



P.O. Box 1973  
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nurture the early years

### Saying goodbye (resources)

The Kissing Hand - Illustrators: Audrey Penn, Ruth E. Harper, Nancy M. Leak ISBN: 0878685855

Oh My Baby, Little One - Illustrators: Jane Dyer & Kathi Appelt ISBN: 0152000410

My First Day at Pre-school - Staff at Priddy Books ISBN: 0312491859

I Love You All Day Long - Illustrators: Francesca Rusackas & Priscilla Burris ISBN: 0060502789

When I Go to Kindergarten - James How & Betsy Imershein ISBN: 0688143873

What to Expect at Preschool - Heidi Murkoff & Laura Rader ISBN: 0060529202

### CDA CLASSES HAVE SPACE FOR YOU!

Federal Way • Olympia • Tacoma

We have three CDA classes with room available!

Visit our website for details.

[www.educationaltrainingpartners.org](http://www.educationaltrainingpartners.org)

### New online class: Heads-up Reading

In collaboration with Puget Sound ESD, ETP is offering another online class. Heads-up Reading is a three credit course that meets the requirements for CDA renewal. This class is offered in a self paced model coupled with an opening orientation. It is on-going with open enrollment starting on October 24th. Our supportive instructors and easy-to-use website will have you navigating the cyber class in moments. If you've ever wanted to try out an online class or already enjoy this new style of learning, join us for a few weeks of literacy development. Go to <http://earlyliteracy.psesd.org/>, click on classes and workshops for more information and to register.

Tuition: \$240 (STARS scholarships accepted)

Registration: open enrollment

# Early Years Review

www.educationaltrainingpartners.org

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## Welcoming families

Mark the statements that reflect your common practice.

I....	Never	Sometimes	Almost always	Always
personally acknowledge families every day.				
survey parents regarding the child's hobbies or interests they might like to share with classmates.				
personally invite all parents to get involved in the classroom.				
have a broad understanding of what a family is.				
perform home visits.				
accept and celebrate various levels of participation, such as work at home or in the classroom.				
make personal phone calls to learn about a child's experience with me from their family.				
create program-based family events.				

### Do you make families feel welcome in your program?

7-8 "always" or "almost always": If you consistently practice the above, you are probably connecting with your families. Send us some of your successful tips!

5-6: You are making a noble effort. Find training that builds on what you already do and offers new ideas for connecting with families.

4 or less: Don't fret! This only means that you could probably do more to help build the relationships. Seek basic training that focuses on communication and nurturing relationships with families. Networking with other teachers on this subject is helpful too!

“...teachers, management and owners scramble to obtain their STARS credit...”

”  
see "Have you met your..." inside

## Question from the field

Question:

**I have several new children this year and a few are having difficulty separating from their families in the morning. It's getting stressful for faculty and parents. Do you have any suggestions to make the transition easier?**

Answer:

For children, the start of a new school year often stirs up fear of being left with someone new. There is also stress on the adults in the situation, so allow time for everyone to adjust. It can take up to a month for some kids to settle in. Here are some suggestions that I have found helpful in with this transition:

*Create a goodbye ritual.* For example, take the child to the window to wave good or blow kisses as the family leaves. Or, go to a special spot in the room for one-on-one time with the child.

*Use photographs.* Children connect with their loved ones through photographs. Let them carry one in their pocket or place a few around the room.

*Allow special objects.* Let the child wear their coat until they are ready to take it off or allow them to carry around a special toy. No matter your personal opinion, blankets or pacifiers offer a great deal of comfort to some children.

*Be honest with them.* Children will fare better if you and the families are honest. Tell them that their parents will return and then validate their feelings with statements such as, "It's hard to say goodbye, but they'll be back soon." Try to discourage families from sneaking out, as this can cause even more distrust and anxiety for the child.

*Remember your main goal.* Help the child feel comfortable in their new environment.

If you have a question for ETP, send us an e-mail or write a letter. We may select it for publication!

