

The Prouty Voice

December 2015

Volume 10, Issue 4



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

20 Winston Prouty Way
Brattleboro, VT 05301

Phone:
(802) 257-7852

Power Failure Line:
(802) 257-4147

Fax:
(802) 258-2413

Website:
www.winstonprouty.org



Note from Chloe Learey, Executive Director

Family Matters: What Toddlers Are Doing

Susan Heimer, who has worked for over 20 years in our toddler room at Prouty, discussed how toddlers develop on the fourth episode of "Family Matters," our talk show on BCTV.

One of the things that can be a big change for families is when their infant starts to be able to move around. Whether the child has been docile and compliant or energetic and enthusiastic, now that they can move, they will! Toddlers are busy and this can be an especially exhausting if exciting time.

One of the hallmarks of this age is the drive to be independent. This is perhaps most obvious in learning to walk, but it is happening in all aspects of the child's life – feeding themselves, getting dressed, using the bathroom. A challenge that comes along with this independence is that they are not always able to do what they want which can lead to frustration on everyone's part. Susan shares that a predictable routine and environment which is set up with their needs in mind can help ease some of the frustration. This is not always possible, and sometimes a battle of wills might erupt in the grocery store, but keeping in mind ways to honor the desire for independence in the context maintaining safety and sanity can help diffuse those difficult situations. For instance, offer choices that are contained: "Do you want the red shirt or the blue shirt?" vs. "Which shirt do you want to wear?" creates a container for independence within limitations. And if they say "I want the green shirt" then that might be ok. It is important to know your toddler's distinctive personality in weighing how to best support them building their decision-making and independence.

Keeping safety in mind is a hallmark of this time, and you may find yourself needing to change your house around to accommodate this developmental stage. You may not be able to stop your independent 2-year-old from climbing up on the table when you turn your back for 2 seconds, but you can put up gates at the stairs, stabilizing furniture that may tip over if used to pull up and walk, and moving tripping hazards such as rugs are some ideas for making the environment work for your toddler. Staying an arms-length away and supervising closely is key.

Eating is another activity that takes off for toddlers as they begin to explore the broader world of solid food. Independent eating can be messy, so remember that you don't have to start with yogurt. Finger foods are a good option for giving choices and independence, items such as canned beans and berries, and vegetables cut match-stick style to avoid choking hazards. This is truly a time for exploration, so don't give up on giving toddlers a variety of choices, too. Susan shared that you should introduce something 16 times in order to give your toddler a chance to see what they like.

Remember, being a toddler is hard work! Think of yourself as being in a foreign country and only able to use your left hand, and that gives you an idea of the range of development these little people are working on – from language to picking up beans to running across the yard (and possibly not being able to quite stop!) – toddlers are on the move, which means that parents and caregivers have to be on the move, too.

Administration

802-257-7852

Chloe Learey Executive Director Ext. 11 chloe@winstonprouty.org
 Lisa Whitney Director of Operations Ext. 12 lisa@winstonprouty.org
 Paula Schwartz Development Assistant Ext. 41 paula@winstonprouty.org
 Miles Shaw Assistant

Wish List

- *Tea Set
- *(not new) towels!
- *Baby mirrors
- *Booster seats
- *Baby beds (for toy dolls)
- *Rhino balls
- *Boppy Pillows

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



Rhino Balls



Boppy Pillow



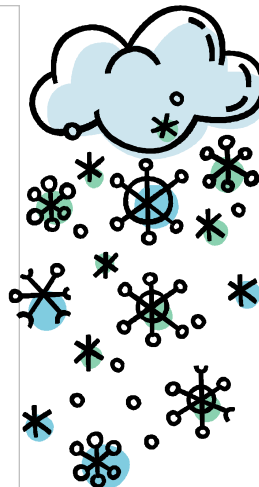
IN CASE OF INCLEMENT WEATHER:

Tune in to

WTSA (96.7 FM, 1450 AM, online at www.wtsa.net) or

WKTV (92.7 FM, 1490 AM, online at www.wkvt.com)

for Center closings or delays.



The Center does NOT follow the closing of the public school system. In general, due to the nature of our work for both the Early Learning Center and Community Based Services, we try to stay open as much as possible.

We expect that days the Center is open when the weather is not ideal may look a bit different from a typical day depending on which children and staff make it to the Center and at what time.

Decisions are typically made by 6:30 a.m. if the Center will be CLOSED.

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 paula@winstonprouty.org with details. Thanks!

Annual Cotton Mill Open Studios & Holiday Sale

Friday, December 4 - Sunday, December 6

The 17th Annual Cotton Mill Open Studios and Holiday Sale will take place on Friday, Saturday and Sunday, December 4-6, 2015. Artists and artisans will show and offer their work for purchase. Besides artists, musicians, bakers, performers, and craftspeople based at the Cotton Mill, talented artists and artisans from other studios in Brattleboro and nearby communities have been juried to participate. This festive event includes performances of music, dance, and circus acts; ceramics and fencing demonstrations; food and wine tastings; raffles and more.

The Cotton Mill is located at 74 Cotton Mill Hill, Brattleboro. For more details visit: <http://thecottonmill.org/>



THE FLYING NUT: A SWINGIN' CIRCUS

December 18 - 20, 2015

"The Flying Nut: A Swingin' Circus," a magical journey with a circus arts twist into the holiday classic, The Nutcracker. Showtimes on Friday, December 18th through Sunday December 20th, 2015. Travel back in time with the Sugar Plum Fairies and all the other characters you know and love to the 1920s for an all ages show with swingin' twenties style.

