

WESTCHESTER ASSOCIATION FOR THE
EDUCATION OF YOUNG CHILDREN
NEWSLETTER, February 2016

www.westchesteraeyc.com
westchesteraeyc@gmail.com

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WAEYC Mission Statement:

The Westchester Association for the Education of Young Children is a professional organization which advocates for children birth through eight years. It educates, guides policy, and promotes quality early childhood programs.

Spring Training Workshops 2016

WAEYC is pleased to present its 2016 Spring Workshop series!

The Spring Workshops are a terrific opportunity for directors, staff, specialists and parents to continue their education in the early childhood field. These quality programs are designed to bring new concepts and techniques to staff, to enhance the classroom experience for the children we serve, and to provide everyone with training hours and networking opportunities. We invite you to share the workshops with the parents at your program. There are many that would appeal to them also!

Afternoon and Evening Workshops

Open to

Directors, Teachers, Specialists, Staff and Parents



P O Box 636
Hartsdale, NY 10530
Email: westchesteraeyc@gmail.com
914-539-2363



230 Washington Avenue Ext
Albany NY 12203
518-867-3517
Email: contactus@nysaeyc.org



NAEYC
1313 L Street, NW, Suite 500
Washington, DC 20005
800-424-2460

President's Message

Although I still have pumpkins on my porch, my desk calendar reminds me that the new year is almost upon us! By the time you read this, winter will be in full swing with the December and January holidays will be far behind us. As I reflect upon the year that will soon be in the past, I am reminded of my wonderful friends and colleagues from Westchester AEYC who have made the 2015's activities possible for many of us in the early childhood field. As professionals like you in their chosen field, they have carved out time to volunteer their time, offering all of us expertise in organizing large-scale events, teaching workshops, and planning out activities for their fellow EC colleagues. None of what Westchester AEYC does could happen without the many hours that our board and committee members offer. So, many thanks to all of them for making our organization purposeful and adaptable to the needs of Westchester's EC community.

This evening, as I write this note, I am also thinking of the many gifts that each of us as EC professionals are blessed with...Here is my list:

Patience

As we well know, young children do not always exhibit self-control and have short attention spans. An early childhood professional, be it an educator, a therapist, a parent, or administrator, we all need patience with both ourselves and the children and families we work with. Young children don't always follow instructions or learn new tasks quickly, so directions and behavioral guidelines must be patiently repeated and reinforced. A child's needs and developmental progress must be effectively addressed, maintaining open communication with key players such as families and other EC colleagues. High-quality EC colleagues are patient with student progress and work effectively to encourage growth and development.

Flexibility and Creativity

Without flexibility and creativity, we lose our ability to adapt to change and inspire young lives. Due to the changeable nature of infants and toddlers through 2nd grade classrooms, a teacher must learn to work with new challenges. Kindergarten teachers are faced with ever changing curriculum goals, and first and second grade educators strive to make their lessons developmentally appropriate for these older elementary school students. We all deal with flexible schedules and new ideas to entertain and educate students. Creativity helps us incorporate different learning styles into the classroom environment. On a daily basis, we might use puppets, music or art supplies to discuss literature -- or create an inspirational science room by allowing students to explore magnets and magnifying glasses. In the next breath, we are sitting down with other educators, parents, colleagues, and professionals discussing the latest research, possible funding resources, and the future direction of our profession.

Passion

Many researchers have found that a passion for teaching is one of the most important qualities of a good teacher. Passion includes heart-felt enthusiasm that encourages development and often results in job satisfaction, knowing the work makes a difference. Watching a child grasp a new concept, effectively resolving a conflict, or demonstrating responsible behavior provides us with a sense of accomplishment. This passion for the development of young lives sustains our love for the field of early childhood and many of its challenging aspects.

Dedication

Young children respond to professionals who are dedicated and committed to providing a safe and secure learning environment. Trusting relationships between adults and children often result in positive educational experiences. Dedicated professionals are focused on learning their craft, developing new techniques based on high quality research, and sharing with their colleagues.

On their website, NAEYC notes the power of early educational experiences. Research shows that providing a high quality education for children before they turn five yields significant long-term benefits. I know I wrote this last year in my letter to all of you, but these facts bear repeating: The *HighScope Perry Preschool Study* found that individuals who were enrolled in a quality preschool program ultimately earned up to \$2,000 more per month than those who were not. Young people who were in preschool programs are more likely to graduate from high school, to own homes, and have longer marriages. Other studies, like *The Abecedarian Project*, show similar results. Children in quality preschool programs are less likely to repeat grades, need special education, or get into future trouble with the law.

