

## Child Care Services Program

# Partnership

mailing list, please call (336) 629-2128. e-mail or would no longer wish to be on our If you would like to receive this newsletter by

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For early educators, practicing mindfulness supports intentionality, since "being present allows us to recognize these "teachable moments" and take

Join us for these upcoming trainings:

Yoga Workshop for Early Educators

Mindfulness: Be Right Here!

Calming the mind and resting in the moment provide a fresh awareness that leads to increased productivity and effectiveness. "Mindfulness leads to feelings of control, greater freedom of action, and less burnout." Those are feelings every early educator can appreciate. Practicing mindfulness generates awareness of and appreciation for the people and things that matter. Managing internal thoughts and observing emotions without passing judgment helps educators begin to "flow with" the regular stressor, leads to multiplied benefits, including children experiencing less stress.

How do you do mindfulness? Notice yourself in the present time and space, and in doing so, become more effective in your interactions. When you feel your thoughts getting caught up in the future of the past, bring yourself back into inhabiting your body by paying attention to your breath and to sights, sounds and smells. Mindfulness focuses your whole attention to living fully in the present moment.

**Becoming Mindful** 

Practicing mindfulness can begin with using all five senses—paying attending to what you see, hear, feel, smell and taste. In more advanced forms, mindfulness also includes nonjudgmentally noticing thoughts and emotions.

Being mindful means becoming aware of the moment and choosing to dwell in the present. Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally. Rather than occupy the mind with concerns about the future or regrets about the past, mindful people choose to live fully in their bodies.

What is mindfulness?

Teaching is stressful, and both physical and emotional exhaustion are common. Early educators often struggle with the day-to-day challenges of classroom management, differentiation, fostering relationships with children's families, accessing children's growth and progress, and creating an engaging and stimulating learning environment for all the children in their class. For far too many educators these challenges are magnified by internal stressors of worry, anxiety, depression and fear. So the question we ask: Are most early educators thriving? If not, could mindfulness and meditation help transform a different way to manage stressors in life? Does mindfulness and mediation help find a way to be peaceful?

Mindfulness for Early Educators







been part of our early childhood community for eight years, is a Reggio-inspired teacher and spearheads the Reggio-Inspired Teachers Collaborative. Scarlet is currently obtaining her BA degree in Early Care and Education at UNCG. We look forward to the wealth of knowledge they both bring to their positions in advancing the high quality of care and education in our infants/twos classrooms.

We are delighted to welcome our new Infant-Toddler Specialists, Joy Johnson and Scarlet Welborn, to our team. Joy has worked as an Education Mentor Coach at Family Studies, was a former Head Start teacher and holds a degree in Human Development & Family Studies. Scarlet has

Gala 🐭

AVS Catering & Banguet Centre

To purchase a \$20 raffle ticket for a

Charleston Getaway Weekend

Call: 629-2128 ext. 11

for the

Children

Partnership news.....

April 6, 2019

6:30 - 10:00 pm

India Jacuart



Proceeds benefit critical

programs for young

children and families in

Randolph County

Visit: www.randolphkids.org

Table centerpieces provided by

Randolph County

child care programs

Randolph Partnership for Children invites you to join us for our annual

Early Care and Education

**Professional Recognition event** 

Thursday, May 9, 2019

6:30 pm Social / 7:00 pm Program

AVS Catering & Banquet Centre

Keynote Speaker:

Anita Faulkner

"Finding Your Awesome"

RSVP deadline: April 18th

We look forward to spending this

special evening with you!

"Children need the freedom to appreciate

the infinite resources of their hands, their

eyes, and their ears, the resources of

forms, materials, sounds and colours."

~ Loris Malaguzzi

"Night of the Stars"

Randolph County's Quality Early Care & Education Vol. 18 Issue II

## April - June 2019

A monthly publication of the Randolph Partnership for Children, providing resources for the early childhood community.

advantage of them to enhance learning and see the bigger picture."

Resource: Young Children: July 2017



Pictured: Taylor Mabe and children in the four year old class at Harmony Place, practice mindfulness using the mantra "I Am Wise" and yoga pose (page 3) with mantra "I am friendly."

May 21 6:30 - 8:30 pm Archdale Public Library June 10 6:00 - 9:00 pm Early Childhood Development Center

## Randolph Partnership for Children

To add your name to our mailing list please contact us! Include your name, address, phone, fax, etc.