### CONTACT US

[info@educationaltrainingpartners.org](mailto:info@educationaltrainingpartners.org)

253-853-3499

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## Support, networking, and STARS credit training

STARS scholarships are accepted. Please have STARS ID number available at time of registration.

### Have you met your STARS requirements for 2005?

Every year around this time, teachers, management and owners scramble to obtain their STARS credit. Wouldn't it be great if you could customize this last minute training to fit your needs? Due to the end of the year training crunch, we thought you might find the following information helpful:

#### WHO NEEDS IT

**Management and family childcare owners** start with the 20-hour basic training and then follow up annually with ten hours of continuing education. At least five of these ten hours must be in administration.

**A lead teacher** starts by obtaining the 20-hour basic training and then ten hours of continuing education every year after.

#### HOW TO GET IT

**At home:** Get STARS-approved training in the comfort of your own home from ETP. Select your training topic, request the amount of hours and we'll design a training program for you and your staff. Check out STARS on the Go! at [www.educationaltrainingpartners.org](http://www.educationaltrainingpartners.org)

**At your program:** Offering training at faculty meetings or all-staff training days is a great way to monitor training hours. ETP's excellent trainers are available to provide workshops at your program and provide training based on your specific needs. Call us today! 253-853-3499

**In the community:** Conferences are a fun way to network and develop your professional skills while learning new ideas. However, they usually offer only 3-5 hours of STARS credit.

Take one of our CDA classes offered quarterly in Tacoma, Federal Way and Olympia or attend our Tacoma Area. Visit our website for details.

Director's Forum for STARS credit. It is held the fourth Tuesday of every month from 12-1 in University Place. Call for details! 253-853-3499

[www.educationaltrainingpartners.org](http://www.educationaltrainingpartners.org)

### 20-hour STARS basic training

GIG HARBOR

Where: ETP office

Cost: \$125 (Deadline to register 10/20/05)

When: Tuesday, 10/25, 6:00-9:00 pm (3 hrs.)

Tuesday, 11/01, 6:00-9:00 pm (3 hrs.)

Saturday, 11/05, 8:00-4:00 pm (8 hrs.)

Tuesday, 11/08, 6:00-9:00 pm (3 hrs.)

Tuesday, 11/15, 6:00-9:00 pm (3 hrs.)

**Save 10%**  
when registered  
by 10/18

### STARS on the Go!

Thanks to all who ordered STARS on the Go! packets. It has been a success for everyone and we're excited to offer you even more choices.

Some of the most popular topics include the 20-hour Basic STARS, Keeping Your Staff Motivated, Family Child Care Environments, Biting 101, Building Literacy with Toddlers and "You Want Me To Do What?" Working with Families Effectively. If you have a training topic you'd like more information on, let us know. We gladly create specialized packets.

#### What is STARS on the Go!?

You can now get STARS approved trainings in the comfort of your own home and workplace. ETP offers STARS approved trainings you can complete at your own pace. Choose your interest topics and order the training box from us. We deliver it to your doorstep and you can work on it when you have time. Once the assignments are complete, return it to ETP for review. You'll get your STARS certificate of completion within two weeks. Topics to choose from include: guidance and discipline, transitions, environments, child development, curriculum ideas, working with parents, administration, and lots more. Visit our Web site for a complete list or call us to get started!

3 easy steps:

1. Select your training topic from our list of trainings
2. Determine the number of hours you want to earn
3. Contact our training coordinator at 253-853-3499 or email your request to: [info@educationaltrainingpartners.org](mailto:info@educationaltrainingpartners.org)

Pricing for STARS on the Go!

2 hour training packet \$30

4 hour training packet \$55

6 hour training packet \$75

8 hour training packet \$90

10 hour training packet \$100

20-hour basic training packet \$120

### STARS ID card

Remember the STARS ID card we gave you in our last newsletter? Now you can get one for everyone on your staff. We're selling them at cost so that you'll never be without your STARS ID # again. We've already had over 100 ordered!