So, I leave you with the thought of renewal as we delve into this new year. Take time for yourself, for if you are to be patient, flexible, creative, passionate, and dedicated, you need to take care of you! Find time to read a good book, chat with a friend, and relax in a way that suits you. Remember that this February issue details our *Spring 2016 Workshop* series. Take note of what is being offered and provide yourself with professional development that is on target, current, and informational so that you can improve upon your skills as an early childhood professional.

So, health and happiness for all in 2016, and make a resolution to take time to nurture yourself so that you can be there for others. And please remember that if time permits, your local AEYC chapter could always use your help in our work with young children!

Deborah Mumford, EdD

Save the Date:

NYS AEYC Annual Conference
April 7 – 9, 2016
Hilton Westchester
Rye Town, NY

Save the Date:

Eric Litwin, *Pete the Cat* Author
WAEYC October Conference
October 22, 2016
Mercy College
Dobbs Ferry Campus

WESTCHESTER AEYC SPRING WORKSHOPS 2016

We are pleased to present this series of training opportunities for directors, teachers, classroom assistants, classroom specialists, and parents. Each attendee will receive a Training Certificate at the end of the training session. These quality workshops are designed to bring new concepts, techniques, and ideas to professionals working with young children from Birth to Age 8. They will enhance your classroom experience and provide you with some of the training hours required. They also give you an opportunity to network with other professionals. Please share this brochure with colleagues, parents, and friends and encourage them to attend also.

If your Center is a host site, your Director received a voucher for a free attendance to any workshop in this series. Please speak to your Director about using this voucher.

Also, please note on the Registration Page: **WAEYC MEMBERS CAN ATTEND ONE FREE WORKSHOP IN THIS SERIES.**

ALL WORKSHOP ATTENDEES MUST BE REGISTERED

Please make sure to fill out the evaluation form at the end of your workshop and return it to the person collecting them for WAEYC., usually your HOST. Your feedback is very important to us. We hope you enjoy this series and that you consider attending the NYS AEYC Conference at the Rye Hilton in April. The State conference will be here in Westchester this year and next year.

Sara Arnon, Chairperson, Westchester AEYC Spring Workshops

February 2016 Workshops

1. Monday, Feb. 22 4-6 PM

Using Blocks to Build Creative, Inclusive Early Childhood Environments

Blocks and the dramatic play that accompanies block building, offer children multiple and diverse opportunities to express their understanding of the social and physical world in which they live. In this workshop you will learn how to organize block-building areas in the classroom and get all the children involved.

(This workshop has an enrollment limit of 15---if necessary a second session will be added)

Presenter: Hope Blauner, Teacher OCFS: 1, 3
Site: Beginning Years at Temple Beth El 914-238-3928
Chappaqua 10514

2. Tuesday, Feb 23 4-6 PM

Emergency Procedures-----Are You Prepared?

This workshop is designed for Directors and Staff personnel. We think we're ready for any emergency, but are you? This workshop will go through procedures we should follow to be prepared for any type of emergency---a sick child, a building lock-down, and everything in between.

Presenter: Joyce Grimaraes, Director OCFS: 4
Site: Larchmont Ave Church Nursery School 914-834-3984
60 Forest Park Avenue
Larchmont 10538

3. Wednesday, Feb. 24

4-6 PM

The ASPIRE Registry for Directors

This workshop provides an overview of ASPIRE, New York's workforce registry for early childhood professionals and New York Works for Children, the state's integrated professional development system. During this interactive presentation designed for Directors, we will give a live walkthrough of the Aspire system to highlight how to build an organization account and keep it up to date, and how to use Aspire for records management.

Presenter: Amy Ludwig or Louisa Higgins, ASPIRE
Site: Christ's Church Nursery School
Rector Street
Rye 10580

OCFS: 3, 5
914-967-5758

4. Thursday, Feb. 25

4-6 PM

The Ins and Outs of Shaken Baby Syndrome and Mandated Reporting

This workshop will explain and explore Shaken Baby Syndrome to meet the OCFS category #9. Participants will explore identification of SBS, prevention of SBS, and identify areas where help can be found. The reporting process for Child Protective Services will also be discussed regarding mandated reporting.

