

The Prouty Voice

July 2016

Volume 10, Issue 11



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

Family Matters: Positive Solutions for Families - Part 2

Last month I wrote about "Positive Solutions for Parents," a framework which outlines the foundations and strategies for supporting your child's social emotional development with a positive approach. The upcoming episode of Family Matters, the talk show on BCTV where we discuss topics of interest to families with young children, again features Brandy Levesque, an Early Childhood Educator who has worked in the field for many years, and currently works as an Inclusion Facilitator and in Children's Integrated Services (CIS). Brandy talks more in depth about some of the concrete strategies she touched on in her first appearance. While there are a multitude of ideas for parents to try, we focus on four strategies that are solid tools for all parents to have as they learn how to support their child.

One strategy is to have realistic expectations. Picture a busy morning, everyone getting ready for the day and trying to get out of the house in time to get to work and school. After your 3-year-old finishes breakfast you tell him there are some clothes on his bed and ask him to go get dressed. Ten minutes later you find him in the middle of his room only half-dressed and playing with Legos. "What are you doing?! I told you to get dressed!" Sometimes challenging situations arise when there is a mismatch between when our expectations for what children can do are either too high or too low. Expecting a 3-year-old to successfully get dressed from bottom to top without support even if you have laid out their clothes can be a set up that leads to frustration. Some step-by-step reminders and check-ins such as "What will you put on first?" or "Did you get your shirt on yet?" or "Don't forget your socks!" can help keep a child on task. The other side of the equation, having expectations that are too low can also lead to frustrating situations. If you are laying out clothes and your child wants to independently choose her own, you may end up running into problems. Understanding your child and where they are developmentally can help you develop realistic expectations.

A second strategy is to stay calm. If a child's safety is not immediately in question then this strategy gives parents time to respond instead of react to a challenging or frustrating situation. It is okay to say "I'm having some strong feelings right now, so I am going to take a few breaths before we figure out what to do next." The beauty of this strategy is that it both gives you time to be more thoughtful and provides an example to children of how they can also handle their strong emotions. Responding to their melt-down by yelling at them to "Be quiet!" sends a very different message about how we regulate ourselves.

A third strategy is to state expectations in advance. Grocery stores, birthday parties, restaurants, and other public events and places are all ripe with opportunities to trigger frustrations and challenging behaviors. How many children have you seen melting down in the store because they could not get the treat they wanted? And, the fact that other people are bearing witness to your parenting can make it even more difficult to thoughtfully respond. Again, knowing your child and potential triggers for these situations can help you prepare her ahead of time for what is happening. A script like: "We are going to the store to buy a birthday gift for your friend. This is the only thing we are buying today, so please do not ask if you can get something, too, or we will have to leave." can help alleviate negotiations in the moment and make the shopping go more smoothly. Consistency, predictability and follow-through are important. So, if you say you are going to leave, you actually do.

A fourth strategy is to offer limited choices. There are multiple benefits to this strategy. It can be used preventively or as a response, and it also supports building skills like independence and the ability to make choices. In addition, it allows a child to have some control over his world, something that is important but often missing. If you know your child is going to have a hard time putting on his coat, hat and mittens because he is so excited to get outside, you can prepare him by asking which items he would like to put on first. Or, if your child doesn't like the clothes you have picked out you can offer a couple other options in the moment. Too many choices or open-ended options such as "What do you want to wear?" can be overwhelming and cause derailment. However, limited choices such as "Do you want the blue dress or the green dress?" helps set the situation up for success.

Children are very busy learning how to be in the world. When challenging situations arise, it is often because they do not have the skills they need to navigate successfully to where they want to be. Whatever strategies families use, it is important to keep in mind the simple question of what are you teaching. We may not always know what a child needs to learn, and parenting, like any relationship, is built on trial and error. Spending time getting to know your child and creating a strong relationship is key to parents successfully using these types of strategies and to being their child's first and most important teacher.

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
Bridget Goodell	Operations Assistant		bridget@winstonprouty.org
Mike Curtis	Assistant		

Wish List

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

Some Important Phone Numbers

Please make a note of them!

