

Five from Thrive

May 2009



News & Events

Ready, Set, Grow: A KCTS 9 Kids & Family Presentation

Did you know that in the first three years of life, a baby's brain triples its weight and makes 2 million connections per second ... and that children are born learning?



KCTS 9 will explore the early learning of children from birth to age 5 in the town hall special "**Ready, Set, Grow,**" scheduled to air Wednesday, May 27, at 8 p.m. The Spanish-language version, Aprender y Crecer Con Su Hijo ("Learn and Grow with Your Child"), will air on KCTS 9's V-me digital channel (available across Washington state) at 7 p.m. Friday, May 29, and Saturday, May 30.

The one-hour program examines the cutting-edge research being conducted in Seattle on brain development during the crucial years from birth to age 5, and explores the societal impact of early learning and how policymakers in our region and beyond are creating programs to help families. In addition, the special provides information about what parents, grandparents and other child care providers can do to foster learning during these vital years.

Ready, Set, Grow taps the knowledge and insights of engaging guests and policy experts including:

- Dr. Andrew Meltzoff, co-director of the University of Washington Institute for Learning and Brain Sciences (I-LABS); an internationally renowned expert on infant and child cognitive and social development
- Dr. Patricia Kuhl, I-LABS co-director and one of the world's leading authorities on language development
- Dr. Bette Hyde, director of the Washington State Department of Early Learning
- Rep. Ruth Kagi (D-Lake Forest Park), chair of the House

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Committee on Early Learning & Children's Services and legislative member of the Washington State Early Learning Council

- William Gates Sr., co-chair of the Bill and Melinda Gates Foundation and co-chair of Thrive by Five Washington
- Nina Auerbach, president and CEO of Thrive by Five Washington
- Terry Meersman, vice chair of Talaris Institute
- Bob Watt, community activist on behalf of early-learning issues and member of the board of trustees of Casey Family Programs
- Mary Gentry, program director for PEPS (Program for Early Parent Support) and parent educator for the Parent Child Center at Seattle Central Community College
- Linda Crisalli, a specialist in early childhood education who has worked with, and on behalf of, young children and their families since 1969

In addition to Gates, other Thrive by Five Washington board members being interviewed for the special include Hyde, Kagi and Watt. For more information about "Ready, Set, Grow," visit KCTS9.org/earlylearning.

Bezos Family Foundation Announces Endowed Chair for Early Learning



Dr. Patricia Kuhl, co-director of the University of Washington's [Institute for Learning and Brain Sciences \(ILABS\)](http://Institute for Learning and Brain Sciences (ILABS)) and world leader in development sciences, was recently named the Bezos Family Foundation Endowed Chair for Early Childhood Learning. The \$1.5 million endowment was donated by the Bezos Family Foundation, which is also a generous supporter of Thrive by Five Washington.

Dr. Kuhl is a faculty member in UW's Department of Speech and Hearing Sciences. She is one of the world's leading authorities on language development and a member of the American Academy of Arts and Sciences. Her research on language played a pivotal role in demonstrating how early experience alters brain mechanisms, and her brain imaging research on adults is reshaping scientists' views of critical periods in learning. The work has broad implications for psychology, biology, linguistics, education, neuroscience, engineering and artificial intelligence.

Naval Avenue Trail Gets Kids Moving



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On May 6, a ribbon-cutting ceremony was held to celebrate the Born Learning trail - a new interactive, educational path where parents are encouraged to "get up and move" with their children. Thanks to a team from Leadership Kitsap and local community generosity, the Naval Avenue Early Learning Center will now, quite literally, get young children on the path to learning.



Dignitaries, including first gentleman Mike Gregoire and Dr. Bette Hyde, director of the Department of Early Learning, joined Bremerton's Mayor Cary Bozeman, Naval Avenue Early Learning Center's Principal John Welsh, students, teachers and community supporters for the event.

The trail is built along the track at the school's playfield, has nine activity stations with helpful tips that encourage parents, grandparents and caregivers engage with kids through counting, imagination and storytelling.

United Way of Kitsap County is part of the Born Learning efforts in the Bremerton Community with the support of Thrive by Five Washington.

What You Can Do

Get Up and Get Going!

Now that the weather is getting nice and the sun is staying out longer, it's a perfect time to make that extra effort to get out and get active with your child. Engaging in regular physical activity is an important part of keeping children healthy and ready to learn.



As with adults, physical activity is important for keeping children's hearts, minds and bodies healthy and in good shape. Large muscle skills improve when they walk, run, jump, slide or climb. Small muscle skills improve when they help weed the garden or pour sand into buckets. Ultimately these skills support children's overall development as they learn more advanced activities such as writing, problem solving and bike riding.