Presenter: Lynda Merchant, President, NYS AEYC
Site: Community Nursery School
343 Broadway
Dobbs Ferry 10522

OCFS: 6,7,8,9
914-693-9072

5. Thursday, Feb. 25

7-9 PM**

Creating an Interactive Science Center to Promote Scientific Inquiry Skills

This workshop will start with an explanation of scientific inquiry skills for young children through examples, discuss criteria to consider in setting up a science center, provide ideas to use in the classroom by exploring activity boxes during the workshop.

Presenter: David Del Campo, Resource Trainer
Site: Briarcliff Nursery School
Morningside Drive
Ossining 10562

OCFS: 1, 3
914-941-4373

6. Monday, Feb. 29

4-6 PM

Music Material---Even More!!!!

Delores has done many workshops for us, and she never runs out of material!!! Here she is with Even More! Please bring a recording device with you so that you will have all the songs from this workshop. She will present dances, finger plays, and songs for your classes.

Presenter: Delores JiJi
Site: Mamaroneck Community Nursery School
501 Tompkins Avenue
Mamaroneck 10543

OCFS: 1, 3
914-381-2655

March 2016 Workshops

7. Tuesday, March 1

4-6 PM

Embracing Nature Inside Out

Meet two teachers from urban and suburban preschools as they investigate and share what's in Nature in their classrooms ALL the time.... embracing a child's experiences as nature learners, benefits of connecting with nature, nature materials, and loose parts in and out of the classroom.

Presenters: Maria Fazio & Marie Inzinna

OCFS: 1, 3

Site: Huguenot Nursery School

914-738-6346

901 Pelhamdale Avenue

Pelham 10603

**Remember: 1 Free Workshop if you are a W.A.E.Y.C. Member
Join Now and Use Your Freebie!!**

8. Wednesday, March 2

4-6 PM

FOR DIRECTORS: Administrative Issues---Please HELP!!!!

Being a Center Director means you have to be a Jack of All Trades! You must understand curriculum, ages and stages of children, all the rules of running a Center, employment law, how to network with others, how to market a program, how to hire, train, and sometimes, even fire staff. Plus you have to understand how to deal with parents and oh, so much more. Joyce Guimaraes has been a Center Director for over 30 years and so she's pretty much seen it all!! Join her for a most helpful session.

Presenter: Joyce Guimaraes, Director

OCFS: 3, 5

Site: Larchmont Avenue Church Preschool

914-834-3984

60 Forest Park Avenue

Larchmont 10538

9. Wednesday, March 2

4-6 PM

Introduction to the Nurtured Heart Approach©

This is a method of working with ALL children, including the most challenging ones, and intentionally building the inner Wealth. By focusing on where our energy is going in our interactions with children, we can help them focus academically, socially, and emotionally. The Nurtured Heart Approach© is rooted in three key commitments: a positive focus on children's successes, a refusal to show negative energy, and absolute clarity about rules and boundaries.

Presenter: Janet Waller, Elementary School Teacher

OCFS: 1, 2, 3

Site: Columbus Elementary School

914-576-4400

275 Washington Avenue

New Rochelle 10801

(Room Directions will be at School)

10. Monday, March 7

4-6 PM

Web-Based Marketing for Your Center

This workshop will help you to market your Early Childhood Program through web-based and email marketing. Let the WWW(World Wide Web) help you make your program visible to the right population in your target area. This director has had great success using the Internet to communicate to families via Constant Contact, Facebook, E-newsletters and has marketed for new families with great success. A MUST if you need to improve your computer skills and also to understand the communication styles of today's young families. **Directors:** help your program grow the easy way---the way today's family's search and the way they will actually read your information!

Presenter: Niki Guida OCFS: 5
Site: Weekday Nursery School 914-632-6758
1200 North Avenue
New Rochelle 10804

11. Wednesday, March 9

4-6 PM

"Try It! You Might Like It." Dealing with Children Who are Fussy Eaters

There is no single reason why some children are fussy eaters. This workshop will introduce the different types of fussy eating, strategies for encouraging children to broaden their choices, how you can help or hinder a child's reaction to new foods and how to develop a program feeding policy.

Presenter: Debbie Silver OCFS: 2, 3
Site: St. James the Less Nursery School 914-723-1018
10 Church Lane
Scarsdale 10583

12. Thursday, March 10

7 – 9PM**

Positive Reinforcement and the Effect on your Classroom

It's no secret that positive reinforcement has a drastic effect on our kids and classrooms. In this workshop we will take a closer look at the impact and reconnect ourselves with our love of teaching. We will also discuss uplifting approaches to solving conflict, behavior problems, and encouraging creativity.

