

The Prouty Voice

January 2016

Volume 10, Issue 5



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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Brattleboro, VT 05301

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Power Failure Line:
(802) 257-4147

Fax:
(802) 258-2413

Website:
www.winstonprouty.org



Note from Chloe Learey, Executive Director

Family Matters: Children With Special Needs

Deb Forrett, a medical social worker with Children with Special Health Needs (CSHN), discussed children with special health needs on the fifth episode of "Family Matters," the talk show on BCTV where we discuss topics of interest to families with young children.

We are very fortunate in Vermont to have a program through the Department of Health which supports families and their children with special health needs. A child who has a complex health condition, either physical or developmental, might be eligible for services. There is a wide range of special health needs, from chronic conditions such as diabetes to metabolic conditions such as hypothyroidism to conditions such as cerebral palsy, which affects movement. If a child is not developing as expected, CSHN could offer support. This support can look different depending on the specific situation, and includes services such as specialty clinics, care coordination, respite and personal care. Deb shared that care coordination can be particularly helpful for families who have to navigate a complex system of care.

A social worker or nurse is available to meet with medical homes and schools to support a shared plan of care. The term "medical home" refers to an approach or philosophy of care that brings together providers across disciplines to support the wellness of a patient in the context of their family. For instance, if a child has a primary care physician, a nutritionist, a physical therapist, an early interventionist and other specialists, it can be challenging to make sure that all the different supports are aligned and working together. A medical home can serve as the connector between all those services and holds the child's wellness across settings.

All parents celebrate milestones – first smiles, first words, walking, going to preschool, going to kindergarten. These milestones and transitions can be more complicated for parents with a child who has special health needs. And, it is important to acknowledge this difference. Some children develop towards being able to be more independent with self-help skills, such as eating, dressing and using the bathroom. This may not happen for children with complex health issues, and thus a parent can end up continuing to be a caregiver longer than anticipated. Sometimes there are even additional caregiving responsibilities that can look more like nursing, which can be physically stressful. It is critical for parents to take care of themselves, and services such as respite care and personal care services can help give parents a break.

CSHN works with families with children from birth through the 21st year. Therefore, developmental milestones such as dating, high school, driving, graduation and moving into adulthood are also part of the mix. These can bring up questions like whether or not a child may continue to need a guardian, and what accommodations might be needed to make sure that s/he can fully engage in the world in a way that is meaningful to them. Every parent has to adjust to who their child is versus who they thought their child might be, and having a child with a special health need can help open up this lens more broadly by removing the expectation of what is "typical" to illuminate what is meaningful and brings joy to their child. Being able to attend a friend's birthday party may be a big accomplishment for a child who has complicated health issues. Appreciating the small stuff and recognizing that it is, in fact, important is a good reminder for us all.

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



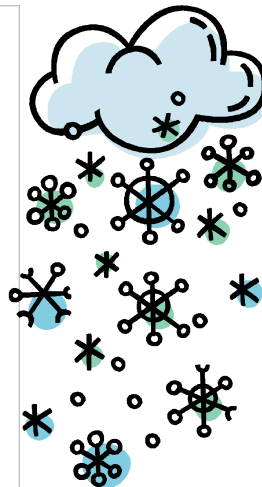
IN CASE OF INCLEMENT WEATHER:

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!



3SquaresVT - A Program for All Seasons

Winter is a time when many households living with lower incomes are particularly hard-pressed to meet their food expenses, given the added burden of heating costs. Some cut down on the food they consume, or buy cheaper, less nutritious food as a means to cope with these added expenses. But good nutrition is essential for good health in all seasons. Southeastern Vermont Community Action (SEVCA) wants Windham and Windsor county residents to know that many struggling households can get help with their food costs through 3SquaresVT.

3SquaresVT is Vermont's Supplemental Nutrition Assistance Program, designed to help households without sufficient resources meet their need for healthy, nutritious food. The program helps eligible households stretch their food budgets and put three square meals a day on the table, at the same time freeing up money for other basic living expenses. Whether they are experiencing a short-term financial crisis or longer-term challenges, 3SquaresVT helps seniors, families, and individuals with lower incomes make ends meet. Monthly benefits come on a debit card accepted at many grocery stores and farmers' markets, making it easy for households to use them.

