



PARENT newsletter

VOLUME 10 // ISSUE 1 // SEPTEMBER-OCTOBER 2011



- HEAD START
- EARLY HEAD START
- HOME-BASED HEAD START
- EXPECTANT MOMS' PROGRAM
- SPECIAL EDUCATION
- EARLY INTERVENTION
- WIC PROGRAM
- FACILITATED ENROLLMENT
- HEALTHY FAMILIES
- PROJECT REACH

A WARM WELCOME to new and returning Yeled v'Yalda parents for school year 2011-2012.

The YvY Parent Newsletter will be coming to you every other month with informative articles and news from Yeled v'Yalda's different divisions.

We welcome comments and suggestions. Please write to us at our office: 1312 38 Street, Brooklyn 11218, or email to cbuchman@yeled.org.

YVY NEWS BRIEFS

NEW YORK CITY Department of Health and Mental Hygiene Policy Analyst Rebecca Mandell was a guest presenter at the semi-annual meeting of the **YvY Health Advisory Committee (HAC)**. Ms. Mandell presented the draft of her report *Understanding Delays in Childhood Measles, Mumps and Rubella (MMR) Vaccination in Orthodox Jewish Communities in Brooklyn* which analyzed the responses of two focus groups comprised of YvY parents who were asked to discuss their views on childhood immunization.

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Growing a Garden, Morah Tzivi Silver's Room, YvY Learning Center. Grand Prize Winning Photograph YvY Spring 2011 NEOP Food and Nutrition Contest (see additional photo, page 3)

"The boy is watering our homegrown garden. We planted tomatoes and strawberries. The garden is in a clear container so that we can keep an eye on the roots, too."

IN THIS ISSUE: **Back to School**

YELED V'YALDA

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YvY Administrative



Drs. Jeffrey Teitelbaum, Ezra Medical Center; Edward Simpser, St. Mary's Hospital; and Edward Kaminetzky, Yeled v'Yalda, at the YvY Health Advisory Committee Meeting.



An ACS team, led by Eugenia Vieira, at a meeting discussing the Self Assessment submitted to ACS by YvY. The team complimented YvY ACS Head Start for the comprehensiveness of its monitoring and its compliance with regulations.



YvY celebrated its staff at a Spring Extravaganza for all Head Start, Early Head Start and Administrative staff. A fun-filled evening was had by all.

SEPTEMBER 2011

ONGOING ACTIVITIES

Parenting Workshops

99 Heyward Street
1257 38 Street
6012 Farragut Road

Fitness for Men

99 Heyward Street
Every week

Expectant Moms' Program Parenting and Childbirth Education Parenting Skills for Postpartum Moms

1257 38 Street
99 Heyward Street
Every other week

SPECIAL ACTIVITIES

Head Start and Early Head Start Orientation

By site

STATEN ISLAND

Home Visits

Orientation

Back to School

Parent Training/Elections

Parents will be informed of start dates for all activities by their child's site

A Nutrition Education Outreach Program (NEOP) grant allowed YvY Nutritionist Dina Lipkind to expand YvY's Nutrition program with offerings for both children and parents.



Nutrition and planting workshops for parents in Brooklyn (above) and Staten Island (below)



NEOP Food and Nutrition Contest second prize winner, Mr. John's room, Staten Island.

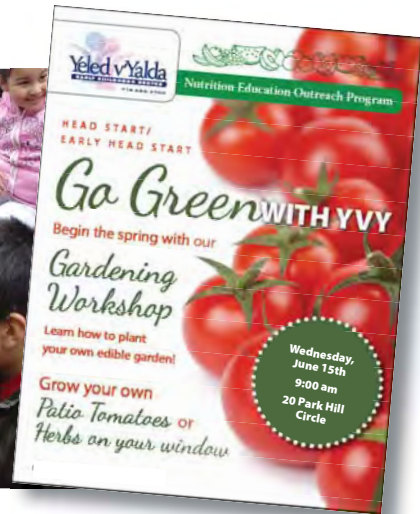
"Zurisdai waters the vegetable garden to help the vegetables grow."



Recipe of the month: healthy food in the YvY Head Start classroom



Planting together.



Watching our garden grow.

YvY Parents – crucial partners in YvY programming

YvY Parents participated in workshops, special activities and outings over the last month



Including Dads: (below) Friday afternoon Dad's group, Brooklyn
(bottom) Fathers' day activity, Staten Island



Parent literacy activities: (above) Make a Book Workshop, Brooklyn
(left) Scrapbooking workshop, Staten Island

(below) Outdoor story time: Chicka, Chicka, Boom, Boom acted out by parents with rapt children as an audience, Staten Island



(above) Parent baking workshop



(above right) Cinco de Mayo Celebration, Staten Island

(below) A parent workshop on Helping your Children with Social Skills.