Keep your STARS ID # at your fingertips with this handy card. Simply place it in your wallet and the next time you're asked for it, you'll have it!

Call us to place your order. Cost is \$.75 each.

## Classroom activities for school-age kids

#### Sock Plants

Materials: one large sock, shoebox, tinfoil, potting soil

Put the sock on over your shoe, wear it outside and walk on various surfaces (woodchips, grass, beauty bark etc). Line shoe box with foil and fill 3 inches with potting soil. Cut the sock off your shoe and lay it flat on top of soil (with the outside of the sock facing up). Add 1-2 inches of potting soil. Water and continue to water every other day. Watch and see what grows!

#### School Store

Materials: donated items, paper money (Monopoly® or homemade)

Collect and price miscellaneous donated items from families (fast food toys, clothing, kitchen utensils, etc.). Teachers use the "money" as rewards for children. Create a rotating work schedule for kids - maybe 15 minutes per shift for an hour. Allow children to run the store as other children use their earned dollars to make purchases. This can get elaborate or be kept simple. For example, you can make signs for the store: hours of operation, store name, pricing lists, etc.

#### Trash Wars

Materials: boxes, scrap paper

Place a box in all classrooms to collect scrap paper. Once enough paper is gathered (at least one box full), divide children into two teams and separate paper into two even piles. Let kids ball up paper one piece at a time. (You can do this as a relay or timed race to make it more involved.)

Once all of the paper is balled up, place each team on opposite sides of the room (or playground) facing each other. Establish a middle line that cannot be crossed. When you say go, each team gets to throw their trash balls at the other team. Children can play just for fun or competitively, like soak-'em or dodge ball. For quick clean up, make it a race, time challenge, or competition for the amount of trash picked up.

If you want, make the event a triathlon and play it in 3 phases: the creation of balls, the war, the clean up.

Activities courtesy of Courtney Huber, ETP Trainer and Director of St. Columba's Children's Center.

Special pricing on end of the year STARS training!

**10% off**

Get 10% off your trainer's fee when you mention this newsletter. Valid only on customized staff training for groups of seven or more and the 20-hour basic training starting on October 25.

Bring in ETP to train your staff on just about any topic at any level! Call us at 253-853-3499 to schedule your next all-staff day training!

## Holiday stress busters

The holiday season is fast approaching and to many of us that means...STRESSSSSSSSSSSS!!!

It is important to remember that children feel it just as much as adults and recognizing the symptoms of stress in children is essential. Watch for extreme emotions such as anger or sadness. Some children get tired easily, become overly emotional or have excessive energy. During this crazy, fast paced and high pressure time how can we stay sane? Return to the basics.

Provide a calm space for the children and families to escape the hustle and bustle. If you decorate for the holidays, consider the adage: Less is more.

Keep your curriculum simple. Try not to overload yourself and the children with too many activities at once.

Provide spaces for children to go and rest at any period of the day.

Allow for extra time outside or increase movement activities.

Create opportunities for creative and sensory play. Children enjoy expressing themselves freely.

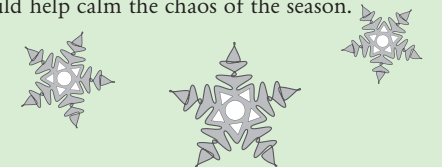
Consider using aromatherapy. Did you know that the scent of lavender calms and soothes our senses? Add a teaspoon of lavender oil to the sensory table.

Music can tame the savage beasts and can relax an environment too. Play soft slow melodies in the background when you need to quiet the group.

Relax your routine and allow for more free time. This will give children a chance to unwind, reflect and share how they are feeling.

Introduce guided imagery. Lower the lights and have the children lay down and close their eyes. "Walk" them through a winter forest with verbal descriptions or visualize being a snowflake or a raindrop falling to the ground. What do you see, hear, feel?

Talk with your families to see what they think would help calm the chaos of the season.



Visit our website for more information on this and other topics:

[www.educationaltrainingpartners.org](http://www.educationaltrainingpartners.org)