

# The Prouty Voice

October 2015

Volume 10, Issue 2



## Our Mission

The Winston Prouty Center for Child Development provides inclusive education and family support to promote the success of children and families.

## Inside this issue:

Note from Chloe	1
Office News	2
Board News	2
Community Page	3
CBS News	4-5
ELC News	6-7
Calendar	8

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Brattleboro, VT 05301

**Phone:**  
(802) 257-7852

**Power Failure Line:**  
(802) 257-4147

**Fax:**  
(802) 258-2413

**Website:**  
[www.winstonprouty.org](http://www.winstonprouty.org)



## Note from Chloe Learey, Executive Director

### Family Matters – The Fourth Trimester

Sally Pennington, RN, mentioned the concept of the fourth trimester on the second episode of 'Family Matters', the talk show where we discuss topics of interest to families with young children. Considering the first 3 months of a baby's life outside of the womb as a critical period of development is helpful in understanding how best to support your child during this time. Going from a dark, relatively quiet place where everything is soft and warm and you are in constant physical contact with your mother to a bright, loud environment where surfaces can be cold and hard, and where you are sometime not touching another living being is a drastic transition. Supporting this transition is key to helping a baby feel safe and secure, and promoting attachment between child and parent. Secure attachment to a primary caregiver promotes social emotional development and the ability for a child to regulate their feelings, leading to a child who is better equipped to handle the ups and downs of the world. Helping families understand the importance of this period and the tools they have for supporting this development in their child is an important part of early childhood services.

Responding to a baby's cues is one of the key elements of supporting secure attachment during this fourth trimester. A newborn is a very competent human being who can make his or her needs known even when we cannot always understand what is needed. When you don't know what to do simply acknowledging that your baby is seeking attention provides reassurance, and remembering that this little person has gone from that dark, warm constant environment to a bright, loud unpredictable one can give you clues about what things to try in order to be responsive. Is the baby cold or hungry, needing movement, needing touch, needing more quiet? Thinking of ways to mimic or re-create the more predictable womb environment is a good start. Talking to your baby about what is happening in as soothing a voice as possible during this period is also key. There is plenty of time for baby to learn to self-regulate as they continue to get used to the world, but the first 3 months post-partum they are relying on primary caregivers to help them feel safe, secure and reassured.

Of course there can be challenges to parents being able to be as responsive as they would like. This can be a time of sleep deprivation, schedule changes, and shifting family dynamics. In addition, mothers might experience postpartum depression or, more broadly, perinatal mood disorders. It is estimated that up to 80% of women experience 'baby blues' for 1 to 3 weeks after giving birth, and that this resolves itself without major intervention. However, for some women anxiety and depression persists which can significantly interfere with attachment if not recognized and treated. It is important for physicians, nurses, home visitors and others who work with mothers of newborns to be aware of this as a possibility and support a mother getting help.

Each family's experience of the 4<sup>th</sup> trimester will be unique as parents and babies learn to read each other's cues in the attachment dance. As always there is lots of advice lurking out there. Understanding that your primary job as a parent in this time is to help your baby feel safe and secure can help you decide what feels like the right thing for you to do.

# Administration

## 802-257-7852

Chloe Learey	Executive Director	Ext. 11	chloe@winstonprouty.org
Lisa Whitney	Director of Operations	Ext. 12	lisa@winstonprouty.org
Tara Sullivan	Office Assistant	Ext. 10	tara@winstonprouty.org
Miles Shaw	Assistant		

### Wish List

- \*Tea Set
- \*(not new) towels!
- \*Boppy Pillows
- \*Baby mirrors
- \*Booster seats
- \*Push toys
- \*Rhino balls

### Some Important Phone Numbers

*Please make a note of them!*

To reach the ELC after 4:30 pm, call 257-2101 ext. 23

To reach us during a power failure, call 257-4147

If you have missed any of the videos for "Family Matters," you can catch up on [www.battleborotv.org](http://www.battleborotv.org) or on [youtube.com](https://www.youtube.com)

If there is a topic you would like to see discussed on an upcoming episode let us know!