Summer Fun

YvY Head Start and Early Head Start children enjoyed a variety of summer activities these past months

(right) Step-up ceremony – on to Kindergarten!

(below) Lining up before sprinkler time



Young financiers – class trip to a local bank



Climbing helps make our muscles strong



Water play is a fun activity, especially in the summer



Home-Based trip to Imagination Playground – getting to know our classmates for next year



(above) There's nothing like a water slide!

(below) A trip to Clove Lake Park



Summer is the perfect time for staff training and workshops



(above) YvY Executive Director Naomi Auerbach addresses Family Workers at a summer training session

(below) YvY Education Directors being trained in child assessment with Teaching Strategies Gold



(below) Bassie Morris, LCSW, facilitates a workshop on The Art of Conflict Management



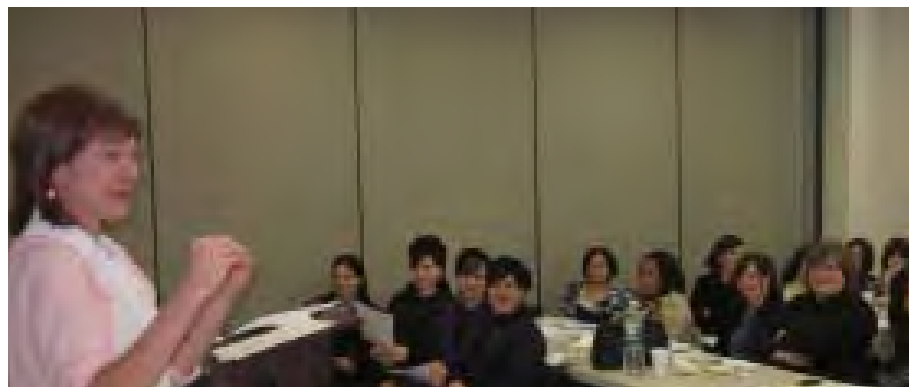
(below) Human Resources Deputy Director Karen Kronenberg presents a workshop for all YvY Managers on Successfully Managing Employee

(below) YvY teachers' training for Teaching Strategies Gold



(below) YvY Early Intervention employees at a training session

(below) Sensory integration Workshop for Early Head Start caregivers



News Briefs (continued from page 1)

A better understanding of views on immunization will help inform Department of Health policy in these communities to help assure the safety of all children. The focus groups were organized with the help of YvY Health Coordinator Janie Friedman, RN, who also chaired the meeting. (See related article in the Magazine section.)

DR. EDWARD SIMPSEY, Executive Vice President, Chief Operating Officer, and Chief Medical Officer, St. Mary's Healthcare System for Children, Medical Consultant for YvY Project REACH, has joined YvY's Health Advisory Committee.

St. Mary's is one of the nation's largest providers of intensive rehabilitation, specialized care, and education for children with special needs. Dr. Simpser's input will enhance YvY's ability to address the health needs of all the children under its care.

YVY'S DEPARTMENT of Facilitated Enrollment, the YvY division which enrolls children and families in public health insurance programs and processes recertifications, will move to new, enlarged quarters at 1265 38 Street in September. The new building, adjacent to the YvY learning Center, is



YvY's Early Intervention Department was represented at a Health Fair sponsored by Nachas Healthnet, a YvY community partner.

just across the street from its current quarters in the YvY Administrative Building. Since its founding in 2007, YvY FE has consistently been one of the highest-ranking FE agencies in New York State. In its new offices, it hopes to serve the community even more efficiently.

YVY'S FISCAL DEPARTMENT was recognized for the effectiveness and adherence to good accounting practice of one of its financial management systems by ACS, who requested permission to use YvY's *Accounting and Financial Policies and Procedures Manual* as a model for other ACS Head Start Delegate Agencies.

YVY HAS BEEN AWARDED a **Head Start/Body Start Play Space grant** for its facilities at 10 Gregg Place in Staten Island and 99 Heyward Street in Williamsburg. YvY's sites at 6012 Farragut Road and 20 Parkhill Circle were awarded this grant in 2010.

