

The Prouty Voice

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Our Mission

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

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Note from Chloe Learey, Executive Director

Supporting prenatal development

Some of you may have had the chance to see our first episode of Family Matters about supporting prenatal development. Amanda Pizzolo, the Maternal Child Health Coordinator at the local office of the Vermont Department of Health, was my guest and we talked about a broad range of topics including nutrition, medications and other substances, exercise, weight gain and why all these things are important to consider before a baby is even born.

The amount of information available on any given topic, including pregnancy, can be overwhelming. It seems like everyone has advice on what you can and cannot eat and do. One of the most critical things to do is to identify a health care provider who specializes in pregnancy and birthing, and to attend regular check-ups. As Amanda said several times during our interview, "When you are not sure about something, check with your provider." Hopefully this person can be a resource for answering your questions and sifting through the mass of information and advice that you invariably get. Many questions focus around what it is ok to eat, drink or ingest when you are pregnant – questions like "Is tuna safe?", and "Can I take allergy medicine?" and "Is one glass of wine bad?" are common, and highlight why this time period of development is so important. Whatever a mother takes in can also be taken in by her fetus, and this can impact development. For instance, smoking during pregnancy is correlated with babies being born with a low birth weight, and the risks these babies face include infant mortality, delays in physical and cognitive development, and developing chronic diseases later in life. Quitting smoking can be incredibly difficult, and pregnancy is often a strong motivation for someone to get the support they need to make the change. Sometimes what we cannot do for ourselves we are able to do for others.

Another big topic that comes up during pregnancy is general nutrition: what to eat, how much to eat, and whether or not a prenatal vitamin is really important to take. Amanda answered a resounding "yes" to the prenatal vitamin, pointing out the importance of folic acid in particular. In fact, taking a folic acid supplement when you are trying to get pregnant is key because it assists with the production of red blood cells and helps the neural tube develop into the brain and spinal cord. Since birth defects can happen within the first 3 to 4 weeks of prenatal development taking folic acid when you are trying to conceive is an important protective factor.

When it comes to "eating for 2" however, Amanda cautioned against this way of thinking. There are general guidelines for weight gain during pregnancy and it is probably not as much as you think. This is definitely a topic to discuss with your health care provider so that you have an idea of your weight gain goal based on your situation.

Supporting optimal prenatal development is critical to giving our children the strong foundation they need to be successful in navigating the world as infants, preschoolers and beyond. We need to do all we can to support young families as they embark on this journey.

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		

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

Wish List

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



EL2 On the climbing
rocks at Living Memorial
Park ~Thanks for the
beautiful pictures
Maggie!



Board of Trustees

David Dunn (President)	Rachel Henry
Sue Dyer (Vice President)	Frederic Noyes
Jon Neurock (Treasurer)	Thea Lloyd
Sarah Nohl (Secretary)	
Heather Golding	

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 with details. Thanks!

PROUTY ELC FAMILY SUMMER BBQ

Save the Date!!

Monday, August 17th

5:00-7:00pm

@ the Winston Prouty Center

RSVP to Angela by Thursday, Aug. 13th

angela@winstonprouty.org or

802-257-2101 ext. 19

*Pictures below from last year's BBQ~ come join the fun this year!



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
Jillsen Deignan	Developmental Educator	Ext. 24	jillsen@winstonprouty.org
Terrill Douglas	Maternal Child Health Nurse	Ext. 28	terrill@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
Danielle Southwell	Family Support Worker	Ext. 26	danielle@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.

The Circle of Moms support group is starting on 8/11 here at Prouty. This is a confidential support group for mothers with an infant up to 12 months. This group will be led by a Motherwoman trained facilitator, Jessica Perkins, and Susan Buhlman, LICSW. This group is a collaboration between the Health Dept, It Takes A Village, the Retreat, and Winston Prouty. Childcare and light refreshments will be provided. The group will run for 6 sessions (8/11, 8/18, 8/25, 9/1, 9/8, & 9/15 from 10:45-12:00). If you know someone who is interested, they need to register by calling Amanda Pizzollo by August 2nd at 251-2102.

HCRS has posted a position for another ECFMH clinician. Currently, Shawn and Maura have very high caseloads and referral rates are high. Chloe will be calling a meeting with the CIS Systems team for next week to discuss how to support staff during this time and how to best use our CIS resources going forward.

