

INSIDE YvY

Parent Newsletter

Dr. Meryl Hersh, School-Based Dental Director, poses with the Ezra Dental Mobile staff and Head Start children at YVY's Staten Island Forest Hill Road center after conducting Dental screenings.



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NATIONAL HEAD START ASSOCIATION



October was Head Start Awareness Month!

The ACF Family Room blog posted a message from Dr. Bernadine Futrell, Director of the Office of Head Start. Read the full message here: <https://eclkc.ohs.acf.hhs.gov/blog/october-head-start-awareness-month>

“Join us in celebrating Head Start Awareness Month and the ways Head Start programs partner with other ACF programs to leverage comprehensive services for children and families.

Head Start programs support growth and learning for infants, toddlers, and preschool-aged children across all domains of development, and health and wellness for enrolled pregnant women. These comprehensive services include a focus on family support toward economic mobility; research-based curricula that foster a child’s approach to learning; healthy physical activity and nutrition; support for social and emotional development; full inclusion of children with disabilities and delays; and connections to a medical and dental home and screenings. Parents participate as leaders in Head Start programs by giving input on program activities and operations. Head Start programs partner with families in a variety of settings, including centers, family child care spaces, and children’s own homes. Since 1965, Head Start programs have provided services to more than 37 million children.

...The federal-to-local model for the Head Start program allows local leaders to create a Head Start experience that is unique and specific to the needs of that community. This is why we say with pride that no one Head Start program looks the same.”



Yasmina Vinci, Executive Director of the National Head Start Association, recently published an op-ed in *The Hill* advocating for the proven Head Start model of providing high-quality education and comprehensive services, to lead the way in any expansion of universal pre-K. You can read the article at <https://thehill.com/opinion/education/571218-universal-preschool-plan-should-prioritize-equity-and-model-head-start>



Head Start children enjoy outdoor play on a bright fall day.

Head Start/Early Head Start News

HEAD START/EARLY HEAD START

After a year of struggling with fire-related renovations, YVY is grateful that our beautiful Farragut Road site in Canarsie, Brooklyn, is up and running again, looking more beautiful than ever! The renovation project was the result of an outstanding team effort.

The Office of Head Start announced that it will resume in-person, on-site monitoring reviews beginning in January 2022. YVY continuously self-monitors its program on an ongoing basis, and we are confident that our agency's performance will once again satisfy and impress reviewers, as they have consistently done in the past.

Cool Culture is back! Cultural sites closed, as a result of measures implemented to slow the spread of COVID-19, prevented Head Start families from enjoying museums, exhibitions and parks during the pandemic. However, with the start of the new year and the reopening of many of these locations, many of our sites are once again, distributing Cool Culture cards to families, providing them with entry to cultural institutions at no cost.



Head Start



Early Head Start



A Head Start family rides the train to a fun outing at the zoo.

YVY's Fitness Center now offers two exciting classes, for mothers and staff, conducted on alternating Thursdays. Classes include Water Yoga with Shavy and Total Body Workout + Dance Fusion with Malky. Parents of Head Start and Early Head Start children, as well as women enrolled in YVY's Expectant Moms program, can sign up for a free or discounted membership at the Fitness Center. Ask for the verification form at your Head Start site, and stop by the Fitness Center to sign up. Head Start and Early Head Start moms sure have a lot on their hands, so dedicating some time for yourself to socialize and establish a healthy fitness routine will benefit the whole family!

YVY's Head Start program is delighted to announce that its Reading Readiness Book Distribution Initiative has resumed. Research shows that reading with children encourages



the child's cognitive development, improves language skills and academic performance, and aids in emotional attachment. The project, which enables the children in our programs to take home new books (for keeps!), was very well received the last time around and will surely delight and benefit a new group of children this year.

YVY's Lakewood Early Head Start expansion program is off to a great start this fall.

In an exciting initiative to continue meeting the needs of families in our community who have moved out of New York City seeking a more affordable cost of living, YVY has successfully partnered with existing child care programs in Lakewood, New Jersey, to service children from birth until 3 years of age, and their families, as well as pregnant women. YVY's Lakewood program has been very well received by children, staff, families and the community, all of whom are excited to benefit from the services offered by Yeled v'Yalda's latest venture! Heni Mozes, YVY's Lakewood Regional Director, has coordinated the recruitment and training of a team of highly qualified and experienced administrative and center-level staff who are doing an amazing job of setting up the regional program, as well as the centers and classrooms. The partnership between the Early Head Start program and existing community-based child care programs supports a high-quality continuum of birth-to-5 services. To that end, YVY continues to explore and pursue new opportunities for enrolled children to seamlessly transition from Early Head Start to Head Start, to provide undisrupted continuity in their progress toward school readiness.



EHS children getting some fresh air!



Heni Mozes, Regional Director, and Nathan Salomon, Deputy Director, present at Lakewood's staff training.