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

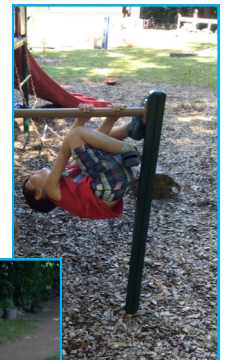
To reach us during a power failure, call 257-4147

Communications Services Slow-down:

Beginning July 5th - July 6th we will have limited access to email and our phone services will be down during this time period.



On June 30th, Heather Golding stepped down from the Board after serving two terms. Thank you so much Heather for your knowledge, experience, insights and support over the years.



Board of Trustees

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

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
Kim Paquette, ELC Coordinator

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!

Campus Update: **It's Moving Time!**



Come out to see the new campus on Friday, July 8th, between 4:00 and 6:00 p.m.



Put More Healthy Food On Your Table With 3SquaresVT

Many Vermont children experience hunger or food hardship. A number of Vermonters find this very surprising. In the United States, a country with so much wealth, it is inconceivable that there are people who struggle to meet their basic needs. And yet, hunger is a daily reality for Americans in every state. Lack of affordable housing, low wages, high unemployment, a decrease in the number of local, affordable grocery stores, and lack of public transportation all contribute to hunger and food insecurity in Vermont.

Thanks to **3SquaresVT** (formerly food stamps) more Vermonters are able to buy healthy food for their children. A family of four earning up to \$3,739 a month may be able to get benefits. Those that qualify for the VT Earned Income Tax Credit also are automatically eligible for 3SquaresVT. Households can have a savings account or an asset like a car or home and still qualify.

3SquaresVT is much more than just groceries. Getting benefits means your children can get free school meals, too. It also qualifies you for phone assistance. These added benefits mean more of your money is freed up to pay other bills and results in less stress in your life.

Everyone needs access to healthy food, and 3SquaresVT is here to help. Families who take part are not taking money away from others in need. Everyone who qualifies can get benefits. Plus, it supports the economy by bringing over \$10 million federal dollars into the state each month. 3SquaresVT is good for you and good for Vermont.

SEVCA's Family Services staff is available to assist households to apply for 3SquaresVT. To schedule an appointment, please call 1-800-464-9951 and you will be directed to a Family Service staff person in your area. You may also visit www.vermontfoodhelp.com for more information or you can even apply online.

1 in 8 Vermonters get 3SquaresVT, have you applied yet?

Community Based Services (CBS) 802-258-2874

Lisa Adams	Developmental Educator	Ext. 24	ladams@winstonprouty.org
Kerri Beebe	Family Support Worker/Housing	Ext. 27	kerri@winstonprouty.org
Crystal Blamy	Family Supportive Housing	Ext. 13	crystal@winstonprouty.org
Emily Clever	Housing Resource Coordinator	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
Rebecca Krause	Maternal Child Health Nurse	Ext. 28	rebecca@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, Kerri and Crystal attended a FSH meeting in Waterbury on June 10th. The meeting covered Housing Risk Pools & Other Creative Ways to Bring in Housing Partnerships (peer sharing & best practices), Service Coordination – Teaming & Care Coordination Models and Financial Empowerment Support for Service Coordinators.

Emily attended a conference on Supportive Housing in Chicago on June 7th-10th. She attended sessions on Supportive Housing 101, Vulnerable Clients in Rural Communities, How to Make Landlords Your Friends, Eviction Prevention, and Keys to Effective Coordination between Housing and Services.

Mary attended the Strategic Planning meeting for the Comprehensive System of Personnel Development for Part B Services in Waterbury on June 7th. This group will be meeting every 3 months in addition to forming some workgroups. Thank you, Mary, for representing our region in these meetings!

CBS Wish List

There are two mothers in the CBS community who are expecting and both are due in August. Items needed are two cribs, a child sized dresser and a queen mattress/bed frame. Please contact Kerri Beebe at Ext. 27 if you're able to donate any of these things. Thanks!

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

Teaching Staff

Infant Room: Nancy McMahon, Mandi Martin

EL1: Susan Heimer, Allie Barrett

Ext. 20 susan@winstonprouty.org

EL2: Amy Fulton, Lyn Call

Ext. 18 amy@winstonprouty.org

EL3: Kim Paquette, Lorraine Gilman, Sarah Bemis

Ext. 22 kim@winstonprouty.org

EL4: Ana Williams, Kim Jacques, Alfred Hughes Jr.