"THE VITALITY OF YIDDISH among Hasidic Infants and Toddlers in a Low SES Preschool in Brooklyn," an article by **YvY Director of Policy and Research for Education Dr. Isabelle Barriere**, was published by the Hebrew University of Jerusalem in the

Proceedings of the Czernowitz Yiddish Language International Centenary Conference .

YVY DEPUTY DIRECTOR of Mental Health Alyssa Schnur has been selected to be part of the **NYC ACS Mental Wellness Strategy Team**, which will plan and implement training of Head Start Mental Health Consultants and Education staff in preparation for the upcoming Federal Monitoring Review and the 2012 Early Learn Initiative. Ms. Schnur will be conducting a workshop on *How Child Development Effects Classroom Planning* sometime in the fall.

THE YVY FITNESS CENTER is now offering **Water Safety Instructor (WSI) training** at the Fitness Center pool, in addition to offering swimming lessons given by American Red Cross-certified instructors. The Fitness Center was very busy this summer, with many community residents taking advantage of the fitness equipment and classes, as well as enjoying the pool.

A CITY COUNCIL DYCD grant will help support a **pilot aquatic therapy program** for children with physical disabilities at the therapy pool located in the YvY Fitness Center.

IN RESPONSE TO DEMAND, the YvY Special Services Division will be opening a new **YvY Therapy Center** for preschool children in **Crown Heights** in September. The Center will provide a comprehensive **ABA Program** with Board-Certified Behavior Analysts (BCBA) to address the needs of three- to- five- year- olds diagnosed on the autistic spectrum or challenged by intensive social, behavioral or communication delays. Therapy services – speech therapy, occupational therapy, physical therapy, and counseling – will also be available. Interested parents can call 718.514.8648 for more information.

YVY IS EXPANDING a **specialty department** within the **YvY Early** (continued on page 8)



YvY's ABA program at Farragut Road in Canarsie celebrated a successful first year of services to the community.

YvY Early Head Start Home-Based Program

YvY's expanded Early Head Start Home-Based Program moved into new quarters at 1326 38 Street, adjacent to the YvY Administrative building, this summer. The newly-renovated space provides ample socialization space for the enhanced EHS HB program offered by YvY, as well as office space and space for training.



(above) Only part of the delivery of furnishings for the new Early Head Start home-based socialization site



The socialization room provides a quiet corner for reading with toddler-size chairs (above left) in addition to special toddler-size gross motor equipment



(below) EHS staff from Kiryas Joel, Beth Rivka, Yeshiva and Kindervelt participated with YvY in Infant massage training. Here, they pose with their certificates.

(inset) Infant massage training



(below) Simi Schlafrig, Founding Coordinator Early Head Start Home-Based program, was recognized at the EHS staff appreciation luncheon which took place at the new facility



News Briefs (continued from page 7)

Intervention program for newborns to three year olds to assure that **children with suspected or diagnosed autistic spectrum disorders** receive the proper attention and services. Spectrum disorders are estimated to affect as many as one in 110 children, and early intervention is crucial for these children's optimal development.

YVY'S MOTHER TO MOTHER peer mentoring program has met with much success in its initial year. In fact, young mothers in the community have asked that the program be

expanded to include a division with a group for new mothers. A survey of need will be conducted through YvY's website to determine the scope of needed expansion.

YVY'S SPECIAL SERVICES Department has enhanced its **therapist training program**. This fall, therapists will attend a special workshop on dealing with children with cross-disciplinary needs. Therapists will also be able to dial in from any location to participate in workshops through teleconferencing. Training will also be accessible on line; a Yiddish tutorial and

curriculum is one such offering to be available to all YvY therapists.

NEW YVY THERAPISTS will be issued a **touch pad mobile device** on which to record session notes and confirming signatures which will then be transmitted wirelessly to the central office. Older Palm Pilots, which require connection to a computer for transmittal, will gradually be replaced. Therapists who own their own iPhone/iTouch/iPad can now download an app so they can take advantage of the new system immediately.

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PARENT magazine

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SEPARATION ANXIETY

It's not unusual for young children to have separation anxiety during their transition from home or playgroup to preschool. It is normal for a child to feel anxious when he or she is left with a new caregiver, such as a pre-school teacher, for the first time. The degree of separation anxiety a child exhibits varies, depending on his temperament and other factors such as position in the family. Some children are able to say "good-bye" easily. Most preschool children, however, have a hard time parting from a parent on the first days of school.

Separation anxiety can take different forms. Most often, a child may not want to go into the preschool building or classroom. He or she may not want the parent to leave and may throw a crying fit or a temper tantrum. Once the parent is gone, the child may refuse to make eye contact with the teacher or play with the other children. Some children may regress and have toileting accidents or start sucking their thumbs. Other children may go willingly for the first few days and then refuse to go back afterwards.