## Board of Trustees

David Dunn (President)  
Sue Dyer (Vice President)  
Jon Neurock (Treasurer)  
Sarah Nohl (Secretary)

Heather Golding  
Rachel Henry  
Frederic Noyes  
Thea Lloyd

## Management Team

Chloe Learey, Executive Director  
Lisa Whitney, Director of Operations  
Alison Wheeler, CIS Coordinator  
Mary Coogan, Early Interventionist  
Sara Lovell-Allbee, Education Supervisor

# Community Page

*If you know of an event that may be of interest to the Prouty community, please email [angela@winstonprouty.org](mailto:angela@winstonprouty.org) with details. Thanks!*

## FREE 5-Week Parenting Education Series

*Sponsored by Southeast VT Building Bright Futures, The Winston Prouty Center, and Windham Southeast Supervisory Union*



**Building Bright Futures**  
Vermont's future starts with today's children

**Starting Tuesday, October 27 2015**

**5:00-7:00 at the Winston Prouty Center**



## Positive Solutions for Families

Positive Solutions for Families provides information for families on how to promote children's social and emotional skills, and use positive approaches to help children learn appropriate behavior. The six sessions are designed to give you new strategies to handle daily routines, cope with challenging behavior, and help your child learn to solve simple social problems. You will learn to create and nurture success in your child, to avoid being drawn into energizing negativity, and how to have clear rules and clear and consistent consequences.

The program is designed for families with children ages 3 to 6.

**Presented by:**

**Brandy Levesque, Winston Prouty Center Inclusion Facilitator**  
**Janice Stockman, WSESU Early Childhood Coordinator**

**Child care and dinner provided FREE!**

**5 Tuesdays, October 27, November 3, 10, 17 and 24**  
**5:00 – 7:00 PM**

**Winston Prouty Center, 20 Winston Prouty Way, Brattleboro**

**Call Brandy at 257-2101 ext. 31 to register**

*This series is made possible by the Early Education Initiative grant and Southeast Vermont Building Bright Futures.*

## Community Based Services (CBS) 802-258-2874

Crystal Blamy	Family Supportive Housing	Ext. 13	crystal@winstonprouty.org
Emily Clever	Family Supportive Housing	Ext. 25	emily@winstonprouty.org
Mary Coogan	Early Interventionist	Ext. 15	mary@winstonprouty.org
Terrill Douglas	Maternal Child Health Nurse	Ext. 28	terril@winstonprouty.org
Willie Gussin	Family Support Worker	Ext. 26	willie@winstonprouty.org
Kathy Hallock	Developmental Educator	Ext. 16	kathy@winstonprouty.org
Brandy Levesque	Inclusion Facilitator	Ext. 31	brandy@winstonprouty.org
Kellyn McCullough	Family Support Worker	Ext. 21	kellyn@winstonprouty.org
Sally Pennington	Maternal Child Health Nurse	Ext. 28	sally@winstonprouty.org
Joanne Shaw	Community Resource Parent	Ext. 14	joanne@winstonprouty.org
Shelly Torunski	Developmental Educator	Ext. 30	shelly@winstonprouty.org
Alison Wheeler	CIS Coordinator	Ext. 29	alison@winstonprouty.org

## News from Community Based Services

*Community Based Services includes; Children's Integrated Services (CIS), Family Supportive Housing (FSH), and the Early Education Initiative (EEI). CIS is a resource for families when they have questions or concerns about their child's development during pregnancy, infancy and early childhood.*

Mary is meeting with Laura Bernard , the state point person for Touchpoints. She is hoping to work on planning for Touchpoints training in our community in the near future.

We have posted a position for a full-time family support team member, who will split their caseload between CIS Family Support and FSH Case Management. Emily will be working on transitioning her role to be a part-time Housing Specialist in addition to supporting the administrative functions of FSH and conducting intake meetings for clients referred to the program. Leslie Wilson has been hired by Groundworks Collaborative to work alongside Emily as the other part-time Housing Specialist. She will be starting on 9/29 and will be housed here at Prouty.

The annual Buddy Walk will be held on 10/3 and it benefits the Inclusion Center in Brattleboro.

Please join us in welcoming Willie Gussin to the CBS team! Willie is a familiar face to many of us here, as he previously worked as part of the CIS team as our Specialized Child Care Coordinator through Windham Child Care. For the last year, he has worked as a Family Support Social Worker at Family Services. Willie's role will be to function as part of Family Support with a focus on intake and initial family engagement as a way to triage and support the heavy caseloads in CBS. He started here at Prouty on 9/21 and will be working 20 hours/week. We are excited to welcome him back to our team!