Presenter: Emily Gosweiler, Program Owner OCFS: 1, 3
Site: Creative Ways Art Center 484-802-7558
South Presbyterian Church
343 Broadway
Dobbs Ferry 10522

13. Monday, March 14

4-6 PM

Reaching Students on the Autism Spectrum AND the Parents Who Come With Them

Students with special needs are being included in general education classrooms more than ever before, and they come to the early childhood educators first. This means that early childhood teachers often need to broach significant concerns... that parents may not be able to hear. This dynamic and compelling session provides effective strategies for reaching young children on the spectrum, presents both teacher and parent perspectives, and bolsters collaboration between school and home as we face the challenging road ahead together.

Presenter: Barbara Boroson, Autism Education Consultant OCFS: 1, 2, 3
Site: Purchase Children's Center 914-948-2414
Purchase Community House
3095 Purchase Street
Purchase 10577

14. Tuesday, March 15

4-6 PM

“Everybody Has A Body”

Come to this workshop to discover a fun-filled set of activities, songs and books to help children learn and understand how their bodies work.

Presenter: David Del Campo, Resource Trainer

OCFS: 1, 3

Site: Early Childhood Center at Memorial Methodist Church
250 Bryant Avenue
White Plains 10605

914-949-4187

15. Wednesday, March 16

4-6 PM

“I said what I meant but that’s not what you heard!!”

This workshop will allow teachers to communicate more effectively with parents, co-workers, and administrators. Sometimes it’s “how” you say something that gets your message across in a more professional and effective way.

Presenter: Niki Guida

OCFS: 3, 5

Site: Weekday Nursery School
1200 North Avenue
New Rochelle 10804

914-632-6758

16. Wednesday, March 16

7 – 9 PM

Problematic Picky Eaters

This workshop will discuss:

1. The myths and misconceptions around eating
2. Define picky vs. problem feeders
3. Discuss all possible causes of feeding difficulties
4. Will outline an oral-motor and sensory based approach to feeding therapy
5. Provide strategies on need to improve feeding behaviors for mealtimes and the acquisition of new foods.

Presenter: Victoria Higgs, MS, CCC, SLF

OCFS: 1, 2, 3.

Site: Center for Small Jewels
3 The Boulevard
New Rochelle 10801

914-632-9109

17. Thursday, March 17

4-6 PM

Transition Techniques

Transitions are powerful tools. In this session, teachers will practice and share transition ideas to maintain a smooth learning environment, reduce the number of interruptions, keep children on task, limit wait time and encourage activities to flow from one to another with ease. Teachers will reflect on how they incorporate transitions in the classroom, how effective it is and also have the opportunity to try new transitional techniques.

Presenter: Monica Levy

OCFS: 1, 3

Site: Community Nursery School
343 Broadway
Dobbs Ferry 10522

914-693-9072

18. Monday, March 21

7 – 9 PM

What Do You See? Practicing Your Observation Skills

Improve your observation skills and learn how to use observations to enhance the working relationships with children in the classroom. It will assist you in referring children for special services, when necessary, and will help you with concrete examples when holding parent conferences.

Presenter: Barbara J. Wright, Teacher
Site: Alcott Montessori School
Crane Road
Scarsdale 10583

OCFS: 1. 3. 5
914-472-4404

**Have You Shared This Brochure with Friends and Colleagues?
Please Share with Parents Also!**

April 2016 Workshops

19. Monday, April 11

4-6 PM

Discover the Westchester Children's Museum

Come and discover all of the exciting programs and exhibit resources Westchester Children's Museum has to offer the early childhood community. Emily Timmel, WCM Director of Education and Jeannette Mirabile, founder of New Rochelle's Transitional Learning Center and former President of WAEYC, will introduce the Museum's inquiry-driven and play-based approach to learning and present its many school program offerings designed to support the early learner. This workshop will include a tour of the galleries and unveiling of the Early Learner Gallery's Lighthouse exhibit that was generously supported by WAEYC. Ample time will be given for participants to freely explore WCM's many hands-on exhibits.

