

Five from Thrive

September 2009



NEWS

Thrive Awards \$200,000 to 10 Early Learning Coalitions

Earlier this month, Thrive awarded \$200,000 in grants to 10 early learning coalitions in Washington state to help them raise public awareness about the importance of early learning and to build early learning champions. The work of these 10 coalitions covers 26 counties.



Early learning coalitions are networks of early learning organizations interested in increasing high quality learning within their communities and are supported on the statewide level by organizations such as [Thrive](#) and the [Foundation for Early Learning \(FEL\)](#).

Examples of some of the work that will be done over the next year include:

- Spokane-based Inland Northwest Alliance for Early Learning will partner with a new grocery store to provide in-store activities for both parents and children to emphasize the connection of good, healthy nutrition and school readiness.
- The South Sound Born Learning Community will hold multiple BlockFests throughout the community to provide early intervention screening and

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information, wellness checklists and resources and support a speakers bureau to get the work out about early learning.

- Both First 5 FUNdamentals in Pierce County and SELF (Support for Early Learning & Families) in Clark County will create and market Web sites that will serve as a hub for local early learning resources.

Many thanks to the Bezos Family Foundation for their support of this work.

East Yakima Kindergarten Transition Program: A Better Start to School

Kindergarten is a big step and an exciting time for children and families. And for the second year, the Kindergarten Transition Program, in Thrive by Five Washington's East Yakima Demonstration Community, helped hundreds of children (and their families and teachers) get off to a great school year and, hopefully, years of school success.



In the two weeks before school started, 338 entering kindergartners in four East Yakima elementary schools spent a few hours each morning in their new classroom getting to know each other, their teacher and what to expect at school, such as how to behave in circle time, where to find the bathroom and how to get lunch. (Hundreds of other kindergartners participated in the Yakima School District's one-week transition program.)

During this time, teachers also visit each family's home to learn more about their students' families, set shared goals, and talk about school expectations and ways for families to support learning at home.

The East Yakima transition program was featured on a number of TV stations including KIMA, Univision, KAPP and KING as well as in the *Yakima-Herald Republic*. Read the Herald-Republic's story, [Kindergarten transition program a positive first step](#).

In addition to Thrive, the program is supported by our East Yakima partner and grantee, Ready by Five.

More Communities Added to Help Test State's Quality Rating and Improvement System

Thanks to \$1 million in biennial funding from the 2009 Legislature, Spokane, Clark and Kitsap counties are now helping to test elements of Seeds to Success, the state's quality rating and improvement system (QRIS).



The purpose of having a statewide QRIS is to improve the quality of licensed home- and center-based child care by offering support and resources to providers who commit to improving their programs and the care they provide; and to offer "consumer report" information to families about child care providers in their communities, so that they can make the best child care choices for their families.

Spokane, Clark and Kitsap counties all helped shape the quality rating and improvement system model currently being tested. The state Legislature's funding

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now allows them to join White Center and East Yakima in the field test. The three communities will focus on the element(s) of the statewide model they believe are most promising for their local providers and that aren't already being addressed by other community resources.

Other counties interested in participating in the Seeds to Success testing may now do so with local dollars. Wenatchee and Pierce counties have expressed interest.

[Learn more](#) about Seeds to Success, how licensed child-care is rated with a QRIS and the importance of having quality child care in homes and centers.

Support Thrive While You Shop!

Sign in. Shop. Support.

Thrive by Five Washington has joined the Amazon Associates program. This means that Thrive will receive a percentage of a purchase made by anyone who goes to the Amazon Web site through the link on the home page of our Web site and makes a purchase. The more purchases that are made, the higher the percentage of the proceeds Thrive will receive.

So, the next time you shop with Amazon, take a minute and access Amazon via [Thrive's home page](#). Each item you buy will help to support Thrive and early learning!

Did You See It? Thrive by Five Washington and KING 5 TV's air Primetime Special; new Public Service Announcement

On Sunday, Aug. 30, KING 5 TV ran "Ready for School, Ready for Life," a primetime special that looked at school readiness - what it means to be "kindergarten ready," why it's important and how we all can make a positive impact on a child's future. Since it first aired, the special has run five times on stations throughout the state. KING will air the special again on Oct. 10 at 8 p.m.



