

The Prouty Voice

February 2016

Volume 10, Issue 6



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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(802) 257-7852

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(802) 257-4147

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www.winstonprouty.org



Note from Chloe Learey, Executive Director

Preschool – A Time of Great Exploration

Ana Williams, one of our preschool teachers, declared that preschool is a time of great exploration, on the sixth episode of “Family Matters,” the talk show where we discuss topics of interest to families with young children. Preschool can span ages 3 to 5 years and has many different developmental hallmarks and stages; including one of the biggest transitions in a young life – getting ready for kindergarten.

Children at this age are beginning to recognize similarities and differences as they become very aware that things are not the same. They might talk about living in a house versus an apartment, or having siblings, or how people are different from one another. Friendships also become more defined and sometimes this can be a challenge for parents and caregivers when a child distinguishes other children as “you are my friend” or “you are not my friend,” causing hurt feelings. While not everyone will be friends, certainly teaching belonging and respect as part of being a community is an essential element to helping preschoolers navigate this aspect of social emotional development. Fortunately this is helped by the increased awareness about the importance of belonging in this age group. Celebrating the group becomes more prevalent.

The tension between independence and dependence continues with preschoolers, with negotiation becoming a skill preschoolers begin to employ as they explore the boundaries of the world. The same approach we talked about with toddlers can apply with preschoolers as well – support their ability to make decisions within some set parameters and even engage them to help set those parameters.

Remember that regression is often lurking! Your preschooler who has been independently putting on boots and coats may temporarily lose that ability, and continued patience with these twists and turns is key. One of the teachings in the Touchpoints frameworks is that regression occurs often just prior to a big leap in development. This reminder can help us get through some of those rough patches.

Preschoolers are developing the ability to think symbolically, allowing their imaginations to run wild. While this can be exciting, it also can be hazardous. Your preschooler who used to be fine going to sleep in a darkened room now may need a light left on because he or she can imagine a monster under the bed. This could be a positive sign of development even though it might feel like a regression.

This growth in imagination combined with increasing communication skills can also lead to some very interesting stories. Storytelling is another fun part of the developing preschooler. In fact, it can be difficult for these little people to know the difference between fantasy and reality, leading to situations where it can seem like they are lying. Remember to help them know the difference gently and support their imaginative and moral development. Do not press for the “truth” unless the situation is serious and requires more attention. Since preschoolers’ language is improving and speech is becoming clearer, it can be tempting for adults to start over-explaining. You likely have heard the example of the child who asks “where do babies come from?” and the parent who launches into “the talk,” only to realize that the needed answer was simply “from mommy’s belly.” Keeping it simple and using questions of your own helps a child explore the topic from their perspective.

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

- *Baby Carriers/Slings
- *Infant Swings
- *Bassinets
- *Boppy Pillows
- *Booster Seats
- *(not new) Towels!
- *Baby Mirrors
- *Baby Beds (for toy dolls)
- *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

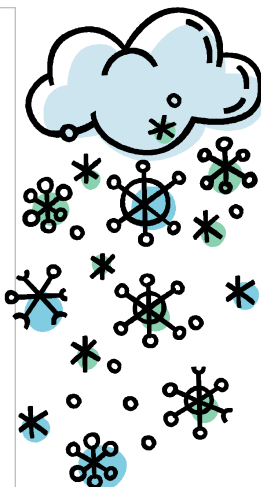
IN CASE OF INCLEMENT WEATHER:

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!