Presenters: Emily Timmel, Dir. Of Education, WCM
Jeannette Mirabile, Director, TLC, retired
Site: Westchester Children's Museum
100 Playland Parkway
Rye (In the main lot at Playland)

OCFS: 1, 3

914-421-5050

20. Monday, April 11

7 – 9PM

Mommy & Me---What Fun It Can Be!!

The educational program of Mommy & Me Parenting is based on unique characteristics and developmental needs of the toddler and two year old child. We provide an inviting, warm environment where children are encouraged to touch, explore and experience a variety of materials and activities. The parent/care giver or teacher in a one-to-one manner or in small groups, emphasizes a positive first group experience where mother and child can interact with one another and also with others in a fun and nurturing setting..

Presenter: Nancy Tepper, Teacher
Site: Creative Playtime at Grace Lutheran Church
59 Grand Boulevard
Scarsdale 10583

OCFS: 1, 2, 3
914-472-4777

21. Tuesday, April 12

4-6-PM

Welcome Nature Into Your Classrooms—Focus on Spring

In this plugged in era, nature play for children is more important than ever. While getting kids outside and into the green spaces is ideal, we can also bring nature into the classroom through indoor games and creative use of specimens from the natural world. This session will cover both: we'll take a short nature walk on the Sheldrake Environmental Center conservancy to demonstrate ways to engage children with nature outdoors. We'll also spend time indoors with hands-on activities, role play, and tips for stimulating nature play in the classroom. Please note: For those who took this workshop in the Fall, this session will focus specifically on teaching nature in the Springtime.

Presenter: Jenny Geer, Director of Community Programs

OCFS: 1, 2, 3, 4

Site: Sheldrake Environmental Center

914-834-1443

685 Weaver Street

Larchmont 10538

22. Wednesday, April 13

4-6 PM

Disability Sensitivity Training

A fun and interactive workshop that will help participants understand first-hand some of the most typical disabilities encountered in mainstream preschools and daycare centers. Participants will learn about basic functional impairments that many children with disabilities encounter. Ideas on ways to remain sensitive to a child's disability without defining the child through the disability and a brief look at ways to modify in order to accommodate these children will be discussed. The documents "Processing Disabilities", "Behavioral Misinterpretations", and "What Can Be Done" will be used also.

Presenter: Caroline Doty

OCFS: 1, 2, 3

Site: Mamaroneck Community Nursery School

914-381-2655

501 Tompkins Avenue

Mamaroneck 10543

23. Wednesday, April 13

7 – 9PM

Transitions: Time for a Change

Transitions can be challenging for all involved. It is often difficult for young children to "switch gears" and move on to another activity. This training is designed to offer practical suggestions and ideas that will be useful in the classroom and help to make transitions smoother. Through the use of anecdotes, specific situations, and group activities, we will discover how transitions can be fun! Participation is encouraged to help enrich the experience of this training.

Presenter: Vicki Messina

OCFS: 1, 3

Site: St. James the Less Nursery School

914-723-1018

10 Church Lane

Scarsdale 10583

24. Monday, April 18

7-9 PM

Fun Circle Time Activities

Learn songs and movement activities to do during Circle Time. Enhance your curriculum through fun and engaging songs and activities. You'll be able to take them back to your classrooms with you so bring a recording device.

Presenter: Barbara J Wright

OCFS: 1, 3

Site: Little Sparrows Nursery School @ Hillside Church
448 Bedford Road
Armonk 10504

914-273-9760

25. Tuesday, April 19

4-6 PM

What Would You Do? Ethics for the Early Childhood Professional

How do you evaluate issues and resolve moral and ethical dilemmas you encounter in your work? The NAEYC Code of Ethical Conduct is a set of general guidelines created to advise you in making informed and just decisions. Learn how to use the NAEYC Code of Ethics as a lens with which to view workplace challenges more objectively. Great for teachers and directors.

Presenter: Debbie Silver, Resource Trainer

OCFS: 1, 3, 4, 5

Site: Creative Playtime at Grace Lutheran Church
50 Grand Boulevard
Scarsdale 10583

914-472-4777

26. Wednesday, April 20

4-6 PM

Green Cleaning, Sanitizing and Disinfecting for Early Care and Education

Children are especially vulnerable to many hazardous chemicals found in conventional cleaners. Disinfectants can contain ingredients that cause asthma or trigger asthma episodes. This workshop will provide research and practical solutions for reducing all children's exposure to hazardous cleaning and disinfecting products or substances that may have adverse health and developmental effects---no matter their age or stage of development.