(continued on page 10)



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Preparing for School

The following are some ideas that can help lessen separation anxiety:

Phase into a routine now. Whether it is bedtime, meals, or morning preparations, starting a routine at the end of the summer eases the transition back to school in the fall.

Talk to your child about school. Tell your child what school will be like: having a cubby, circle time, arts and crafts, outside play time, etc. Read a book together about going to school. Ask your child what he thinks will happen there. Tell your child about your positive school experiences.

Make a play date with a potential classmate before school starts. In this way your child will find at least one familiar face in the classroom.

Come to parent orientation. Bringing your child to school where s/he can meet teachers and classmates and become familiar with the classroom setting can alleviate some of your child's anxiety about starting or returning to school.

Bring a transitional object to school. Bringing a favorite toy, stuffed animal or blanket to school helps your child feel secure in a new environment. Children can leave the object in their cubby and look at it or touch it when they miss their parent, or they can choose to carry it around the classroom until they feel comfortable.

Bring a family picture. Some children feel more secure when they can look at

(continued on page 10)

Separation (continued from page 9)

Cooperation between parents, teachers and/or school social workers can help mitigate these manifestations of separation anxiety.

Even though it's hard to leave a crying child, parents should try not to worry too much. Separation anxiety is a normal reaction to an important change in a child's life. A child who protests when he is being separated from his parents is showing that he's formed an attachment and that he cares for a person other than himself. Caring about another person marks an important step in a child's emotional growth.

If parents are alert to the signs of separation anxiety in their child and work to prepare the child for the preschool

experience, the child will benefit in many ways. When children learn that they can feel secure away from Mommy and Daddy, they have an easier time making friends, being independent and growing into confident adults. So when parents help ease a child's "separation anxiety," they are not only preparing him or her for "big boy" or "big girl" school, but also for the rest of life.

As time goes on, children will adjust to preschool and form new and healthy attachments to their teachers and new classmates. Don't be insulted if, one morning, your child runs into preschool without even saying goodbye. Give yourself some credit. Your child is finally ready to transition to the next stage of his development.

Preparing (continued from page 9)

or hold onto a picture of their family when their parents are not around.

Reassure your child that you are coming back at the end of the day. If your child has not previously been separated from you for an extended period of time, he will need lots of reassurance that you are coming back. To prepare him, you can play a slightly more sophisticated game of peek-a-boo. Roll a ball under the couch and ask the child if it's still there. Then say, "Let's take a look." When your child finds the ball, you can say, "See, even though we couldn't see the ball, it's still there, just like Mommy is still there when you go to school." What you're doing is reinforcing "object permanence," a concept that comes earlier (by the end of the first year) but can be threatened by the emotional challenge that separation presents.

"[A]ll the parents she knew defined the seasons based on the diseases that preyed upon their children... [G]enerally one child went deaf or died from meningitis each winter. [Her son's friend was] made deaf overnight from meningitis; his parents were grateful that he'd survived. Several children struggled with pneumonia each winter. When [her son] was in second grade, his classmate...died from pneumonia. Her desk remained empty for the rest of the school year. Early spring was the time of septic sore throat and scarlet fever. Every summer, two or three children — in the bad years many more — were crippled or killed by infantile paralysis [polio].... As a parent, you could never let down your guard.

Measles, whooping cough, diphtheria....Some children survived, some didn't.

VACCINATIONS

Preparing Your Child for the New School Year

In her book, *A Fierce Radiance*, Lauren Belfer describes the harsh realities of life for parents in developed countries not so long ago. The introductory paragraph describes what life was like in the 1940's, when the outlines of the modern world were not so different than they are now. But in terms of child health, the world we live in today in the United States is vastly different than the world Belfer describes. We no longer expect children to die routinely of childhood diseases; we no longer feel we must be grateful when children simply survive their infancy and early elementary school years.

What changed?

The reason children no longer face the health dangers they faced into the 1950's is that we now have antibiotics and that we now immunize

children against these killer childhood diseases.

We are fortunate to live in a time when it is rare for children to contract the diseases that were once so life threatening. This is because most of the children in our communities are immunized. Those children who are not immunized are, in fact, protected through what is called herd immunity by those who are. However, the higher the rate of unvaccinated children in a given community, the higher the chance of a widespread outbreak once an infectious agent is introduced through travel, visitors, or other exposure. In fact, there is an outbreak of measles right now in the Williamsburg community, and last year there was a wider outbreak of mumps.