Austine Campus Update

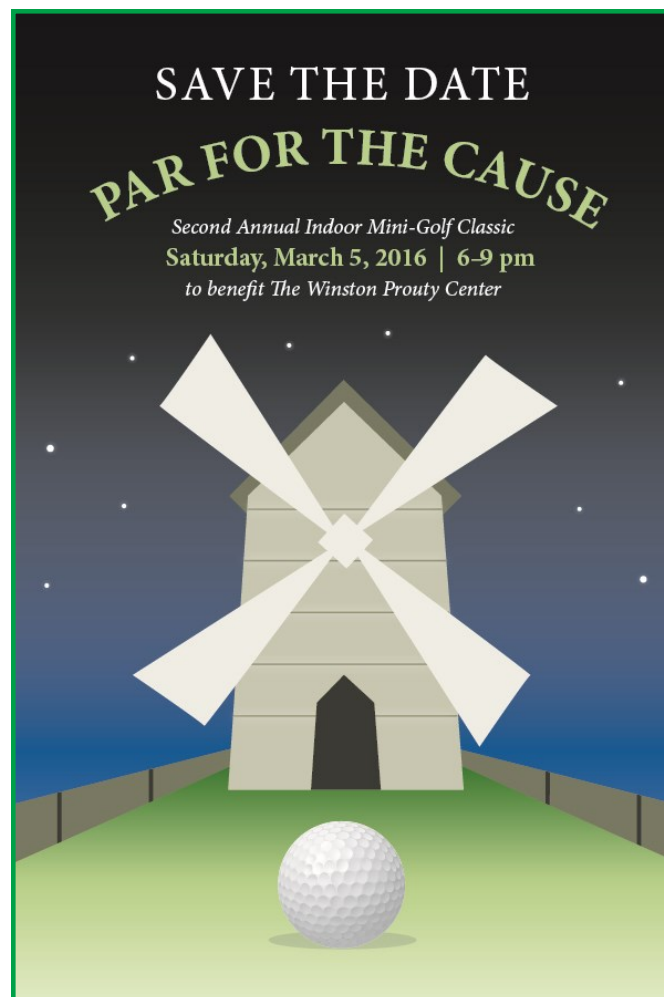
We officially purchased the Austine campus on Wednesday, January, 27th, and have taken over managing the property. We have hired Eric Annis as Facilities Manager, and are very fortunate to have him return to this role since he previously did the job for 9 years when the campus housed the Austine School. A big welcome to Eric!

We are beginning to design the renovations to the space where we plan to move in June. We will be occupying the top floor of Vermont Hall, the large brick building that faces the highway. Renovations will reflect all the changes we expected to make here – 2 additional classrooms, a large multi-use space for indoor play, and increased office and meeting space for community-based services staff. Our goal is to raise \$300,000 for these renovations.

There are currently no other tenants for the other 2 floors of Vermont Hall.

There is a conference room on-campus that can hold up to 49 people, and our hope is to offer this space both to tenants and to other community groups.

Par for the Cause, our 2nd annual indoor mini-golf classic, will be held March 5th on the campus – information and tickets on our web site. Please come and help us celebrate our new home-to-be!



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.

Alison attended a CIS Coordinator meeting on January 22nd. She learned there may be a possible contractor for the specialized child care transportation in our region. Jill Pearl from the CIS State team met with a family who's started to provide this service in Springfield and is interested in expanding into Brattleboro within a month.

Emily now has seven families enrolled in the Housing Coordination program. Out of these families, two have been successfully housed; three had lease signings on February 1st, and two are seeking housing. Emily is planning another meeting with the case managers at Groundworks and Prouty to review progress with the program and gather feedback on implementation so far. Thanks, Emily, for all you have done to get this program up and running!

CIS Wish List

One of the families in the CBS community recently lost their home and many of their personal belongings to a fire. They are in need of a whole host of household items, including diapers, wipes and non-perishable food. Prouty is working with other local organizations to help support this family. Please contact Kellyn McCullough at Ext. 21 for the current list of needed items.

CBS has also helped another family secure a new apartment. This family needs a number of household items, particularly four kitchen chairs, coffee table, couch, bunk bed and bureau. Please contact Kerri Beebe at Ext. 26 if you're able to donate any of these things or other household items.

The Mother's Circle continues to meet at Prouty on **Tuesdays from 10:45-12:00pm**. Stay tuned for new flyers, which will be distributed shortly.

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 or text Alison Wheeler at 413-522-9451 with 24-hours notice. The group's previous contact, Amanda Pizzollo, has resigned from her position at the Health Department to go to graduate school.

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 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 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: Michelle Goodwin, Kim Jacques, Alfred Hughes Jr.