SEVCA's Family Services staff are available to assist households to apply for 3SquaresVT. Many Vermonters are eligible for the program and don't know it, so SEVCA encourages any family having trouble meeting their food expenses to contact them. 3SquaresVT also helps the local economy by bringing federal dollars to the state and encouraging local spending, helping to support businesses and farmers in our communities. Call SEVCA at (802)254-2795 in the Brattleboro office or (800) 464-9951 for an appointment to get help filling out an application.

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.

Beginning December 23rd, Windham Child Care Association will no longer be running the Specialized Child Care bus. Our region does not yet have a provider, but the director at WCCA has been in contact with *The Current* and is hopeful they may take this contract so we can continue to offer this service in our community. We are very thankful to WCCA for providing this service temporarily and for looking for more long term solution.

The Vermont State Housing Authority is now allowing for a preference for families who have case management support to get onto the Section 8 waitlist. This will apply for families enrolled in FSH and CIS Family Support who will receive ongoing case management for at least one year after moving into a subsidized apartment.

HCRS has hired a new clinician, Jennifer Emerson, who will be joining the ECFMH team in early February 2016. Jennifer has extensive early childhood mental health experience and is moving to Vermont from California. The team is excited about the experience and knowledge that Jennifer will bring to the ECFMH team.

Mary recently attended DCF's Community Response team meeting with Amanda Pizzollo from the Health Department. Mary shared our concern about how many families we've seen whose children have come into custody or whose rights have been terminated and who become pregnant again within a short time span. We'd like to collaborate with DCF and our other community partners to determine how we can offer additional supports/services to these families when their children are brought into custody or their rights are terminated.

Alison, Emily, Crystal and Kerri recently attended an in-person FSH meeting in Randolph VT. At this meeting, they were informed that the state is looking into pursuing Medicaid funding for the FSH program in the near future. We will be hearing more about this in the coming months.

Alison recently attended a community provider meeting to talk about services and supports for families in the Deerfield Valley. The region is currently experiencing a lot of challenges in the school system with families under significant stress, including homelessness, substance abuse and mental health. Several providers, including WCCA, HCRS, Building Bright Futures, Early Education Services and the elementary school came together to brainstorm on the current needs, strengths and possible solutions. There will be a follow up meeting to continue this discussion. The school is exploring the possibility of creating a community center at the former Twin Valley school, which is currently open for community providers to use as space for groups and meeting with families.

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.

Resources

State-wide community resources	Vermont 2-1-1	2-1-1	www.vermont211.org
Child care referrals and resources	Windham Child Care Association (WCCA)	802-254-5332	www.windhamchildcare.org
WIC	Vermont Department of Health	802-257-2880	www.healthvermont.gov
Mental health and substance abuse ser-	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 Coordinator

Kimberley Paquette

Ext. 32 kim@winstonprouty.org

ELC Program Assistant

Angela Hoag

Ext. 19 angela@winstonprouty.org

(Bridget Goodell will be covering for Angela's maternity leave.)

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, Kristine Arnold

Ext. 17 jordan@winstonprouty.org

Floater: Kathy Wright, Mandi Martin, Mare Lundy, Lorraine Gilman

A big welcome to **Kim Paquette**, who joined the Prouty Center as the ELC Coordinator at the beginning of January. Kim has worked at a Head Start program in New Hampshire for over 15 years. We are so happy to have her as part of the Prouty team!

Non-Teaching Staff

Liz Martin
Paul Rossi

Volunteers

Susan Mandell
Bob Peeples
Debbi Reed-Savory

RETHINKING THE PHRASE "GOOD JOB!" by Susan Heimer

"As if it weren't bad enough that 'Good job!' can undermine independence, pleasure, and interest, it can also interfere with how good a job children actually do. Researchers keep finding that kids who are praised for doing well at a creative task tend to stumble at the next task – and they don't do as well as children who weren't praised to begin with."

-Alfie Kohn "Too Much Praise? Five Reasons to Stop Saying 'Good Job!'"

Some years ago the Windham Child Care newsletter printed the above article and featured discussions about this subject in regional workshops. The phrase "good job" is heard everywhere you find young children and most of us had never thought to question it. We decided to try cutting it out, and at least a few of us found that rethinking this phrase was eye-opening and one of the most effective teaching tools we had come across.

What were the five reasons to stop?