Ext. 17 ana@winstonprouty.org

Floater: Kathy Wright, Mare Lundy

Non-Teaching Staff

Liz Martin

Paul Rossi

Volunteers

Susan Mandell

Bob Peeples

Francesca Carasi-Schwartz

Staff Updates for New Campus:

Allie Barrett, who has been subbing at the ELC, will be joining **EL1** as an Assistant Teacher.

Amy Fulton, who had been the Assistant Teacher in EL1, will be the lead teacher in **EL2**.

Kim Paquette, ELC Coordinator, will be the lead teacher in **EL3**.

Lorraine Gilman, who has been a floating teacher, will be joining **EL3** as an Assistant Teacher.

Sarah Bemis, who has been subbing at the ELC, will be joining **EL3** as an Assistant Teacher.

Nancy McMahon will be joining the ELC as Lead Teacher, **Infant Room**, which will be opening around July 25th.

Mandi Martin, who had been a floating teacher, will be an Assistant Teacher in the **Infant Room**.



Getting Ready for Kindergarten

by Ana Williams



The leap from being a preschooler to becoming a kindergartener is a big one. If you were to look at a classroom of 3, 4 and 5-year-olds, you'd be able to immediately identify the 5-year-olds. You'd see a child who wants to do everything by themselves, considers themselves the "teacher's helper," knows all of the answers (even when they don't!), tries to help the "littles," anticipates the routine and expectations, knows the rules (and informs the others at every opportunity!), and considers themselves too big for the classroom!

As a parent of a child going to kindergarten, the idea of sending my child to the "big school" is a landscape of feelings. What's going to happen to them? Are they going to make friends? Will they feel scared or overwhelmed? Will the teachers notice? I'm so glad this happening! This is going to be great! This transition is sometimes more difficult for the parent than the child. However, everyone makes it through!

Here are some suggestions for getting your child (and yourself!) ready for their new school. These are not necessarily academic suggestions or activities.

1. Discuss what the daily routine may look like when they start kindergarten.
2. Discuss which friends are going to their new school.
3. Go to the library and get some books about going to kindergarten. Our local library has many books on feelings, going to a new school and what to expect from a kindergartner!
4. Visit the new school and play on the playground, etc.
5. Map the route to the new school, point out landmarks, have a discussion about how to get to school.
6. Go places together, encourage them to notice things in their surroundings, and talk about all the interesting things there are to see and do.
7. Use everyday activities to point out words and numbers.
8. Encourage their independence in managing daily tasks and helping with household chores like setting the table.
9. Continue to work on self-help skills; social emotional skills, for example, use your words, use your manners.

Whatever happens, it's a process. Take pictures, make a book, but most importantly, it's part of growing up!

July Happenings

Nat'l Blueberry Month

Nat'l Hot Dog Month

Nat'l Ice Cream Month

July 4th Independence Day

July 15th Cow Appreciation Day

July 20th Nat'l Lollipop Day



CIRCUS SMIRKUS
THE STORY OF 1,000 STORIES



July 11 & 12 from 1pm to 6 pm

Cheshire Fairgrounds, Keene, NH

Tickets at SMIRKUS.ORG or 877-SMIRKUS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CENTER CLOSED at First Aid/CPR Training	2 William K. is 2!
3	4 Center Closed for July 4th	5 Oliver is 3!	6	7	8 Tours of New Campus 4:00-6:00 pm	9
10	11 ELC Summer Program begins on new campus	12 Happy Bday Lisa A	13	14 Happy Bday Crystal	15	16 Happy Bday Brandy Azriel is 2!
17 Owen H is 4!	18	19 Braelyn is 3!	20	21	22 Eli is 3!	23 Adrian is 2!
24	25	26	27 Skye is 1!	28	29	30 Gabriel is 3!
31						

Upcoming
Events:

August 18th: ELC Family Summer BBQ

August 26th: Summer Program Ends

August 29th: 2016-2017 Program Year Begins