PROJECT REACH HEAD START

Project REACH started the program year by literally 'reach'ing up high! All of the children enjoyed the new Balloon theme of the 2021-2022 school year. The childrens' first session centered around balloon play and a related story book. The Home Instructors attended an orientation training which focused on building preschool skills through open-ended play. The Learn & Play socialization events this year will follow Project REACH's educational units with several new and exciting additions. Brand new custom-made furnishings for 1265 38th Street are nearing completion. Much thought and attention went into designing the life-like preschool kitchen, dollhouse and puppet theater. In addition, a unique art studio experience will be offered for children and adults who attend Project REACH's upcoming events. Project REACH will feature open art opportunities modeled after the world renown artist, Nona Orbach, which will be structured to promote enhanced creativity and experimentation with a variety of artistic mediums throughout the year.

HEALTH SERVICES

The Health Services department worked through the summer to ensure all Yeled VYalda sites would be able to open safely and in compliance with the DOH regulations. Many health policies have been updated and all staff have been trained on how to properly carry out the Health Safety Plan. A new remote health screening phone system has been introduced in which staff and families can remotely answer the mandated DOH questions to avoid Covid spread at sites. Parents are asked to make sure to take the call every morning and respond to the questions.

Hearing, vision and dental screenings took place for all YVY children in early fall. YVY Family Workers will follow up with the families of children who have been referred during the screenings. Classroom toothbrushing is in place again! A safety policy is in place to ensure proper precautionary measures are followed. Don't forget that all children must have a flu shot by December 31st - Your child can go and get it now. If your child has been exposed to Covid or tests positive, please contact the school so that we can assess and take action as needed. Let's have a safe and productive year together!



Children's health is a critical factor in being school ready.

NUTRITION SERVICES

Yeled VYalda Head Start and Early Head Start's back to school has been truly remarkable. The YVY Departments of Nutrition Services and Health Services have worked diligently all summer to assure that children and staff's health and safety are a priority for a successful reopening of all programs.

The newest guidelines from Office of Head Start, as well as the NYC Department of Health and the Department of Education, have been incorporated into staff orientations, program policies and daily classroom guidelines. We continue to work with parents and teachers to coordinate care, assess children's needs and provide nutritious meals that meet the children's dietary needs. A culturally appropriate approach is utilized when choosing the foods for YVY's child-centered meal service. Guidance provided by the USDA is followed on how to effectively provide nutritionally complete credible meals that are food allergy safe. Food allergy protocols and care plans are implemented to provide a supportive classroom environment to all YvY's allergic children. In addition, the NYS CACFP Protocol for Classroom Observation and Ongoing Monitoring is used at mealtime to assure quality assurance at all times.

PARENT INVOLVEMENT

Parent Involvement enhances parenting skills, knowledge, and understanding of the educational and developmental needs and activities of children. Participation by Head Start parents is crucial to the success of the children and program.



Water Yoga
Back by popular demand!
at the YVY Fitness Center pool for Head Start / Early Head Start with instructor **Shavy Grossberg**
December 7th, 2017 - March 15th, 2018
Alternate Thursdays 11am sharp*

Mommy & Me Fall Unit
Wednesday, November 3rd, 2021
11:00 AM - 12:00 PM
835 Forest Hill Rd.
- Light Refreshments will be served -
Looking forward to seeing you!

Aerobics
Improve your health
Lose weight
Lower cholesterol
Improve stamina & energy
Prevent obesity & health problems
With **Chana Brecher, CCE**
Mondays, November 1, 2021 & November 15, 2021
10:30-11:30 AM
We Care Early Headstart
99 HEYWARD ST

Yoga for STRESS
Reduction & Emotional Well-Being
Lisa Sack, LAYT Certified Yoga Therapist
Learns to use yoga to:
Regulate your nervous system | Reduce physical tension & discomfort | Relax consciously and systematically | Transform negative thought patterns | Increase feelings of calm and well-being
Join us for a six-part workshop, and learn to control your stress.
WORKSHOP 1 Tuesday, November 9th, 2021
WORKSHOP 2 Tuesday, November 23rd, 2021
WORKSHOP 3 Tuesday, December 7th, 2021
WORKSHOP 4 Tuesday, January 21st, 2022
WORKSHOP 5 Tuesday, January 4th, 2022
WORKSHOP 6 Tuesday, January 18th, 2022
99 Heyward Street
10:30-11:30 AM

Dance-It!
With Feigy Leifer
Simcha Dancing > Fun Dancing
Take a Break > Come and Join
Monday 10/25/21
99 Heyward Street > 10:30-11:30 AM
BABYSITTING WILL BE PROVIDED

The Lighter You
Meet our Health & Food Coach **Rachel Shaindy Steinmetz**
Individualized food plans
Receive and give support
Learn the truths about healthy weight
Debunk "Diet" myths and mentality
Achieve your goals
JOIN US FOR AN INFORMATIVE WORKSHOP
Monday, October 18th, 2021
11:00am-12:30 PM
99 Heyward Street
Babysitting will be provided.

