

November/December

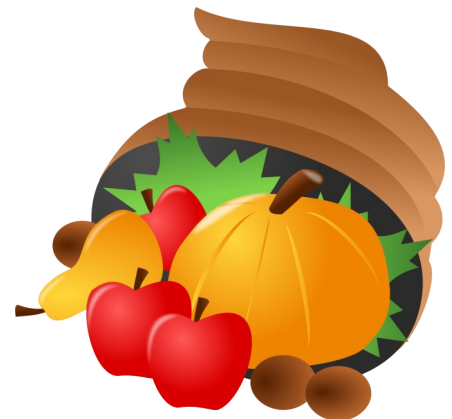
2016

EUP Great Start Connections

"ALL CHILDREN WILL BEGIN KINDERGARTEN SAFE, HEALTHY, AND READY TO SUCCEED IN SCHOOL AND LIFE."

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"Education is the most powerful tool which
you can use to change the world"



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GREAT START COLLABORATIVE

Strategic Planning

Greetings from the EUP Great Start Collaborative! We have a very busy year coming up in 2017. This year we are charged with developing our 3-year Strategic Plan, which will be completed by September of 2017. The goal of the Great Start Collaborative is to ensure the coordination and expansion of local early childhood infrastructure and programs and allow every child in the community to achieve the following outcomes:

- Children are born healthy.
- Children are healthy, thriving, and developmentally on track from birth to third grade.
- Children are developmentally ready to succeed in school at the time of school entry.
- Children are prepared to succeed in fourth grade by reading proficiently by the end of the third grade.

Overall, a strong GSC strategic plan responds to the following questions:

- What is the current status of young children, their families, and the local early childhood system as compared with the early childhood outcomes?
- What system changes need to be made to attain Michigan's early childhood outcomes for young children in our community?
- What specifically will our community do to implement the system change strategies in response to needs identified while maintaining areas of strength?
- How will our community know we are making progress?

Through the process of a yearlong system scan, we aim to begin to answer these questions as a community. One of the first tasks our Collaborative was given was to form a Steering Committee consisting of community members who will help drive this yearlong process. This committee will meet for the first time on November 22nd to begin the process of completing a *Community Needs and Strengths Assessment*, an important first step of our goal.

The *Early Childhood Investment Corporation* will guide us through the process by way of the *Able Change Framework*. The *Able Change Framework* is a model designed to help communities more effectively address the significant social issues affecting children, youth, and families. The model is based upon the premise that communities can achieve transformative results when they make local system and community conditions the intentional targets of their change initiatives, when they pursue the effective implementation of their efforts, and when they build community engagement infrastructure that supports real-time learning and action across diverse stakeholders and sectors.

Please watch for updates as we work together to complete this exciting project!

Questions, Concerns or Comments, Please Contact:

Cara LaFaver, Great Start Collaborative Coordinator

clafaver@eupschools.org 906-632-3373 ext. 5113

www.eupkids.com





GREAT START PARENT COALITION



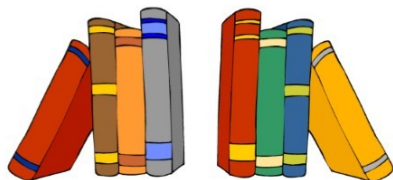
Burger Bash

The Great Start Collaborative is excited to partner with Central Savings Bank

The Dolly Parton Imagination Library provides FREE age-appropriate books to local children birth to age 5 in our Tri-county region (Chippewa, Luce and Mackinac). The purpose of the program is to:

- Guarantee access to books
- Inspire a love of reading in young children
- Inspire parents to read to their children
- Increase literacy outcomes for school age children

Join Us and show your support for Early Childhood program in our community!



BAKE SALE BY DONATION

RECYCLED BOOK CAMPAIGN!

Bring your gently used children's books!
Books will be redistributed in Mobile Libraries around town!

In Support of the EUP Dolly Parton

Imagination Library!