Presenter: Kerri S. Welch of Dutchess Community College

OCFS: 2, 4, 7

Site: St. John's Nursery School
4 Fountain Square
Larchmont 10538

914-833-2870

27. Wednesday, April 20

7 - 9 PM

Decoding the Secrets of Handwriting Without Tears

Learn the principles of this popular program from an occupational therapist and watch pencil grasp and writing explode! Participants will be able to spot good worksheets and those that actually delay development, easily teach pencil grasp, and be able to identify children who need therapy to make progress. Everyone takes home templates for activities that children love to use!

Presenter: Cathy Collyer OTR, LMT

OCFS: 1, 3

Site: Center for Small Jewels
3 The Boulevard
New Rochelle 10801

914-632-9109

We hope that these workshops will be helpful to you and that you will bring enthusiasm and knowledge back to your classrooms. It is always good when we learn more to develop our skills to become better teachers and directors. And, it's always nice to visit another program site and see their classrooms. And, of course, it is wonderful to meet new colleagues, see others we've met before, and to share experiences with professionals who love what they do every day.

You must register even if this is a FREE workshop for you. Remember:

- 1. If your school is a host site, your director has received ONE FREE coupon for any workshop.**
- 2. If you are a WAEYC Member----You are entitled to ONE FREE workshop of your choice.**
- 3. You can join today and receive your benefit. Go online to: www.naeyc.org Click "Membership" and join or renew. Info you might need: Local Affiliate #55 State Affiliate #55**

Registration Information:

**If you have ANY questions, please call our Registrar:
Monika K. Granholm at 914-539-2363**

Please use a separate registration form for EACH Person.

Make copies of the form as necessary.

Please list individual names and evening telephone numbers if registering from a Center
Each workshop is \$ 15. Please make all checks payable to WAEYC

Send to the Registrar at:

**Westchester AEYC
P O Box 636
Hartsdale, NY 10530**

Please circle all workshop numbers each individual registrant would like to attend on the form and return it with the appropriate fee of \$ 15/ workshop.

WAEYC SPRING WORKSHOPS allow **NO WALK-INS**. Enrollment is limited so please do not wait until the last minute.

If we have to cancel a workshop, we will contact you so that you can choose another workshop. There are **NO REFUNDS**.

Need Directions? Contact the telephone number listed for each workshop site. Please call between 9 AM and 2 PM.

Attendance Certificates and workshop evaluations will be given out at the END of each workshop. Evaluations are to be returned to the HOST before you leave.

OCFS numbers in this brochure represent the training category(s) for each workshop.

REGISTER NOW!

REGISTER TODAY!

Registration Form for Westchester AEYC Spring Workshops 2016

Please send registration to:

Monika K Granholm,
Westchester AEYC,
P. O. Box 636, Hartsdale, NY 10530

If you have ANY questions, please call our Registrar: Monika K. Granholm at 914-539-2363

Make checks payable to WAEYC. Your cancelled check will be your receipt.
NO REFUNDS.

Name _____

Home Address _____

City _____ State _____ Zip _____

School/Center (if applicable) _____

Work Phone _____ Home or Cell Phone _____

Email _____

Workshops: Please Circle Your Choice(s):

1 2 3 4 5 6 7 8 9 10 11 12 13 14

15 16 17 18 19 20 21 22 23 24 25 26 27

Each workshop is \$15. Please, only ONE Person per Registration Form.

_____ workshops at \$ 15 = _____ Less Free Workshop for Members = \$ _____ Enclosed

Scholarship Opportunities

Linda Lattimer Professional Tuition Scholarship

Funded by the Westchester Association for the Education of Young Children

The Linda Lattimer Scholarships were established to honor the memory of Linda Fraser Lattimer who was the founding director of the *Purchase College Children's Center*. The purpose of the award is to make professional education in the field of early childhood education more readily available to WAEYC members currently working in the field.

Beth Anne Farkas Special Education Scholarship

Funded by the Westchester Association for the Education of Young Children

The *Beth Anne Farkas Special Education Scholarship* was established to honor the memory of Beth Anne Farkas, the former Executive Director of the Alcott School in Scarsdale, New York, who provided exemplary support and guidance to countless children and their families in the Westchester area.

The purpose of this award is to assist WAEYC members who have previously been employed in the field of Early Childhood Education and are currently enrolled as either full time undergraduate or graduate students pursuing a degree in the field of Early Childhood Special Education, or WAEYC members currently employed in the field of Early Childhood education, enrolled as part-time undergraduate or graduate students in the field of Early Childhood Special Education.

