditation process. She has been working with programs in both Omaha and Lincoln. She can provide a one-time training event, or ongoing support, scheduled together with the program.



For more information, contact Tracy at tgordon@NebraskaAEYC.org or 402-476-5662.

NEBRASKA DEPARTMENT OF EDUCATION SUPPORT

Nebraska Department of Education provides support for accreditation through funds for partial payment of self-study, application, candidate and annual report fees.

Contact: Linda Meyers – 402-471-2980 or linda.meyers@nebraska.gov

NeAEYC ACTIVITIES

Portfolio Projects

Nebraska AEYC staff have been attending events recognizing the conclusion of the Portfolio Project. At each of these events, an overview of Nebraska AEYC, including the history, member benefits, and project information was presented.

North/Northeast—ESU 1

Linda Zinke attended a dinner on June 1 in Wayne, recognizing the conclusion of the Portfolio Project.

This event was attended by 23 participants, plus Susan Strahm, Early Learning Connections Coordinator, and Stacie Hardy, Portfolio Project facilitator. Each of the participants received a membership in NAEYC.

High Plains—ESU 16

Brandee Lengel attended a dinner on June 29 in North Platte, recognizing the conclusion of the Portfolio project.

This event was attended by 10 participants, plus Cheryl Roche, Early Learning Connections Coordinator/ Portfolio project facilitator. There is interest in starting a chapter of Nebraska AEYC in this area. Information was provided regarding chapter organization and requirements, as well as benefits.

Each of the participants will be receiving a membership in NAEYC.

Southeast—ESU 6

Gina DeFreece attended a dinner on June 30 in Tecumseh, recognizing the conclusion of the Portfolio Project.

This event was attended by many participants, plus Cara Small, Early Learning Connections Coordinator, and Danielle Schwab, Portfolio Project facilitator. There is interest in starting a chapter of Nebraska AEYC in this area. Information was provided regarding chapter organization and requirements, as well as benefits of belonging to NeAEYC & NAEYC.

2011 Professional Development Institute

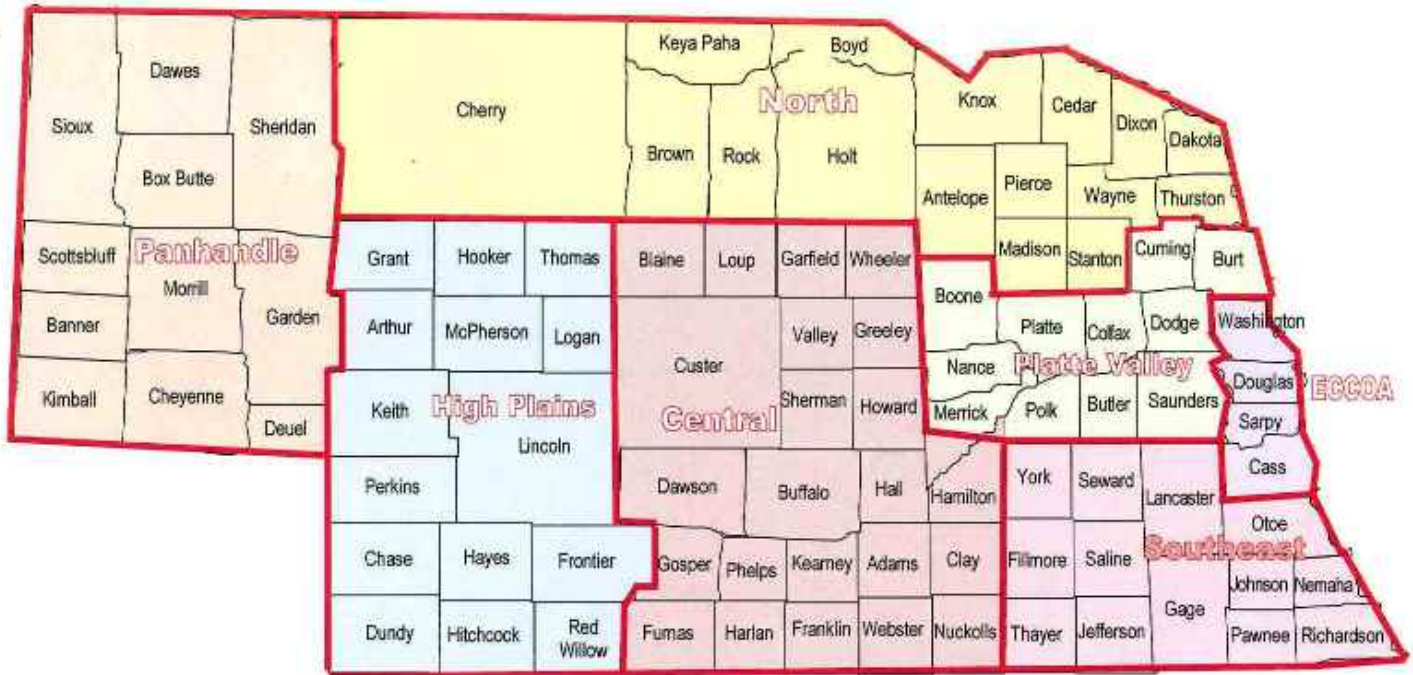
Tracy Gordon, NeAEYC Special Projects Coordinator, and Dawn Mollenkopf, NeAEYC Board President attended NAEYC's PDI. Tracy also attended the pre-conference session on Accreditation.