> 349 Sunset Avenue Asheboro, NC 27203 Phone: 336-629-2128 Fax: 336-629-2135

## Save the Dates:

Gala for the Children April 6

Week of the Young Child April 8 – 12

Children's Puppet Parade Friday, April 12

> Earth Day April 22

Global Outdoor Classroom Day May 23

> International Mud Day June 28

**Teacher Appreciation Week** 

May 6 - 10

A special day for honoring teachers and recognizing the lasting contributions you make to every child!

" As one person I cannot change the world, but I can change the world of one person"

~ Paul Shane Spear



relationships with peers.

emotion regulation.

It's a Kids World four year olds learn the alphabet and sign simple words with their teacher. Jennifer West.

teachers, signs enable young children to begin actively shaping and regulating their

Using Sign Language for Emotional Regulation

labeling emotions and managing emotional reactions. There is growing evidence that early

development of emotion-regulation skills is associated with higher academic achievement,

have difficulty paying attention, following teacher directions, and controlling negative

higher tolerance for negative emotions, and have better social skills, including positive

But teachers don't do all of the work: even infants play a role in their own regulation,

watching and participating in the regulation efforts made by adults.

happy), as well as sensations (e.g. cold, loud, gentle, hurt).

depending on teachers to understand their cries and cues. However, as children approach

toddlerhood, they gradually assume greater responsibility for their regulation, typically by

One of the most important developmental achievements associated with the emergence of

emotion regulation is the child's acquisition of language skills. As children develop language

intentions. For many young children, learning sign language is an effective means of supporting

skills, they become increasingly able to label and control their emotions, thoughts and

To foster emotional regulation, early educators can focus on signs children can use to

express how they feel, what their feelings are about, and what they would like to do about

their feelings. It's helpful to incorporate signs for specific emotions (e.g. mad, sad, scared,

The ability to communicate our needs, wants, and intentions is pivotal in the development of emotion regulation. Teaching sign language supports emotion regulation for infants, toddler and preschoolers by helping children take an active role in their own emotion regulation before

they have the words to express how they feel and what they need. When used consistently by

better mental health, and stronger social relationships. Children with poor emotion regulation

emotions, resulting in lower achievement, greater irritability, and more explosive behaviors.

In contrast, children with better emotional regulation skills adjust well to new people, show a

From birth to age 5, children develop the foundational skills for self-regulation. During this period, sensitive early educators help children build the skills to regulate their emotions.

Emotional regulation involves paying direct attention to emotions, understanding and



YC March 2017

## Sign Language Series

The Partnership is delighted to provide an initial six part Sign Language Spring series with Faith Cagle, 5th grade teacher at Uwharrie Charter Academy, 6:30 - 8:30 pm at the Randleman Senior Center. Please refer to the enclosed training calendar for additional information.

• April 9 & 23

• May 14 & 28

• June 4 & 18

## Foundation of Autism: Implications for Early Learners

Teaching early educators how to navigate through the challenges of Autism Spectrum Disorder (ASD) is the focus of this six part series. Participants will have a better understanding on these core deficits: Different ways social information is processed; difficulty empathizing with others and responding in an appropriate manner; communication (verbal and non-verbal); and the ability to recognize others beliefs, desires and intentions, and perspectives that are different from one's own.



Shape NC: Physical Activities, Nutrition and **Designing Outdoor Learning Environments** 

Nulti layered trainings were enjoyed by directors and teachers participating in our current Shape NC initiative. From creating innovative games with sticks, developing spaces for play, designing the dream outdoor learning environment, to cooking healthy foods with master chefs.



## 2

Twenty-Two Randolph County early educators , NC Zoo and Asheboro Library staff attended the Advancing Skills Knowledge (A.S.K.) conference ready to explore and discover! Along with the general sessions, an all day Reggio-inspired training thread was offered. Many of our teachers participated in a tour of local Reggio-inspired child care centers and had the opportunity to choose from various atelier (place of study) experiences: the Natural Materials, Recycled Materials, Movement, Black and White and Graphic Languages. It was truly an unforgettable and inspiring experience!



### Professional Development Winter Snapshot







Yoga sessions at Harmony Place.