Performances at 209 Austine Drive Brattleboro. For more details visit: <http://necenterforcircusarts.org/>



New England Center for Circus Arts



Community Based Services (CBS) 802-258-2874

Lisa Adams	Developmental Educator	Ext. 24	ladams@winstonprouty.org
Kerri Beebe	Family Support Worker/Housing	Ext. 26	kerri@winstonprouty.org
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
Megan Seidner	Early Interventionist	Ext. 24	
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.

Chloe, Mary, Alison and Sara are attending a Touchpoints training on provider to provider interactions and reflective practice at Lake Morey Resort on December 1st. Agenda Topics Include: 1) Reflective Practice – what it is and the role it plays in integrating Touchpoints into practice, 2) Creating a Relational Organizational Culture – role of supervisors/mentors, and 3) Using Touchpoints Principles and Assumptions in provider to provider interactions, including reflective supervision.

The work we do at the Prouty Center, both in the community and on-site, is grounded in a framework called Touchpoints, which we use to join parents and families as they discover their child and parenting. The principles and assumptions of the framework do not provide answers, but rather offer a structure for how to approach the primary questions that arise for families: How is my child doing, and how am I doing as a parent? When we partner with families to help them answer these questions we are well on the way to helping them figure out how to create the conditions for optimal development for their child. This is how we help parents navigate the challenges of parenthood.

The UVM Child Welfare Training Partnership and DCF are offering a training for foster/kin/adoptive parents as well as social service workers called: Caring for the Opioid Exposed Infant on Saturday, December 5th from 10am-2pm at the Central Vermont Medical Center in Berlin.

This training will: address the Myths and Challenges of Addiction/Recovery, what you need to know about Neonatal Abstinence Syndrome (NAS), how to Nurture and Comfort the Infants in your care, clarify when and who to ask for help and identify YOUR Local Resource Team. Participants are asked to RSVP by November 23rd to Janet Benoit Connor at jbenoitc@uvm.edu or 802-279-6478.

The Mother's Circle continues to meet here at Prouty on Tuesdays from 10:45-12:00pm. Any mother with a child 12 months or younger is welcome to come to any meeting. Childcare and snacks are provided. If childcare is needed, please have the mother call Amanda Pizzollo at the Health Dept. at 251-2102 with 24-hours notice.

The first 5 episodes of Prouty's talk show "Family Matters" are available for viewing on both our web site (www.winston.prouty.org) or on our Facebook page. The half-hour show focuses on topics of interest to families with young children.

Resources

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

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

Bob Peebles

Debbi Reed-Savory

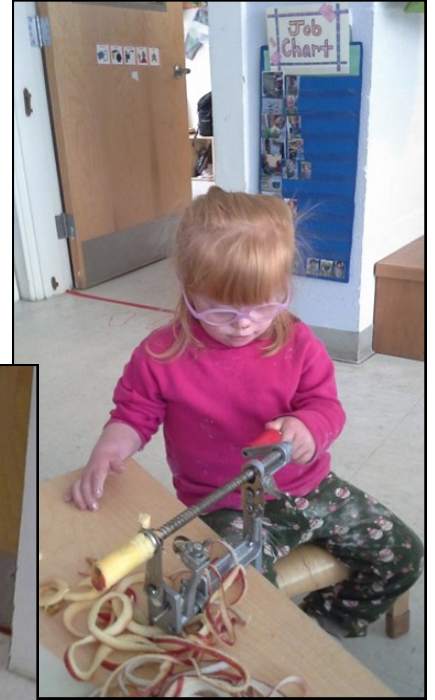


Cooking is so much fun!



COOKING WITH EL2 by Brianna McCain

During the fall months, we have made an effort to cook with the children in EL2. We have made a wide variety of dishes, including soup, breads, applesauce and many other child friendly foods. The children have explored texture, flavor and consistencies through these activities. Cooking allows the children to identify and add ingredients; making it a more interactive experience. It encourages teamwork, cooperation and communication amongst children. It also provides them with new vocabulary and opportunities to interact with their classroom peers, as well as sharing our creative abilities with the whole school. Cooking empowers young children and promotes a sense of pride.



Happy Winter & Happy Holidays!

Dec. 6th Hanukkah Begins
Dec. 22nd Winter Solstice
Dec. 25th Christmas Day
Dec. 26th Kwanzaa Begins
Dec. 31st New Year's Eve



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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Ava is 5! Aubree is 3! Center Closes at 3:30 for All Staff Meeting	3	4 Sadie is 2!	5
6	7 Tyler is 3!	8 Victoria is 5!	9 Nicholas is 2!	10	11 Jase is 2!	12 Sophie is 3!
13	14	15	16 Matthew is 3! Happy Bday Kathy H.!	17	18	19
20	21	22 Lily is 3!	23	24	25 Grace is 4! Shiloh is 2!	26
27	28 Sebastian is 3! Carline is 1!	29	30	31	January 1st 2016	
CENTER CLOSED for Winter Break						

**Upcoming
Events:**

We will re-open on Monday, January 4th 2016
January 18th Center Closed for Staff In-Service