Deadline for both is April 1, 2016

Please go to our website at www.westchesteraeyc.com , click the Scholarship tab to download the application, the process and additional information.

Send the complete set of documents by April 1, 2016 to: WAEYC, P O BOX 636, HARTSDALE, NY 10530

Application For Nomination to WAEYC Board

Name: _____

Address: _____

Day Phone: _____ Evening Phone: _____

Email: _____

Present Position (if working): _____

Name of Program: _____

Address: _____

Work or Cell Phone: _____

Qualifications/Background: Please attach your resume.
(Include professional and organizational history. Attach any additional information if necessary.)

Demonstration of Leadership:
(List offices held, committee involvement, project involvement on any project relevant to early childhood.)

If you are a previous WAEYC Board Member, please indicate the years you were on the Board.

Why are you seeking WAEYC Board Membership at this time?

Thank you for your interest in Board membership. Please mail the completed application to:

W.A.E.Y.C. P O Box 636 HARTSDALE, NY 10530

Upcoming Events

Monday, February 1, 2016 at 6:30 PM WAEYC Board Meeting

February to - April 2016

WAEYC Spring workshops at nursery schools and day care centers throughout Westchester County-www.westchesteraeyc.com and this newsletter for more information

Monday, March 7, 2016 at 6:30 PM WAEYC Board Meeting

Monday, April 4, 2016 at 6:30 PM WAEYC Board Meeting

April 7 – April 9, 2016

NYS AEYC Annual Conference, Hilton Westchester, Rye Town
For more information: www.nysaeyc.org

Monday, May 16, 2016 at 6:00 PM WAEYC Annual Dinner Location TBA

All board meetings are held at the Child Care Council of Westchester

Other training opportunities are available from the:
Child Care Council of Westchester 914-761-3456 or www.childcarewestchester.org

To have your event listed in future newsletter editions please email the information to westchesteraeyc@gmail.com and place WAEYC in the subject line.

Election information for WAEYC Board of Directors will be sent by Constant Contact and will also appear in the April Newsletter. Please remember to vote! Voting will take place at the Annual Membership Meeting on Monday, May 16, 2014 at 6:00 PM.

NAEYC Election information has gone out via email. Please take the time to vote.

The Week of the Young Child (WOYC) April 11–15, 2016

The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs. It is a time for programs to spread the word about early childhood education. We are challenging you to come up with ways to reach the public and policy makers and increase their knowledge. Let the community know we are not BABYSITTERS. Let them know we EDUCATE. Let them know PLAY IS LEARNING.

This year's Week of the Young Child revolves around celebration.

Music Monday: April 11

Taco Tuesday: April 12

Work Together Wednesday: April 13

Artsy Thursday: April 14

Family Friday: April 15

Sing, Dance, Celebrate

Healthy Eating and Fitness at home and School

Work Together, Build Together, Learn Together

Think, Problem Solve, Create

Sharing Family Stories

- Ideas to use in your centers and share with your families can be found on the NAEYC website by following this link www.naeyc.org/woyc. This is a great opportunity to raise public awareness and support for the role quality early childhood education plays in our communit



8th Annual Week of the Young Child Children's Book Drive



**The Child Care Council of Westchester and WAEYC
celebrate the Week of the Young Child
by collecting books for children in Westchester Early Care Programs**

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What Applied Epigenetics Tells Us about How Important Early Childhood Teachers are Elena Nitecki, Associate Professor, Mercy College

You may be wondering what “applied epigenetics” is and what it has to do with Early Childhood Education. Epigenetics is the “newly emerging branch of biology that deals with the effects of external influences on gene expression...at the biological level, this is where nature and nurture become indistinguishable” (Karr-Morse and Wiley, 2012, p. 152). To non-scientists, this means that environmental forces can alter DNA, which in turn, has effects on current and future health. As DNA study has evolved, research is showing just how powerful early experiences are and revealing consequences later in life. Applying these findings to our work in Early Childhood Education provides valuable insight into what teachers can do to facilitate a child’s healthy social and emotional development. As a teacher of young children, it is daunting to realize just how much influence you have over your students.