[Watch segments from the special.](#)

Thrive and KING's public service announcement on the importance of taking advantage of everyday learning moments also premiered during the special. [Watch the PSA on YouTube.](#)

Learning for Life: Social and Emotional Development

Social and emotional development - the ability for a child to control her emotions and get along with others - is key to her learning to communicate, connect with others and overcome difficulties.



Watch September's *Learning for Life* series to learn more about what social and emotional development is and why it's important not only for school readiness but also for sustaining relationships over a lifetime. Featured this month are Dr. Dan Siegel, author and national expert on social and emotional development; two local programs that help parents establish strong bonds with their babies and children and another program that teaches children about empathy by

using colors and sounds; and experts talking about what parents can do if they are having a hard time connecting with their child and the role parents and friends play in a child's social and emotional development.

Schedule for the week:

Monday: [!\[\]\(2bdfe261b986065ee0ac76460d6528c9_img.jpg\) Your Child's Social and Emotional Development:](#) This month's Learning for Life examines a child's social and emotional development in the first few years of life. Dr. Daniel Siegel, a psychiatrist from the Mindsight Institute and author of "The Mindful Brain" and "Parenting from the Inside Out," answers some common questions parents have about their child's development.

Tuesday: [!\[\]\(dfbd6b3763a6d1d9afaa974f64e2e4b5_img.jpg\) Listening Mothers Strengthening Moms' Bond with Baby:](#) Listening Mothers is an 8-week program that helps new mothers strengthen their emotional bond with their baby. Krista Murfeldt from Listening Mothers and Katherine Babington, a program participant, shares how the program impacts parenting.

[!\[\]\(e78f798d4ea5c530c9db49e7d26e6b95_img.jpg\) Program Helping New Fathers Recognize Baby's Needs:](#) Conscious Fathering is a program that can teach new fathers how to recognize and respond to their baby's needs.

Wednesday: [!\[\]\(23d9fc146e83b5c3013cfa32c784f8d5_img.jpg\) Helping Your Child Develop Empathy: Colors of Empathy:](#) Children in the "blue room" at the Stroum Jewish Community Center feel anything but blue. They're participating in a new program that aims at helping young children develop emotional health and empathy.

Thursday: [!\[\]\(c694a3ff3b077d76910920a6a1593ab4_img.jpg\) What to do When the Bond is Difficult:](#) New parents often think they should have an immediate bond with their child, but sometimes they're frustrated because it takes a while to create that bond with their baby. Susan Spieker, professor of family and child nursing from the University of Washington, explains how the parental bond can impact infant mental health.

Friday: [!\[\]\(ec9132f1d27c8919987d92907322654d_img.jpg\) How Parents and Friends Influence a Child's Social and Emotional Development:](#) The baby-parent bond serves as the foundation for a child's social and emotional development. Carolyn Pirak from the Talaris Institute explains how babies and toddlers help each other develop emotionally.

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 KONG 6/16 TV between 7:30 and 8 a.m.

Links to all *Learning for Life* segments can be found on Thrive's Web site.

GET IN THE KNOW

Thrive - Bringing You the Latest in Early Learning

Pick your favorite - blog articles, online videos, television features and specials, social media, e-newsletters - Thrive brings you the latest in early learning in many different ways.



Some hot topics from this past month in **Thrive's blog**, *Birth to Thrive Online*, include:

- Home Visitation Legislation Gets Key Support: Senate Chair Backs \$1.5 Billion in Funding (Sept. 17): Congress is back in session and new home visitation funding is back on track after Senate Finance Committee Chairman Max Baucus included \$1.5 billion over five years for the work in his version of health care reform. [Read more](#)
- Early Learning and Work-Life Lobbyists Need to Spend More Time Together (Sept. 10): We know quality child care offers children a good start in school and life. But there is another sometimes overlooked benefit: good affordable care brings greater balance to working families. [Read more](#)
- A Few Guides to What Historic Health Care Reform Would Mean for Children (Sept. 3): The debate over health care reform will resume this month in Congress and it won't be easy tracking how this complex effort could impact children's health, which is a key component of their success in early learning. [Read more](#)

Adding to **social media** avenues where you can join Thrive - including [Facebook](#), [Twitter](#), and the [Early Learning Community](#) - September saw the creation of Thrive's new YouTube channel which can be found at www.youtube.com/thrivebyfivewa. You can subscribe to our channel to see exciting video pieces from us and find out who we're watching! Check out our new [PSA on Everyday Learning Moments](#).