In the case of an outbreak, the most vulnerable members of our communities

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Getting to and from School Safely

The start of a new school year is the appropriate time for parents to think about safety. Now is the time to teach new preschoolers bus, pedestrian, and general safety rules and to review these rules with returning preschoolers and older children.

BUS SAFETY

If your child goes to school by bus or by van, make sure to get him/her to the bus stop at least five minutes before the scheduled arrival time. Never allow your child to cross the street to get to the bus by him or herself. Dress your child appropriately – that is, in snugly fitting clothing with no sweatshirts or book-bags that have straps that can get caught in the bus rail, bus door or bus window. When winter comes, secure your child's gloves with clips, not strings and be sure that scarves are short and cannot be caught in a bus door. As the bus approaches, make sure that your child is standing at least three giant steps away from the curb.

Wait for the bus to come to a complete stop and for the bus driver's signal before allowing your child to board, making sure the child is holding on to the handrails. The child should be seated fully in the seat and facing forward before the bus begins to move. Tell



your child to practice appropriate bus behavior and to listen to the bus driver.

Tell your child to wait for the bus to come to a full stop before getting up to disembark. Once off the bus, your child should cross only in front of the bus and only when a trusted adult guides him out of the Danger Zone and keeps him in the driver's line of vision.

If you drive your child to school by car, make sure your child is buckled in safely in a booster seat or child safety seat. Once you reach your child's school, don't take off the minute he/she steps out of the car. Make sure a supervising adult is there to see that he/she gets inside the building or schoolyard safely.

WALKING YOUR CHILD TO SCHOOL – PEDESTRIAN SAFETY

Walking your child to school provides the perfect opportunity to teach him or her all about pedestrian safety. Never allow a child under age ten to cross the street alone.

The best way to teach a child pedestrian safety is to set a good example. Cross the street at the corner or at a crosswalk, and obey all traffic signals. Remember to look left, right, and left again before crossing the street. Hold your child's hand gently but firmly, so that he does not dash away. Explain all this to your child so he understands what you are doing.

the case of a known outbreak, parents should avoid exposing babies to anyone who is unvaccinated and therefore susceptible to these preventable diseases.

Immunization remains the most



FOR OLDER CHILDREN

For older children who will walk to or from school alone: Make sure you review the route with them several times by walking it with them. Point out landmarks and street signs. Teach the child to always walk the same way and not take shortcuts. The child should also know that a parent must be notified if he leaves school earlier or later than expected. If possible, have your child walk with a group.

Teach your child what to do if he gets lost. If possible, the child should go to a crowded place. He can enter a retail store where there are several people or "ask a Mommy" for help. The child should be taught never to get into a car with a stranger, even if he seems friendly. Teach your child to trust his instincts. If someone seems scary or is making him feel uncomfortable, it is okay to scream and/or run away.

effective way of protection against the diseases that once ravaged thousands of children. Parents who immunize their children in a timely way are doing their best to keep their children healthy and well.

Vaccinations (continued from page 10)

– babies who have not yet been fully immunized and those with compromised immunity – are often the ones to suffer the harshest consequences. In



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News Briefs (continued from page 8)

WORK ON YVY'S new WIC Center at YvY's Head Start/Early Head Start site on **Farragut Road** is proceeding apace, with September as the target date for opening. YvY WIC looks forward to serving the Canarsie

community in the fall.

YVY HEAD START Deputy Director of Social Service Bassie Morris, RCSW, conducted an **in-service workshop** on **Child Abuse Awareness** for YvY WIC personnel. This is only one example of cross-fertilization between YvY's different divisions.

consideration. This is the second time YvY's Healthy Families Program, which helps families access resources to help with a wide range of concerns, was chosen to present. YvY is proud that the Healthy Families Program is gaining the same outstanding reputation as other YvY programs have.



YvY's Special Services Division has produced a series of booklets to educate parents about children's developmental milestones.

YVY WIC CONTINUES to host visitors from the New York State Department of Health and other New York State WIC centers who come to learn about YvY WIC's new e-check-in system and other YvY WIC initiatives.

YVY'S HEALTHY FAMILIES PROGRAM will present at the Department of Youth and Community Development (DYCD) quarterly meeting for agencies with Healthy Families grants in August. YvY's presentation proposal was chosen out of thirty submitted for



YvY co-sponsored a booklet on summer safety that was mailed to members of the Brooklyn communities where YvY Head Starts are located.