Monday November 21st @ the Elk's Lodge

1111 E. Portage Avenue, Sault Ste. Marie MI

4pm-7pm

Tickets \$8

Available to pre-purchase @

EUPISD-315 Armory Place, Sault Ste. Marie, MI

EUPISD Early Childhood Programs &

Services Dept. - Michigan Hall (campus of LSSU, near Library)

ALL CSB Branch Locations

TICKETS CAN BE DELIVERED

Please Contact: Heather Mitchell

(906) 632-3373 ext. 5133

hmittell@eupschools.org



Like us on Facebook: EUP Great Start
Parents & Collaborative

PARENTS AS TEACHERS OF THE EUP



Parents as Teachers.
Affiliate

Parents As Teachers

Vision

"All Children will learn, grow and develop to realize their full potential"

Parents As Teachers

Mission

"To provide the information, support and encouragement parents need to help their children develop optimally during the crucial early years of life"



Attachment

Attachment is the nurturing, caring relationship between a child and their parent(s) or caregivers(s). Secure attachment occurs when parents and other caregivers recognize and respond to a child's cues. This is the foundation for a child's future relationships.

Newborns begin to learn about trust during this pre-attachment phase.

From 6 weeks– 6 months babies know whom they can trust to meet their basic needs for food, comfort, stimulation, love and close physical contact. **You cannot spoil a baby during the first 6 months.**

Around 6 months old children often experience feelings of stranger anxiety. During these times of anxiety parents should hold their babies close and allow time to get used to the new person. Your baby is counting on you to help them feel safe.

Mobile babies and toddlers begin to ask for help, cuddle, express affection, follow caregivers into another room, and explore but return for reassurance. These are some signs of secure attachment.

At any age Dad's make a difference. Attachment to fathers or other significant males is important for brain development. Children do better academically if they have had a nurturing father figure.

At any age: When parents provide close, loving care and a variety of experiences, they are building a secure attachment, preparing their child for future success in school, and increasing the child's ability to form relationships throughout their lives.

3-6 years: Signs of secure attachment include showing affection, playing with others, showing preference toward a familiar adult and seeking help from others. They are also starting to understand that their own perspective differs from others. Parents may find it hard to adjust to their children's growing assertiveness.

Questions, Concerns or Comments, Please Contact:

Cara LaFaver, Great Start Collaborative Coordinator

clafaver@eupschools.org 906-632-3373

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PARENTS AS TEACHERS OF THE EUP



Parents as Teachers.
Affiliate

Parents As Teachers Vision

"All Children will learn, grow and develop to realize their full potential"

Parents As Teachers Mission

"To provide the information, support and encouragement parents need to help their children develop optimally during the crucial early years of life"



Simple things you can do to build attachment with your child

Babies

- Hold your baby. Touch is one of the ways babies learn about their world. Holding them close teaches them they can trust you to comfort them
- Talk to your baby when he makes sounds: during feeding, diapering, playing, and bathing
- Walk around the house with your baby each day. Talk to her about what she sees. Let her touch, smell and hear things
- Smile when he explores. Keep his play area safe and fill it with interesting objects
- Spend a lot of time with your baby. Do new things together often
- When you cannot be with your baby, leave him with someone you can trust who will care for him in the same ways you would at home

Toddlers and older children:

- Celebrate what your child can do
- Comfort them when upset
- Be there when your child tries new things
- Let your child learn from his mistakes without criticizing them
- Be prepared to meet your child's needs
- Accept their emotions
- Set family routines so your child knows what to expect
- Set limits for your child's behavior
- Make your home safe to explore
- Understand brain development behind your child's actions
- Act in ways that match your families values
- React consistently to your child's cues
- Think about your child's temperament
- Be open to your child's interests and share in them
- Model taking turns
- Welcome your child's expressions of his personality
- Name objects when you point to them
- Read books, tell stories and sing
- Take turns making sounds or talking to your child
- Ask and answer questions
- Provide new words, materials, and ideas for your child's play
- Help your child when needed, but support his independence
- Help your child understand how his actions affect himself and others

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clafaver@eupschools.org 906-632-3373

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Meaningful Holiday Traditions & Fun Family Activities

By Jen Betterley for Parent Map

The great thing about the holiday season—besides the gifts—is having the chance to spend valuable time with our loved ones, show appreciation for one another and overall, give thanks!

Holiday traditions are important in every family, regardless of religion or how you choose to observe the holiday season. They provide meaningful and cherished lifelong memories and more so, an opportunity to spend quality time together.

Family traditions can be as simple as you make them; they can be a Christmas Eve family game night by the fire, preparing a holiday meal as a family, saying grace or even a Sunday spent together helping others. In this article, we've included some ideas and fun activities for spending the holiday season together as a family.

Leaves of gratitude—Make a fun seasonal craft by making a homemade family gratitude tree. Head out to the backyard with your little ones to find the perfect branch for a tree that will show your appreciation all season. Write down your messages of gratitude to hang from the branches and design the ornaments to your liking.