Parents, teachers and caregivers play a key role in shaping children's attitudes and behaviors about physical activity. Making physical activity an **enjoyable** part of a children's daily routine is an important first step. Here are some suggestions as to how to encourage and maintain children's interest in regular physical activity:

Make physical activity fun for children

This can mean anything physical that a child enjoys, such as taking the dog on a walk, dancing, kicking a ball, or flying a kite. Find out what interests your child and provide opportunities for your child to engage in that activity regularly.

Provide a variety of materials and equipment that your child can choose from

Physical activities do not have to be expensive. Walking, running, and dancing require nothing more than a pair of shoes, for example. Providing other materials or equipment for young children to use and explore increases their chance of finding activities that are suited to their unique likes and desires.

Limit television and/or video game time

There are a number of recommendations by professionals regarding the amount of time each day that children should be allowed to watch TV or play video games. The most important thing for a parent or caregiver is to choose a time limit that is healthy and stick to it every day. When children learn your expectations, they are more likely to engage in other activities that they enjoy that are healthy and fun.

Keep children safe during indoor and outdoor physical activity

- Make sure materials and equipment are age-appropriate and in good condition
- Always supervise young children during play

Take advantage of community resources

Most communities have walking trails, low-cost gyms and parks just waiting for you to visit them. Check out these links:

- [Finding Good Walks and Hikes](#)
- [Local Parks Near You](#)

For more information about physical activity for young children, visit:

- [Bright Futures Physical Activity Development Chapters](#)
- [Eat Smart Play Hard \(USDA\)](#)
- [National Association for Sport - Physical Education \(NASPE\)](#)

Special thanks to our friends at the [Department of Early Learning](#) for these great resources and suggestions!

Get in the Know

Oral Health and Young Children - Tips for Healthy Teeth



Tooth decay is the most common chronic disease of childhood, occurring five to eight times more than asthma. The rate of decay among preschoolers in Washington has increased over the last 10 years. In 2004, 45 percent of low-income preschoolers had dental decay compared to 38.3 percent in 1994. Baby teeth are very important for a child's overall health and development. They help young children chew, talk and guide permanent teeth into place.

At home or in the classroom environment, parents and caregivers play an important role in promoting good oral health for children. Here are some tips for parents and caregivers to support good oral health:

For Parents at Home

- If you give your baby a bottle at bedtime or naps, only give water
- Have your baby's teeth checked by a dentist or a physician by age one
- Brush your child's teeth at least twice a day - brush at bedtime
- Brush for at least 2 minutes, using a small soft toothbrush and a rice-sized amount of toothpaste

For Caregivers and Teachers in Child Care and Preschool

- Incorporate tooth brushing into the daily routine
- Read books about oral health and the dentist during circle time
- Create a dentist's office in the dramatic play area
- Reduce or eliminate the amount of juice served
- Invite a dental professional into your classroom to talk about teeth

Check out the **Partner Resources** section below to learn about the Washington Dental Service Foundation and their **free** oral health education ***Cavity Free Kids*** curriculum.

Partner Resources

Washington Dental Service Foundation

Washington Dental Service Foundation has a variety of free oral health education materials and trainings (***Cavity Free Kids*** curriculum) available for parents, caregivers and teachers. For more information contact Allison Cusick at 206.528.2364, acusick@deltadentalwa.com or visit www.deltadentalwa.com.

The Washington Dental Service Foundation is a non-profit funded by Washington Dental Service - the leading dental benefits company in Washington state. The Foundation's mission is to eliminate oral disease to improve overall health for all. The Foundation focuses their work specifically on young children and seniors and works closely with partner organizations to develop and implement innovative programs. The Foundation also advocates for policies that produce permanent changes in

the healthcare arena.

Events and Activities

May 15

[Musical Storytelling](#) - Seattle, WA

May 20

[Musical Storytelling](#) - Seattle, WA

May 21

[Musical Storytelling](#) - Seattle, WA

May 27

[Musical Storytelling](#) - Seattle, WA

[Ready, Set, Grow](#) - town-hall special on KCTS 9 at 8

May 28

[Musical Storytelling](#) - Seattle, WA

May 29

[You Are the Expert Conference 2009](#) - Yakima, WA

Aprender y Crecer Con Su Hijo ("Learn and Grow with Your Child") - the Spanish-language version of "Ready, Set, Grow" airs tonight on KCTS 9's V-me digital channel (available across Washington state) at 7.

May 30

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June 3

[Musical Storytelling](#) - Seattle, WA

June 4

[Musical Storytelling](#) - Seattle, WA

[Voices awards luncheon](#) - Rising to the challenge. Times are tough.

Advocates for kids are tougher. Join the Children's Alliance at their annual Voices for Children Awards Luncheon. [Register now.](#)

June 5

[Musical Storytelling](#) - Seattle, WA

June 5 - 6

[Conference on Early Learning at UW](#) - Seattle, WA

June 10

[Musical Storytelling](#) - Seattle, WA

Let us know about an upcoming event, and we'll let others know.

Email event information to webmaster@thrivebyfivewa.org.



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