There has been an explosion of epigenetic research and literature in recent years, focusing on the role of infant and early childhood emotions in shaping the organization of the central nervous, endocrine, and immune systems (Brebner, et. al, 2015; Dube, et. al, 2003; Lieberman & Knorr, 2007; Karr-Morse & Wiley, 2012; Murgatroyd & Spengler, 2011; Scaer, 2005; Thomson, 2007). Most teachers realize that trauma during childhood, whether it be child abuse, neglect, loss of a parent, experiencing violence or tragedy, or any number of bad things, has negative effects on the child. Epigenetics research supports this notion with concrete science. Developmental brain plasticity allows children to adapt to the environment during early life and to implement long-lasting changes in sets of key biological functions (Murgatroyd & Spengler, 2011). The findings are clear that persistent patterns of negative emotions, like fear and trauma, in young children, particularly under 5 years old, renders the developing nervous system more vulnerable to trauma and disease now and even later in life. The effects of this early trauma has been linked to physical diseases like cancer, diabetes, heart disease, and

asthma, as well as psychological issues such as addiction, emotional health, depression, schizophrenia, Alzheimer's, and autism (Karr-Morse & Wiley, 2012; Scaer, 2005).

How, exactly, do negative emotions as a young child result in these serious disorders? When a child with a developing brain feels fear, ephemeral sensations we call 'feelings,' our emotions, fuel the stress response in our brains, causing changes in the autonomic nervous system (Thomson, 2007). Usually, the stress passes and the body returns to normal, but sometimes, this fear is so extreme or persistent and is accompanied by a state of perceived helplessness that it becomes traumatic. These chronic perceptions of helplessness and hopelessness, accompanied by the chemical changes in young brains, results in overstimulation of the autonomic nervous system, or "toxic stress" which has an array of long-term effects on physical and emotional health (Scaer, 2005). The widely held opinion about young children is that trauma experienced at a young age is "erased over time, lost in the fog of early experience" (Karr-Morse & Wiley, 2012, p. 92). This is simply not true. The brains of young children are particularly tuned to both positive and negative emotions in their surroundings and the stress can permanently impact their bodies and minds, leading to physical or emotional problems.

As scary as the implications of these findings are, there is hope. Applied epigenetic research postulates that to prevent the negative effects of stress on the child's developing and fragile system, there should be a solid, consistent, base of attachment (Brebner, et. al, 2015; Karr-Morse & Wiley, 2012). This is where you come in as one of the child's first teachers. Of course, parents and caregivers at home are a source of attachment and responsible for the "blueprint for baby's own emotional regulations and future expectations of relationships" (Karr-Morse & Wiley, 2012, p. 98). However, this relationship is not always positive, or the caregiver may be absent. Even in ideal situations with secure attachment, the child's entry into preschool represents a change in the nature of the attachment. There is now another important and influential adult in the child's life – the preschool teacher. The simple transition of spending hours away from home with a strange adult for the first time may present stress and trauma, from the child's point of view. Some children experience this transition as young as 6 weeks old, before attachment with the parent is fully developed. Whether it is a securely attached child in a new setting for the first time, or a child who has experienced extreme trauma, all young children need the support of a consistent, kind caregiver at school. They need you!

So, how do you, as one of the child's first teachers, provide this attachment so critical to offsetting the negative effects of stress and trauma that young children experience? It is simple: "Just one key relationship – just one person who is available to the child over time, who sees the child as valuable, and who communicates that feeling – can make all the difference in how later stress or trauma affect's the child's future" (Karr-Morse & Wiley, 2012, p. 189). As a teacher of young children, YOU have this power. Within the context of a safe, familiar environment with a steady caregiver, attachment forms, which leads to self-regulation, and ultimately maintaining physical, cognitive, and emotional health, even making a difference for children who have experienced extensive trauma. Over the course of busy and sometimes chaotic days, teachers should make time to get to know each and every child, forming those attachments and relationships that are so critical. Being consistent, kind, and approachable will go a long way in making the environment positive for students in your class, which, according to applied epigenetic research, can offset some of the negative physical and emotional toll resulting from toxic stress and all intensities of trauma.

The main contribution of applied epigenetics to the field of Early Education is that attachment really matters. The field of epigenetics presents compelling findings in regard to attachment and how a stable relationship with a positive adult can contribute to the child's physical, cognitive, and emotional health now and in the future. Applied epigenetics and its implications demonstrate how critical the role of the preschool teacher is. Teachers of young children know they touch the future, but these scientific findings only fortify the importance of your role in the lives of young children.

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