The FSH quarterly data report has been submitted by Emily this month. Emily has taken the lead with organizing a state workgroup around changes to the data measures collected for the FSH program. The next meeting will be on 7/23 in Rutland VT.

- Emily, Jon (from Groundworks) and Alison continue meeting weekly to work on the program details for the Housing Coordination Program. Groundworks has posted for a second position in this program. The job listing is as follows:

- Groundworks Collaborative and The Winston Prouty Center are seeking an energetic, self-directed person to develop housing opportunities in the greater Brattleboro area for families who are homeless. This position will be responsible for locating rentals, negotiating with landlords, meeting with families and case managers to determine needs, and connecting people with appropriate housing, including completing the lease-up process. They will serve as an on-going liaison between the team and the landlord. Ideal candidate will be excellent at developing positive relationships with people, understanding the local housing market, and will approach the work with a positive focus on creative solutions. Strong organizational skills are required. Please submit resume and letter of interest in PDF. 20-25 hrs/wk. Application Deadline: July 31. Start Date: September 1st or earlier.

Windham Child Care has started providing transportation for children receiving specialized child care subsidy (Family Services, children with a special health need, and families receiving family support child care subsidy). They are leasing a bus from Early Education Services. They have hired a bus driver and have had difficulty finding a bus monitor-a new posting has gone out for this position. Currently, Tonya Kangas, our Specialized Child Care Coordinator is covering this position in order to keep the bus running.

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, Michelle Goodwin

Ext. 20 susan@winstonprouty.org

EL2: Brianna McCain, Maggie Sullivan, Katrina Irish

Ext. 18 brianna@winstonprouty.org

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

Ext. 22 ana@winstonprouty.org

EL4: Jordan Wyckoff, Amy Fulton

Ext. 17 jordan@winstonprouty.org

Floaters: Kathy Wright, Lyn Call & Annie Wright

Volunteers

Susan Mandell

Marki Webber

Non-Teaching Staff

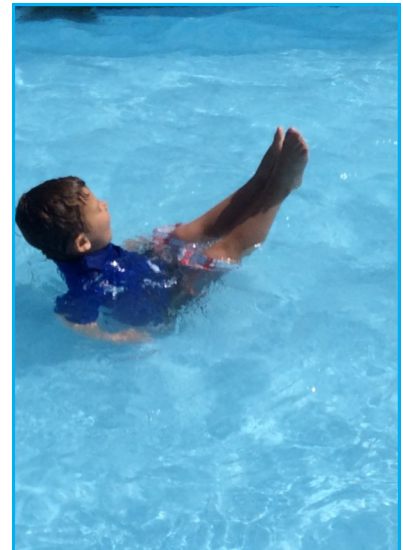
Liz Martin

Paul Rossi

Summer at the Prouty Center

- *Carwashes (both big and small)!
- *Sensory exploration
- *Learning to play kickball
- *Creating a "mini town"
- *Water Wednesday's
- *And oldies but goodies POOL & All School Sing





In August, we will say goodbye to Katrina Irish. Best of luck and enjoy motherhood :)





August



August Happenings
 National Immunization Awareness Month
 National Goat Cheese Month
 Happiness Happens Month

World Breastfeeding Week– 1st Week in August
 August 3rd National Watermelon Day
 August 13th International Lefthanders Day



August 2015

Upcoming Events:

September

*No Staff Meeting in September

7th: CENTER CLOSED for Labor Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Ada is 2!	4	5 Hayden is 2!	6	7 Shawndra is 2!	8 Mason is 3!
9	10	11 Kalina is 3!	12 Layla is 2!	13 Happy Bday Terrill!	14 Happy Bday Crystal!	15
16 Louis is 3 Caleb is 3! Happy Bday Brandy!	17 Madison is 5! Kai is 2! Timmy is 3!	18	19 Austin is 2!	20 Brooklyn is 1!	21 Summer/Program Year Ends	22
23 Chloe is 4!	24	25	26 Jacob is 1! Mason is 2!	27	28	29
	ELC CLOSED for In-Service & Prep			CENTER CLOSED for ALL Staff In-Service		
30 Michaela is 4!	31 Eli is 3! 2015-2016 Program Year Begins					