Ext. 22 michelle@winstonprouty.org

EL4: Ana Williams, Maggie Sullivan, Kristine Arnold

Ext. 17 ana@winstonprouty.org

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

Non-Teaching Staff

Liz Martin
Paul Rossi

Volunteers

Susan Mandell
Bob Peeples
Debbi Reed-Savory

Staff Updates

As many of you know, at the end of January we said goodbye to **Jordan Wyckoff**, who was the Lead Teacher in EL4 and previously EL2. Thank you Jordan, for all you have given to Prouty and for your commitment to the children and families. You will be greatly missed and we hope you will come back to visit! On February 1st, **Ana Williams** moved from EL3 to EL4 as the lead teacher.

We are happy to announce that **Michelle Goodwin** has joined Prouty as the lead teacher of EL3. Michelle is a familiar face to many of us here, as she is a long-time substitute teacher and was an assistant teacher in EL1 last summer. We are excited that Michelle will be expanding her teaching career with us and will be even more a part of the Prouty community.

We would also like to welcome two other new Prouty teachers: **Kristine Arnold**, who joined Prouty as an assistant teacher in EL4 and **Lorraine Gilman** who has joined us as a floating teacher.

And we would like to welcome **Bridget Goodell**, who will be covering for Angela's maternity leave. Thank you for your willingness to jump into tasks and support several aspects of our programs. Baby Hoag is due any day now!

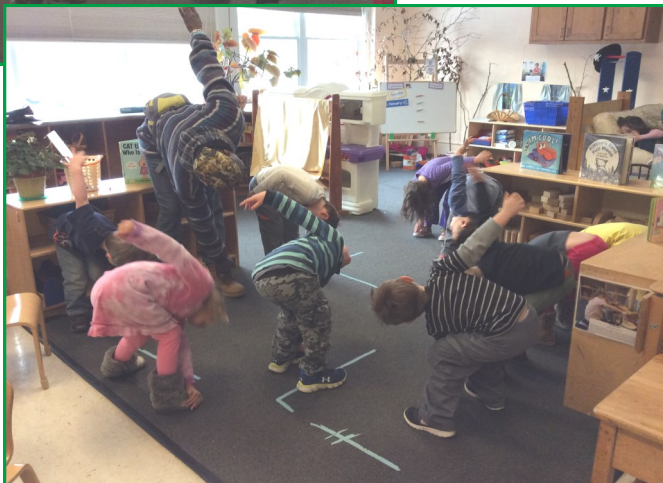
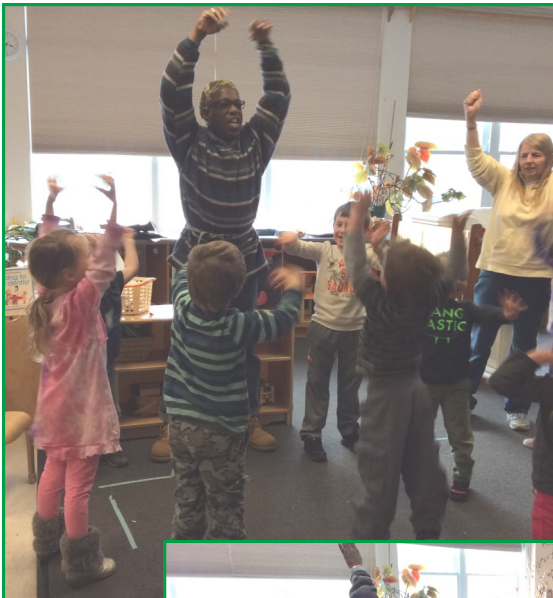
The Benefits of Yoga for Kids by Kim Jacques

Yoga at an early age encourages self-esteem and body awareness. Yoga is a physical activity that's noncompetitive, and one that fosters compassion and cooperation instead of opposition. It physically enhances children's coordination, flexibility, strength and body awareness. It also helps with their sense of calmness and concentration and improves their ability to relax.

There are a few things to know that will enhance your experience if you're planning to teach yoga to your kids. The greatest challenge with children is holding their attention long enough to teach them the benefits of yoga: flexibility, focus, balance, health, stillness and well being.