Holiday Reading—Catch up on your holiday classics each night with the family until Santa finally makes his annual journey down the chimney. Take a trip to the library and gather up your Christmas favorites or save these timeless tales in a special place, specifically for the holiday season.

Giving back, as a family—There are many different ways that you and your family can give back this holiday season. Food Baskets are collected by many area merchants. The United Way accepts donations and volunteer time and often has a list of family—and group—friendly volunteer opportunities in your area. Families can donate toys or gently used clothing, help package and organize food gathered by area merchants, churches, and other organizations, buy Christmas presents for the needy children and more.

Finding the Perfect Tree—Whether you stop at a local lot in the city, travel to a U-pick farm out of town, or go with a replantable tree from the backyard, picking a perfect Christmas tree has been a long tradition for many families. It is a great way to spend the day outside and bundled up with your family.....The best part is the Christmas tree decorating party that awaits once you get home!



Christmas lights for all ages—Many families have a holiday tradition of visiting streets or neighborhoods that are known for their Christmas lights. Babies and toddlers enjoy being pushed in their strollers, bundled up warm against the chilly weather, and gazing at the colorful lights in their neighborhood, or an area where you decide to stroll along and look at the Christmas lights.

From: <https://www.parentmap.com/article/15-meaningful-holiday-traditions-and-fun-family-activities>

Questions, Concerns or Comments, Please Contact:

Becky Meyers, Early On Service Coordinator

bmeyers@eupschools.org 906-322-6814 (Text only)

www.eupkids.com

Brittany Stabile, Early On Service Coordinator

bstabile@eupschools.org 906-322-6816

www.eupkids.com

Positive Parenting: Encouragement vs. Praise

We live in a culture where a blue ribbon, a gold star, a trophy, or at minimum an enthusiastic "Good job!" has become commonplace and even expected when children participate in an activity, regardless of their effort or outcome. Many feel these practices are important to build a child's self-esteem and are harmless, but in fact, they are neither.

While each of these events in and of themselves are not individually harmful, and are sometimes perfectly appropriate, the practice of continually praising or over-praising a child can be. The problem with praise is that children begin to expect constant acknowledgement and conversely are alarmed when they don't get it. They come to rely on external praise rather than develop internal motivation or confidence in their emerging abilities. They stop doing things because they should or they can, and instead do them for the recognition.

Further, according to Carol Dweck, Ph.D., a professor at Columbia University, children who come to rely on praise take fewer risks, because they are unwilling to lose their praise-worthy status. When children seek praise (consciously or unconsciously) they tend to avoid anything they won't get 'right': which is unfortunate because mistakes, trial and error, and risk-taking are critical elements of any learning process.

This matters whether you're parenting a toddler or teen. The impact of praise on a child starts early. In fact, in a study facilitated by Dr. Dweck children as young as fourteen months had begun developing opinions about themselves and their abilities based on the praise their parents gave them. As children age, if they only define themselves by good grades, winning, or anytime they receive praise, they'll feel less competent or worthy when these things are absent (i.e. the real world).



[Questions, Concerns or Comments, Please Contact:](#)

Alicia Lawlor, Preschool Consultant

alawlor@eupschools.org

906-632-3373 ext. 5141

www.eupkids.com

Positive Parenting: *Encouragement versus Praise*

So what should we do instead?

As an alternative to praising a child's end result or the child themselves, we should offer encouragement for their efforts and attitudes. Encouragement can be inspirational and motivating - a gentle, supportive nudge that helps children meet important goals - instead of self-defining and limiting.

And when we do praise children, it should be genuine: praise that is specific (i.e. "That was very kind of you to clean up your toys without being reminded") rather than generic (i.e. "You are wonderful") and praise focused on behavior (i.e. "You came up with a very creative solution") rather than the person (i.e. "You are so smart").

In Dr. Dweck's study, children who received encouragement were more likely to believe their intelligence could change and they could do better if they tried hard, whereas children who were praised felt their intelligence was fixed and were already, even in the toddler years, avoiding experiences perceived to be challenging.

Generic or Person-Centered Praise

You are always so beautiful

Good job!

What a smart kid you are!

What a pretty picture.

You sure are strong.

You are so organized.

I am so proud of you.

Encouragement or Genuine Praise

I like the combination of patterns you chose to wear today.