Institute session handouts are now available. To find handouts:

- Search by topic track, presenter, keyword, or date to find the session you are interested in & click on the title of the session
- If a handout for the session is available it will appear on the bottom of the page. If you do not see the handout you are looking for, please check back as presenters continue to add materials to our data base.

CHANGES IN REGIONAL PARTNERSHIPS

Early Learning Connection Partnership Regions (Effective October 1, 2011)



Effective October 1, 2011, consolidation will redefine boundaries of the current ten regions into seven Early Learning Connection (ELC) regions, each staffed by a full-time coordinator. Each of these seven ELC partnerships will reside within an Educational Service Unit, recognizing the consistency that can be offered through the ESU's infrastructure of technology and its mission to promote continuous adult learning through professional development.

Grants administered by:

- Platte Valley, ESU 7: Coordinator Kelly Vanness
- North/Northeast, ESU 1: Coordinator Susan Strahm
- Panhandle, ESU 13: Coordinator Candis Jones

- High Plains, ESU 16: Coordinator Cheryl Roche
- Central, ESU 10: Coordinator position vacant
- Southeast, ESU 6: Coordinator Cara Small
- ECCOA, ESU 3: Coordinator Jennifer Haggart

Information provided by the Nebraska Department of Education



FUNDING RECEIVED FROM THE WOODS CHARITABLE FOUNDATION FOR QUALITY ENHANCEMENT PROJECT

Nebraska AEYC applied for funds from the Woods Charitable Foundation for a Quality Enhancement Project. The project was recently funded. This project will provide services to 10 early childhood classrooms in the Lincoln area. Tracy Gordon will be serving as the Project Coordinator.

*"People rarely succeed unless they have fun in what they are doing."
Dale Carnegie*

AFFILIATE AND CHAPTER INFORMATION

Columbus Chapter of Nebraska AEYC

The Columbus Chapter completed a successful Week of the Young Child in April, 2011. An early childhood art show at a local mall had art from over a dozen classroom/programs, and art was also displayed at a local KFC, Mike's Auto showroom, and the Albion Alco store. Participating programs were able to receive a gift card from the Chapter, thanks to funding from a Nebraska AEYC mini-grant.



*Kathy Zadina,
Columbus Chapter*

An article on the importance of early childhood with resources available to parents and teachers also appeared in the local newspaper.

Kathy Zadina also did a guest interview on a morning local radio talk show. Because of the success, similar plans will be developed for next year.

Kearney Area Chapter of Nebraska AEYC

The Kearney Area Chapter of NeAEYC is working on plans for the upcoming year:

*Karen Decker,
Kearney
Chapter*



- The Chapter will host an appreciation luncheon at noon on September 7, at Perkins Restaurant in Kearney, for Marcia Fritz and Mindy Young of FYI, for their dedication to the field of Early Childhood and for the wonderful trainings they have provided to Child Care Specialists.
- There will be a "Scavenger Hunt" in September with visits to four local child care facilities
- Trainings for *Shakin' Baby* and *Nothin' but Baby* are planned
- Other training ideas are still begin considered
- Election of officers will be held in January

The Chapter will provide scholarships of \$400/each to four members who will attend the NAEYC Conference in Orlando on November 3-5.