Thrive also works with King 5 TV to produce informative primetime **television** specials and monthly Learning for Life segments to bring you exciting interviews from leaders and experts in the early learning field. Links to all of these television broadcasts can be found on our [Web site](#).

Share the Knowledge!

Join us in championing early learning. Did you see or read something from Thrive that you thought was particularly interesting or enlightening? Share what you know with friends, family and your fellow community members. Send them an e-mail, give them a call, or utilize social bookmarking!

PARTNER RESOURCES

Fight Crime: Invest in Kids Washington

Making sure children have quality early care and education sets them up for school success - and it can keep them away from a life of crime.



[Fight Crime: Invest in Kids Washington](#) released a [research brief](#) - "Invest in Early Education Now, Spend Less on Prison Later" - earlier this month indicating that Washington state could save \$225 million a year on corrections costs if more investments were made and more supports were available in the early years to give children a good start in school and life. Right now, nearly 32,000 prisoners in Washington's jails and state prisons cost taxpayers \$902 million every year.

According to Fight Crime: Invest in Kids Washington, **at-risk children without quality early learning experiences were 70% more likely to commit violent crimes by the age of 18** (*Reynolds et al., 2001*).

Tough times call for smart, strategic decisions. Congress is considering legislation to create the Early Learning Challenge Fund that would provide competitive grants to states to expand and improve the quality of early learning programs serving children from birth to age 5. This new initiative will help provide access to high quality early education for more at-risk families with young children, which will ultimately make everyone safer.

Fight Crime: Invest in Kids Washington is an anti-crime organization led by more than 200 police chiefs, sheriffs, prosecutors and violence survivors in Washington state and more than 5,000 nationwide.

Online Child Care Referrals Now Available to All Washington State Families

Telephone referrals that match families seeking child care with local child care providers, have been available from Child Care Resource and Referral programs in Washington for a number of years. On Sept. 1, the Washington State Child Care Resource & Referral Network expanded services to include online referrals for families who may prefer the convenience of using the internet when searching for child care.

To access these online child care referrals, visit www.childcarenet.org. Telephone referrals are still available at (800) 446-1114.

WHAT YOU CAN DO

Back to School - It's Not Just Academics!

Kindergarten teachers in Washington say that many children start kindergarten

without all of skills they need. A child's ability to get along with others and manage her emotions - social and emotional development - is as important as her brain and physical development.



A child's social and emotional skills drive her to learn to communicate, connect with others, resolve conflict, and cope with challenges. A child without developed social and emotional skills may have trouble taking turns or sharing, playing well with others, following directions, or controlling their behaviors. In the classroom, this translates to children having a hard time focusing and learning and ultimately seeing school as a good experience. This first school experience-be it positive or negative-can have a lasting impact on a child's academic future.

Parents and caregivers form a child's first social relationship. It's never too early to start. Here are some suggestions as to how you can **help get your child off to a healthy emotional start:**

- Be sensitive to her needs
- Soothe him when he's distressed
- Consider your child's individual temperament
- Get plenty of "face time" with your baby
- Recognize when she's had enough
- Seek out childcare providers who are attentive and sensitive to your baby's needs

[Learn more about social and emotional development in this month's *Learning for Life* series.](#)

EVENTS

Early Learning Professional Development

The White Center Early Learning Initiative (WCELI) is committed to increasing access and availability of early learning professionals. As partners in WCELI, Child Care Resources and Puget Sound ESD are offering the following fall quarter classes for early learning professionals.

If you are outside the White Center area and are interested in enrollment, please contact Child Care Resources for space availability.

Credit Classes include

Classes run the week of Sept. 21-Dec. 11

- Guiding Behavior
- Continuation of the Early Childhood Education Class Series in Somali

Non-Credit/Stars Classes include

These classes are offered free for licensed providers in the WCELI area.

- Supporting Infant/Toddler Emotional Development
- Supporting Preschool-Age Children's Social Emotional Development
- "Building Your Bounce"
- Preventing Childhood Obesity
- Yoga for Kids
- Physical Development and Movement

For more information call (206) 329-1001 ext. 259.



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