

# Five from Thrive

November - December 2009



## BREAKING NEWS

**Statewide Early Learning Plan - First Draft Delivered to Governor**

# Statewide Early Learning Plan



submitted by



The first draft of the statewide Early Learning Plan and recommendations to the governor for getting started on the plan as soon as next year were made public today, meeting a deadline the governor set back in June. The plan was shared this morning at the Quality Education Council and then at a lunchtime Webinar for media.

The draft plan, which focuses on children from birth through third grade, calls for building a statewide early learning system over the next decade that will not only ensure school readiness and success for all children in Washington state but also coordinate the different systems that touch children in their earliest years.

Along with the draft plan, leaders from the state Department of Early Learning, Office of Superintendent of Public Instruction and Thrive by Five Washington provided no-cost and low-cost recommendations for how to begin implementing the plan in 2010. Both the plan and recommendations are online at [www.del.wa.gov/partnerships/elac/elp.aspx](http://www.del.wa.gov/partnerships/elac/elp.aspx).

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About 1,000 people provided input on the first draft. Another round of public input will take place over the next three months.

## EARLY LEARNING IN ACTION

### Thrive's Nurturing Families Initiative Gets National Interest, Training Support

Thrive by Five Washington's newly launched initiative to strengthen the parent-child bond recently got national attention and training support. After hearing about Thrive's planned work, a team from the University of Florida's Latsinger Center came to Seattle last month to train home visitors and other parent educators from Washington and other states on how to create a Community of Practice.



Thrive's [Nurturing Families Initiative](#) focuses on parent educators as a key way to reach parents with information about the importance of the parent-child bond and will use the Community of Practice model to grow knowledge among parent educators. Communities of Practice offer deliberate, facilitated opportunities for professionals to learn from each other.

Parent educators from King, Thurston, Lewis and Mason counties - the [early learning coalitions](#) participating in the initiative - attended the national training and will now begin building their own communities of practice

Thrive hopes to expand Nurturing Families to the rest of the state in the future.

## PARTNERING FOR SUCCESS: TIPS FROM CHILD CARE RESOURCES

### Keeping a Balance with your Child's TV and Media Viewing

Child Care Resources (King County) released the following list of tips after a recent study found that children in home-based child care watch more TV.

- **Limit children's total media (screen time) time to no more than 1-2 hours of quality programming per day.** Be firm. Help your child find things to do instead of watching TV, such as sports, reading, hobbies, or family activities. [afterschoollearning.org](http://afterschoollearning.org)

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**Early Learning  
Event Calendar**

Brought to you by the Early Learning Community.

- **Discourage television viewing for children younger than 2 years.** Encourage more interactive activities that will promote proper brain development, such as talking, playing, singing and reading together. [zerotothree.org](http://zerotothree.org)



- **Watch TV with your child.** Young children may have a difficult time discerning from what they see and what is real. Help your child understand what s/he is watching.
- **Remove television sets from children's bedrooms.** When a child watches TV in their own bedroom, it is harder for parents to direct the program choices. Also your child may get less sleep, causing her/him to be tired at school.
- **Turn off the television during meal times.** Meal time is a great time of day for families to spend meaningful time together. Use the time to connect and talk with each other.
- **Set an example with your own behavior.** Keep books, magazines and board games easily accessible. Visit the library often with your child; help her or him select books instead of watching TV. Make going outdoors for physical activity part of an enjoyable family exercise program.
- **Use videos and recordings to guide the quality of programming viewed and avoid commercials.** Choose programming and news items to initiate discussions regarding your family's values about violence, sex, substance abuse and self image.

Thanks to [Child Care Resources](#) for these great tips!

## LEARNING FOR LIFE

**Gifts to Last a Lifetime & Information and Resources for Early Learning Champions**

This is the time of year when most people get into the giving spirit by giving a gift to a friend or family member or by lending local support to a favorite charity. It is also the perfect time of year to think about the gifts you can give a young child. These gifts don't



cost a dime or require batteries-just a bit of time.

This month *Learning for Life* will broadcast during the week of December 14. Each day will focus on a different gift you can give a young child-special learning lessons that will last a lifetime! The schedule is as follows

Monday, Dec. 14: Your Time, Love and Patience

Tuesday, Dec. 15: Talking with Your Child

Wednesday, Dec. 16: Limiting Screen Time and Sharing a Book with Your Child

Thursday, Dec. 17: Get up and Play!