Lincoln Association for the Education of Young Children

Vicky Heyen has resigned from the LAEYC Board as Treasurer to return to her home state of Minnesota. LAEYC wishes to think Vicky for her many years of service to the Lincoln community, as well as her valued contributions to the Lincoln AEYC Affiliate. Her talents will be greatly missed. Members are encouraged to check their email for a request for nomination for the office of Treasurer in the coming weeks.



*Crystal Kozak
LAEYC President*

In May, LAEYC sponsored a workshop by presenter Denita Dinger (aka A Professional Brain Developer/ In-Home Care Provider) who shared some fun ways to incorporate the elements of play into math and science experiences. Participants enjoyed lots of hands-on activities and left with many great ideas to incorporate into their child care programs.



Denita Dinger

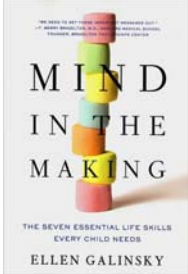


Participants



AFFILIATE AND CHAPTER INFORMATION

Omaha AEYC



Omaha AEYC is excited to announce they have been awarded a grant from Families and Work Institute to create a *Mind in the Making Learning Community* based on the book of the same title by Ellen Galinsky (a recent NAEYC comprehensive member benefit)! *Mind in the Making: The Seven Essential Skills Every Child Needs* provides an effective strategy for crossing boundaries and creating strong linkages between groups of parents, educators, and other family support and health professionals to learn more about the research on children's learning from birth through age eight, and about how to use this research to promote better outcomes for children.



Jen Haggart
OAEYC
President

An Advisory and Planning Team comprised of representatives from infant/toddler, Head Start, and school age programs; Building Bright Futures Early Childhood Services; NDE Early Childhood Training Center; Omaha Children's Museum and Omaha AEYC is currently being developed. Under the guidance of this team, Omaha AEYC will host a series of facilitator led discussion groups focused on the this book beginning this fall. Discussions will focus on ways to foster child development by using techniques in the book as well as ways to encourage use at their partner organizations and advocate these learning techniques throughout the community.

Omaha AEYC looks forward to this opportunity to share with others the relevant early childhood research Ellen Galinsky has captured and the practical applications for raising well-rounded children who will reach their full potential she has spelled out for parents and teachers!

For more information, please contact Jennifer Haggart, Omaha AEYC President and *Mind in the Making Learning Community* Chair at jennifer_haggart@yahoo.com or 402.541.4718



Southeast Community College Student Group

Congratulations to student members/officers Angela Rippe and Brittany Cambern for receiving the 2011 Student Leadership Award at the NeAEYC Planning Retreat in June. It is a much deserved honor for these amazing future leaders!!! (Photos on page 7).

Crystal Kozak
SCC Chapter
Advisor



After taking a short summer break the SCC Student Group will kick off a new academic year by providing a "Welcome Wagon" and Root Beer Floats at the Early Childhood Education Program's New Student Orientation to be held in mid-July. Student members will have the opportunity to share information about the SCC Student Group with new students as well as welcoming them to SCC and the Early Childhood Education Program.

Northeast Chapter of Nebraska AEYC

23rd Annual Early Childhood Conference

SOS Kids
Skills for Social Kids

Helping Children Succeed in Today's World

Saturday, August 6, 2011
Northeast Community College
Lifelong Learning Center
601 East Benjamin Ave.
Norfolk, Nebraska

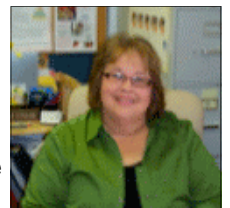
Sponsored by

Northeast Early Childhood Professional Partnerships
Northeast Community College
UNI Extension - Madison County
Nebraska Department of Health and Human Services
Family Services of Lincoln, CACFP
Northeast Nebraska Child Care Support Group
Northeast Chapter NAEYC
ESU #8 and 29 Early Childhood Interagency Planning Regions
Northeast Nebraska Child Abuse Prevention Council

The 23rd Annual Early Childhood Conference will be held on Saturday, August 6, 2011 at the Northeast Community College, Lifelong Learning Center, 601 East Benjamin Ave, Norfolk, NE

NeAEYC members will receive a discount for this conference. The Conference is limited to 165 participants. Space may still be available the day of the conference, but it is recommended that you phone (402) 760-2751, if you wish to walk-in.