We're lucky that most children love to move and love to talk, both of which happens in in our yoga classes. Most kids will jump at the chance of assuming the role of trees, animals, flowers and other objects in nature. They can hiss like a cobra, bark in the dog pose, meow in cat stretch or stand tall like a tree. You can engage their minds to deepen their awareness as they perform the various poses. For example, when they're snakes, ask them to imagine that they're just like a long spine with no arms or legs — could you run or climb a tree?

Yoga can help with transitions too. EL3 has been doing yoga and has been very successful. We started with three poses: the star pose, tree pose and sun pose. Next week the children will learn a another new pose!



Introducing children to yoga at an early age can help them learn healthy lifestyle habits and set the foundation for a fit future.

February Happenings

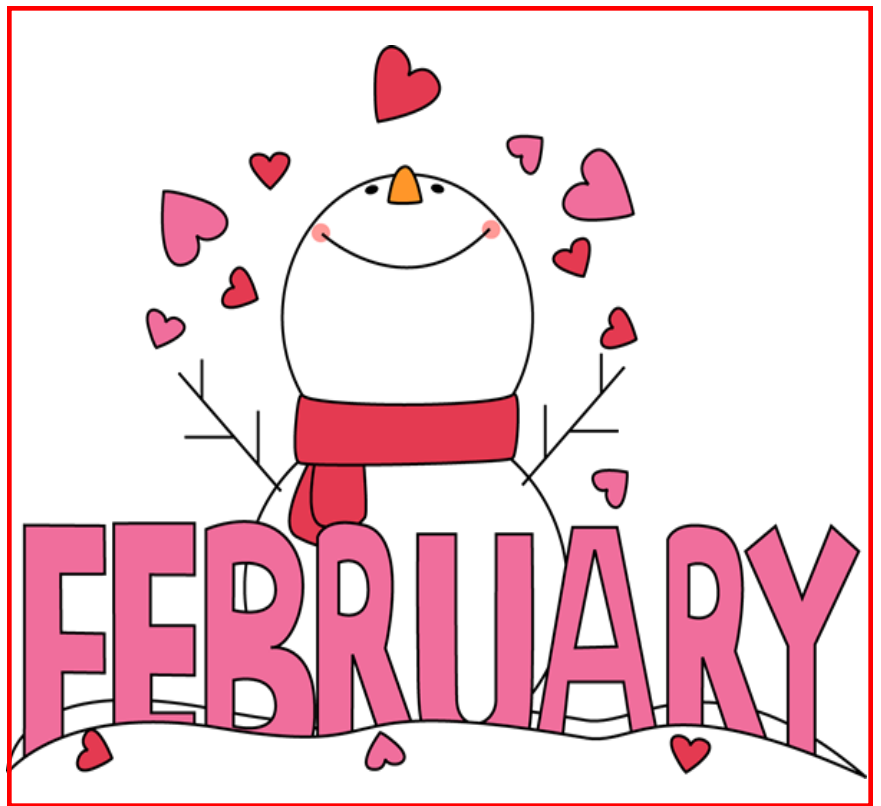
Black History Month

National Bird-Feeding Month

February 2nd Groundhog Day

February 14th Valentine's Day

February 16th President's Day



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy Bday Maggie!	2	3 CENTER CLOSED at 3:30 for All Staff Meeting	4	5	6 Oliver is 2!
7	8	9	10	11 Happy Bday Kerri!	12	13
14	15 Steven is 5! CENTER CLOSED for President's Day	16 Owen is 3!	17 Happy Bday Lisa!	18	19	20
21	22 Happy Bday Joanne! Boden is 2!	23	24 Happy Bday Paula!	25 Sylar is 5!	26 Athena is 4!	27 Liam is 2!
28	29					

**Upcoming
Events:**

March 2nd: CENTER CLOSSES at 3:30 for ALL Staff Meeting
March 25th: ELC CLOSSES at 12:00 for Parent Conferences
March 28th: ELC CLOSED for Parent Conferences