The perinatal initiative group met on 9/10 to discuss the future of the Circle of Mom's groups. We plan to continue offering this group on Tuesdays here at Prouty from 10:45-12. These groups are geared toward moms with an infant 12 months or younger. Those who are interested can come when possible and do not have to commit to attending every week. We will be working on a new brochure that will include a name change to the group. A smaller subgroup of providers will be meeting to look into resources and funding opportunities to continue to offer the group on an ongoing basis.

## Resources

State-wide community resources	<b>Vermont 2-1-1</b>	2-1-1	<a href="http://www.vermont211.org">www.vermont211.org</a>
Child care referrals and resources	<b>Windham Child Care Association</b>	802-254-5332	<a href="http://www.windhamchildcare.org">www.windhamchildcare.org</a>
WIC	<b>Vermont Department of Health</b>	802-257-2880	<a href="http://www.healthvermont.gov">www.healthvermont.gov</a>
Mental health and substance abuse services	<b>Health Care and Rehabilitation Services (HCRS)</b>	1-888-888-5144	<a href="http://www.hcrs.org">www.hcrs.org</a>
Housing and other services for people in poverty	<b>Southeastern Vermont Community Action (SEVCA)</b>	802-254-2795	<a href="http://www.sevca.org">www.sevca.org</a>
New Moms Network (Dawn Kersula, MA, RN)	<b>Brattleboro Memorial Hospital</b>	802-257-8278	E-mail: <a href="mailto:dkersula@bmhvt.org">dkersula@bmhvt.org</a> <a href="http://www.bmhvt.org">www.bmhvt.org</a>
Local event listings and information	<b>Parent Express</b>	603-352-1234	<a href="http://www.sentinelsource.com/parent_express/">www.sentinelsource.com/parent_express/</a>

# Early Learning Center

# 802-257-2101

## Education Supervisor

Sara Lovell-Allbee

Ext. 32 sara@winstonprouty.org

## ELC Program Assistant

Angela Hoag

Ext. 19 angela@winstonprouty.org

## Teaching Staff

EL1: Susan Heimer, Amy Fulton

Ext. 20 susan@winstonprouty.org

EL2: Brianna McCain, Lyn Call

Ext. 18 brianna@winstonprouty.org

EL3: Ana Williams, Kim Jacques, Alfred Hughes Jr.

Ext. 22 ana@winstonprouty.org

EL4: Jordan Wyckoff, Maggie Sullivan

Ext. 17 jordan@winstonprouty.org

Floaters: Kathy Wright, Mandi Martin, Mare Lundy

### Non-Teaching Staff

Liz Martin  
Paul Rossi

### Volunteers

Susan Mandell  
Marki Webber  
Francesca Carasi-Schwartz

Thank you to the Brattleboro Fire Department for taking time to come talk to us and show us around the truck during Fire Prevention Week!



Some of EL1 exploring the **BIG**  
**RED** firetruck!

October is National Fire Safety Month. To keep your family safe, check smoke alarms on every floor at least twice a year. A good reminder is to do this when we change the clocks in the spring and fall.



A couple of the EL2 kids enjoying getting to sit in the front seat of the fire truck!

Practice monthly fire drills at home and choose a spot outside to meet.

Some of the EL3 crew getting their turn testing out the front seat!

Teach children to STOP, DROP and ROLL should their clothing ever catch on fire.



EL4 exploring the fire truck and checking out the gear worn to fight a fire!

*National Bullying Prevention Month*

*Lupus Awareness Month*

*International Walk to School Month*

**Oct. 2nd** World Smile Day

**Oct. 7th** National Fossil Day

**Oct. 12th** Columbus Day



The **Center closes** at **3:30** on the first Wednesday of each month for Staff Meeting.

EL2 Enjoying apples and cider donuts at the Orchard, and doing apple prints back in the classroom!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Happy Bday Kim! Happy Bday Bre!	2 Sierra is 2!	3
4	5	6	7 Center Closes at 3:30 for All Staff Meeting	8	9 Sophia is 2!	10 Kali is 3!
11	12 Jackson is 5!	13 Happy Bday Willie!	14	15	16	17 Arya is 5!
18	19	20 Benjamin is 2!	21	22 Jace is 3! Jewels is 3!	23 Paisley is 3!	24
25	26	27	28	29	30	31

**Upcoming Events:**

November 4th: Center CLOSSES at 3:30 for ALL Staff Meeting  
 November 10th & 11th: ELC CLOSED for Parent Conferences/Home Visits  
 November 26th & 27th: CENTER CLOSED for Thanksgiving Holiday