You really stuck with that-your hard work paid off.

I can tell you're working hard on reading because you finished a longer book.

The colors you chose for that sunset are unique

That was the first time you've jumped rope without stumbling

I appreciate the way you organized the shelf, it makes it easier to find everything.

You look proud of yourself! You really proved you can do it.



Questions, Concerns or Comments, Please Contact:

Alicia Lawlor, Preschool Consultant

alawlor@eupschools.org 906-632-3373 ext. 5141

www.eupkids.com

Positive Parenting (Continued):

Encouragement:

- Recognizes and fosters continual growth and effort.
- Does not cause children to compare their achievements, or compete about who is smarter, prettier, faster, etc.
- Fosters independence - children gain a sense that their own abilities can get them what they need and want.
- Emphasizes effort, progress, and improvement rather than just results.
- Recognizes contribution rather than completion or quality over quantity.
- Promotes perseverance rather than giving up if a child doesn't initially achieve the success he expected.
- Allows children to learn about, rather than measure, themselves.
- Prepares children for real-world challenges where they will be expected to do much more than show up to earn recognition.
- Doesn't build false self-esteem (i.e. "I am so smart. I can do anything") but instead builds determination and confidence (i.e. "I have the ability to do many things if I work hard").
- Does not do for children what they can do for themselves.

Children who receive encouragement or genuine praise are also more resilient. Because they are focused on their effort and believe they can change their circumstances through determination or learning, they are not as shaken by adversity.

On the flip side, children who have been praised for a fixed personal characteristic such as their intelligence or good looks, are confused by set-backs and view them as a personal reflection rather than a growth opportunity. In addition, children who receive stickers or a high fives for doing mundane tasks like putting their shoes on, begin to expect praise when praise isn't called for and take it personally when it doesn't come (which will inevitably happen as they age); the praise becomes more important than the achievement.



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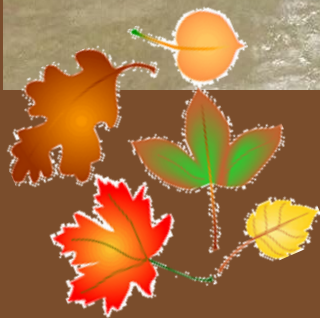
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alawlor@eupschools.org 906-632-3373 ext. 5141

Positive Parenting (Continued)

Of course, it is okay to express pride in your child; it is a natural way to demonstrate love and support. But it is important to understand that if self-confidence and development are the goals, encouragement is a much more useful strategy. After all, when our children are on their own and faced with a challenge, we know it won't help them to think, "Why can't I do this? I should be smart enough." but it will serve them well to think, "This is tough, but with effort I can probably figure it out."

As parents, we can do a lot in these younger years to build that kind of thinking from the start. There is no need to take drastic steps and snatch the soccer participation trophy out of your child's hands, but some reflective thoughts and words of encouragement on your child's effort and growth throughout the season will ensure their joy comes from their developing abilities and confidence in their own skills rather than the shiny award sitting on their shelf.



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Alicia Lawlor, Preschool Consultant

alawlor@eupschools.org 906-632-3373 ext. 5141

www.eupkids.com

COMMUNITY EVENTS CALENDAR

If you are looking for something fun to do with your family, please check out these upcoming events in our community!

November

4th, 11th, 18th—Playgroup at the Big Bear	10am-11am
10th—United Way Chili Cook Off at LSSU	4pm - 7pm
17th—Storytime at Bayliss Public Library	1pm
18th & 19th—Movie: Mary Poppins at the Soo Theatre	7:30pm-11pm
19th—Superior Children's Book Festival at LSSU	11am-3pm
21st—Imagination Library Burger Bash at the Elk's Lodge	4pm-7pm
23rd—Storytime at Bayliss Public Library	1pm
24th & 25th—HAPPY THANKSGIVING	
25th—Christmas Parade of Lights & Tree Lighting in SSM	7pm



December

2nd, 9th, 16th—Playgroup at the Big Bear	10am-11am
3rd—Downtown SSM Christmas Open House	11am-4pm
13th—Family Fun Night at Sault Tribe	5:30pm - 7pm
26th - 30th—HAPPY HOLIDAYS: Offices Closed	



If you would like to contribute to our Community Events page please contact :

Heather Mitchell, Early Childhood Office Assistant

hmitchell@eupschools.org 906-632-3373 ext. 5133