Friday, Dec. 18: Helping Your Child Develop Empathy

In November, *Learning for Life* explored different ways to get involved with early learning to help ensure all of Washington's children get off to a great start in school and in life. In case you missed the original broadcast, here are direct links to the videos that aired that week:

[!\[\]\(05be7c7a8995decd503647c99211f7c2\_img.jpg\) \*\*New Parents Find Support with PEPS:\*\*](#) Becoming a new parent is one of the biggest changes in a person's life. With the new baby comes a host of changes and challenges for the parents to learn and adjust to. That's why an organization called [Program for Early Learning Support \(PEPS\)](#) was created in 1983 to help new moms and dads find support from other new families in their neighborhood.

[!\[\]\(aa53ad6fea213b8b2226d3077e30533a\_img.jpg\) \*\*Interview with Jan Faull, Janelle Durham of PEPS:\*\*](#) New parents living in the same general vicinity are encouraged to join a [PEPS](#) group before their child is four months old. Jan Faull and Janelle Durham from the PEPS program explain why it's so important for new parents to find support from their peers and other new parents.

[!\[\]\(dd161862f9164df98f62b726e9846241\_img.jpg\) \*\*Children's Alliance Helping Parents Advocate for Early Education:\*\*](#) Jon Gould from the Children's Alliance talks about the role of Children's Alliance in Washington and how parents can make their voices heard with local representatives.

[!\[\]\(758ebdf4629c903da74c2e079717ae32\_img.jpg\) \*\*Community Cafe brings parents, neighborhood together:\*\*](#) Neighborhood groups that invite parents to get together and share are growing in popularity. They're called Community Cafes. Parents share wisdom and build neighborhood bonds.

[!\[\]\(fe3aebe81acea8d45108cd2768939da7\_img.jpg\) \*\*The Role of Early Learning Coalitions:\*\*](#) Thrive by Five Washington and the Foundation for Early Learning support the championing of early learning within Early Learning Coalitions throughout the state. Julee Durham with the United Way of Thurston County explains the role of these coalitions in Washington communities.

[!\[\]\(626ce8ac21792b9405bfddfea8e0c96a\_img.jpg\) \*\*Funding State Early Learning Programs Amid Budget Cuts:\*\*](#) With the state's increasingly tight budget many worthy programs will be fighting for precious few dollars. Dr. Betty Hyde, the state's early learning director, and Nina Auerbach, president of Thrive by Five Washington, explains what the state is doing to support early learning.

*Learning for Life* is a week-long news series on KING 5 TV created in partnership with Thrive by Five Washington. It airs during the third week of each month on KING Morning News on KING 6/16 TV. **Starting in November the series will air at 8:20 a.m.**

Links to all [Learning for Life segments](#) can be found on Thrive's Web site.

## THRIVE WELCOMES NEW DIRECTOR OF FUND DEVELOPMENT

### Introducing Madelaine Thompson

Thrive is very excited to welcome Madelaine Thompson as our new Director of Fund Development. She brings with her 17 years of diverse fund development experience acquired within a number of arenas including public broadcasting, academia as well as in major health care systems.



Madelaine's father was an elementary school teacher and her mother was a librarian. From a very early age she remembers being surrounded by books which sparked in her a love of reading. She can remember how exciting it was when she was first able to read all about a bear on bicycle all by herself! Her parents instilled in Madelaine, and her siblings, a love of books before she could even read. This forged in her a love of learning that drives her to ensure that what was so dear to her as a child is available to *all children* by working to bring about positive change in early learning at a state level.

Joining Thrive just made sense. It allows her to continue championing early learning and, as she says, "This is who I want to be!" She looks forward to implementing her skills, abilities and aspirations to help Thrive accomplish their ambitious, yet attainable, goals-making sure all children in Washington state receive quality early learning and start their first day of Kindergarten ready to learn!



THRIVE BY FIVE is a trademark of financial literacy programs for preschoolers supported by Credit Union National Association, Inc. ("CUNA") and is not affiliated with Thrive by Five Washington. Learn more at [http://www.creditunion.coop/pre\\_k/index.html](http://www.creditunion.coop/pre_k/index.html)

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