- Manipulating children (getting them to do what we wanted)
- Creating praise junkies (leading them to measure their worth by what we approve)
- Stealing a child's pleasure (we want to hear "I did it!" and not "Was that good?")
- Losing interest (once our attention is withdrawn will they still be committed to the task?)
- Reducing achievement (children may become less likely to take risks once they think about how to keep those positive comments coming).

What's the alternative?

- Saying what you saw ("you put your shoes on by yourself")
- Talk less, ask more
- Pause and see if the child says something

It took some conscious effort to quit! As a toddler teacher I understood that genuine interest and encouragement was what was needed. An amazing thing happened when we replaced the phrase "good job" with what we saw: i.e. "you put the blue block on the red one." We found ourselves expanding the vocabulary and language that the children heard from us! We also found that we were more likely to convey interest and approval with merely a smile or some questions, which was what we really needed to build a better relationship with the child.

A teacher I interviewed had this to say: "I realized it was something we say way too much. We jump to say 'good job' instead of acknowledging in a different way, for example saying 'I see you're helping by...' and giving ourselves the opportunity to make the child feel uniquely special. Good job' limits what we say to the child, and they are always having to hear the same thing. Also a child does not need or want praise for everything they do, but may learn to wait for that to get our approval instead of approaching a task for the satisfaction of pleasing themselves."

The ELC has not entirely cut out the phrase "good job," but we are always making a conscious effort to improve the ways we communicate and interact with children. I often point out to parents worried about their child's language development that they can greatly enrich their child's exposure to verbal communication by making this simple change as they interact with their child.



**We found ourselves
expanding the
vocabulary and language
that the children heard
from us!**



January Happenings

National Blood Donor Month
National Hobby Month
National Soup Month

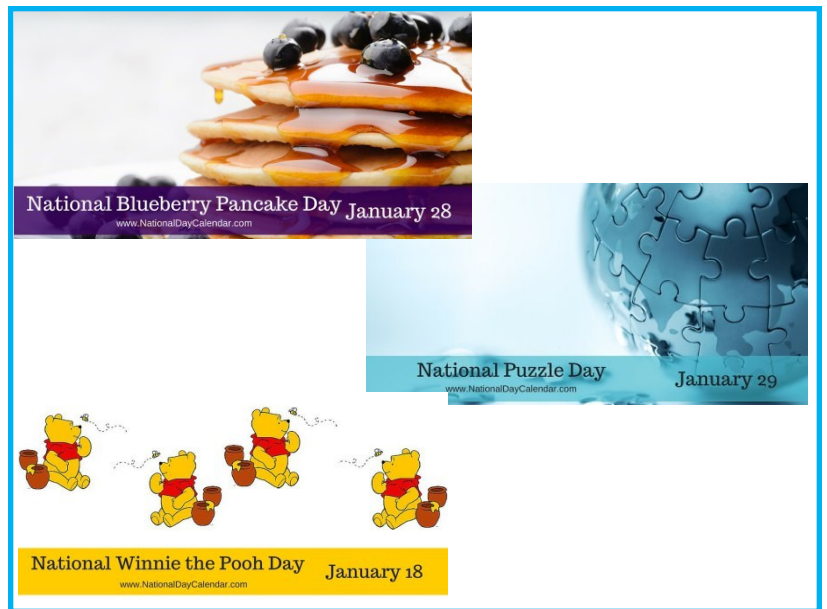
Jan. 18th Martin Luther King, Jr. Day

Jan. 18th Winnie the Pooh Day

Jan. 20th Cheese Lovers Day

Jan. 28th Blueberry Pancake Day

Jan. 29th Puzzle Day



January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Happy Bday Chloe!
3	4	5	6 David is 3!	7 Jovon is 2! Happy Bday Ana!	8 Annaliesa is 1!	9
10	11 Aviv is 4!	12 Kiara is 3! Happy Bday Shelly!	13	14 Ellery is 2!	15	16
17 Cody is 3!	18 Center Closed for Staff In-Service	19	20	21 Kai is 1!	22	23
24	25	26 Marly is 3!	27	28 Happy Bday Mandi!	29	30
31 Abigail is 2!						

Upcoming
Events:

February 3rd: CENTER CLOSSES at 3:30 for ALL Staff Meeting

February 15th: CENTER CLOSED for President's Day