The speaker is Marty Applebaum, a pro, both at presenting and at child care. He is co-owner of the Applebaum Training Institute. For more information and the registration form, visit the calendar at the Nebraska AEYC website, www.NebraskaAEYC.org



Susan Strahm,
ESU #1
Coordinator

"The important thing is not so much that every child should be taught, as that every child should be given the wish to learn."

John Lubbock

EARLY CHILDHOOD DIETARY HABITS & IMPLICATIONS FOR COGNITIVE DEVELOPMENT

Recent research published by the American Dietetic Association shows that food consumption among two and three year olds does not follow the Dietary Guidelines for Americans, a set of recommendations made by the US Departments of Agriculture and Health and Human Services. For example, researchers found that children are consuming not enough vegetables and too much whole milk, sweetened beverages and desserts. In fact, more children consumed sweetened drinks and snacks in a day than vegetables or fruits.

Such dietary habits could have consequences beyond a child's health. A study of about 4,000 children whose food consumption has been tracked multiple times between the ages of 3 and 8.5 showed that diets that were high in fats and sugars at age 3 were associated with lower IQ at the age of 8.5. Conversely, children who had a healthier diet that consisted of fruits, vegetables, rice and pasta at an early age tended to have higher IQs when they were older.

Pre-K Now, March 1, 2011
<http://advocacy.pewtrusts.org/site/MessageViewer?emid=1273.0&dlv id=5186>

pre[k]now
 a campaign of the
 Pew Center on the States

"MY PLATE"

There is a new US symbol for healthful eating. The Agriculture Department unveiled "My Plate", abandoning the food pyramid that had guided many Americans but merely confused others.

The new guide is divided into four slightly different-sized quadrants, with fruits and vegetables taking up half the space, and grains and proteins making up the other half. The vegetables and grains portions are the largest of the four.

Associated Press, June 2, 2011



CONFERENCES AND UPCOMING EVENTS

- ♥ July 13-14, 2011: **14th Annual Kindergarten Conference**, Kearney. Contact marybethpistillo@nebraska.gov
- ♥ July 17-19, 2011: **Research Symposium: Children and Nature**, Nebraska City. Contact: info@natureexplore.org
- ♥ July 19-21, 2011: **ERS Training**, Omaha. Contact Jessica.lachere@nebraska.gov
- ♥ July 20-23, 2011: **National Family Child Care Conference**, Henderson NV. Conference@nafcc.org
- ♥ August 6, 2011: **23rd Annual Early Childhood Conference**, Norfolk, NE. www.NebraskaAEYC.org - Calendar
- ♥ August 12, 2011: **Helping Babies From the Bench**, Grand Island. Contact Amy at 402-471-9329
- ♥ September 24, 2011: **Early Childhood Conference**, Fremont. Contact Kvanness@eus7.org
- ♥ September 26-29, 2011: **ERS Training**, Kearney. Contact Jessica.lachere@nebraska.gov
- ♥ October 1, 2011: **Early Childhood Conference**, Broken Bow. Contact cschweitzer@cennecs.org
- ♥ October 1, 2011: **Tri-State Early Childhood Conference**, South Sioux City. Contact sstrahm@esu1.org
- ♥ October 8, 2011: **Early Childhood Conference**, Gering. Contact cljones@esu13.org
- ♥ October 18-20, 2011: **ERS Training**, Omaha. Contact Jessica.lachere@nebraska.gov
- ♥ November 3-4, 2011: **Nebraska Head Start Association Conference**, Grand Island. Contact
- ♥ November 2-5, 2011: **NAEYC Annual Conference**, Orlando, FLA. www.naeyc.org
- ♥ March 23, 2012: **Infant-Toddler Symposium**, Omaha. jhaggart@esu3.org
- ♥ May 21-24, 2012: **Region VII Head Start Conference**, Kansas City, MO.
- ♥ June 10-13, 2012: **NAEYC Professional Development Institute**, Indianapolis, IN. www.naeyc.org
- ♥ June 12, 2012: **Early Development Network Conference**, Kearney. Contact Martha.nash@nebraska.gov

Please submit any articles or information by the 1st of the month of publication/distribution.

We plan to distribute the newsletters around the 15th of the following months:

January, March, May, July, September, & November.

To Donate

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