It's Not Just Child's Play
Fun verbal learning!
Benefits of imaginary play
Social games and what they teach
Refreshments will be served
99 Heyward Street

All About Reflexology
A Natural way to improve your & your child's health
Known to help with:
Relaxation/reduce anxiety
Hormonal balance
Immune system/ear infections
Digestion
Easier labor and delivery
Get tips on how to feel better right away!
We Care Early Headstart
99 Heyward Street
Monday, November 15th, 2021
11:30 am-12:30 pm

Special Ed & Related Services

Yeled v'Yalda's Special Education Department is continuously expanding! With over 150 new providers for the current school year, servicing dozens of new school sites, our trademark quality services are back in-person in full swing. To keep up with the influx of new providers, our supervision team has grown as well. Our supervision leaders select elite clinicians to train, advise, and oversee the next generation of providers.

Our Professional Development Department continues to lead the field in educating providers on the latest research and best practices. Through teaming up with leaders in each therapy field, we are able to host workshops, teleconferences, and full day symposiums geared towards each specific service field. The impact has been tremendous, as we see our providers apply the newly learned skills to their services, and in training teachers and parents to fully support their students' needs.

ABA INSURANCE

Yeled v'Yalda ABA Insurance is proud to report that services are underway for the new 2021-2022 school year! Our elite team of BCBAs and paraprofessionals are continuously collaborating with school representatives and related service providers to ensure that a "whole child approach" is administered. The recruitment team has been working endless hours to identify and hire top notch providers to fill the various openings that best accommodate the children's schedules. In turn, the placement coordinators have been assigning providers to children based on similar background and need. Each child is very individual and dealt with as such.

As always, we are here to support you on your journey toward helping your child reach their maximum potential. Feel free to reach out or drop us a message at insinfo@yeled.org. We are ever present and waiting to assist you!

TITLE I

Yeled continues to provide quality academic and social-emotional support to Title I eligible students. Over 2,000 students, grades K-12, are currently enrolled in various Title I services such as supplemental instruction, tutoring, counseling, and mentoring. Our popular parent workshops in both Crown Heights and Boro Park provide parents with practical skills and strategies to empower their children's success in the school environment. In addition, Yeled provides exciting services under Title IV / CARES that address student needs in the academic, social - emotional and parent support domains. Our goal to improve student performance in all areas while supporting parents along this journey.



PECC- Parenting Workshop at BPJCC



ABA
Insurance Services



Therapy Services
SEIT, Speech, OT, PT and Counseling



Title I
Student Success Services

Yeled v'Yalda
Early Childhood Center, Inc.

1312 38th Street
Brooklyn, Ny 11218

CEO, Chief Executive Officer
Solomon Igel

COO, Chief Operating Officer
Zvi Pinter

Director of Operations
Martin Schwartz

CFO, Chief Financial Officer
Rebecca Gutman, CPA

Director of Compliance & Legal Affairs
Ruth Ackerman, Esq.

Director, Federal Programs
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Executive Director
Naomi Auerbach, MsEd

Deputy Director, HS/EHS/UPK
Nathan Salomon, MA

Director, Special Services
R. Chaim Sanzer, MaEd, SAS

Director, Disabilities Program
Mina Sputz, MS, SAS

Director, Human Resources
Gitty Lichtenstein, MsEd

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Daniella Dvash-Rubin, MS

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Eti Moskovits, MsEd

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Director, ABA Insurance
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Nechama Stolzenberg, MPH

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Chaim Sabel

Health Services Coordinator
Malky Rosin, RN, BSN

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Alyssa Alexander, LCSW

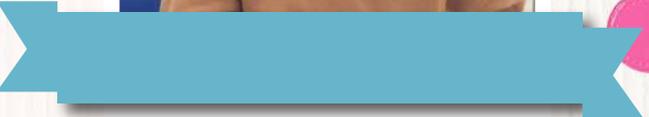
Director, Parent, Family & Community Engagement
Libby Chein, BA, MS, SpEd

Director, Nutrition Services
Dina Lipkind, MS, RD, CDN

Director, Head Start Disabilities
Milky Pilchick



Children enjoy a mega painting experience at a Project REACH family event





Children develop at different rates, and each child is unique in their own development, growth, and acquisition of skills.



Early development and learning are multi-dimensional. Children's learning is integrated and occurs simultaneously across all domains, which are interrelated and interactive with one another.



Children are active learners; A primary approach to learning is through purposeful play. Intentional planning promotes rich learning experiences that encourage participation, involve multiple contexts, and engage the senses that help children explore their environment.



Health Home Management



Health Home
Care Management Agency

Children who qualify for the Health Home program will be provided with a Care Manager who will help connect you to various community, government and medical resources including doctor referrals, treatments, house-related support, food, transport to appointments and school related services. To qualify for the Health Home program, your child must have Medicaid and have any of the following: significant medical, social-emotional or developmental concerns.

You may also be eligible to receive:

- Respite - a provider will come to your house and play with your child or take them out.
- Support to enhance parent and child relationships within your family/home.
- Support to help your child navigate their school/home/community despite their challenges.
- Family Home Supports- a variety of skilled workers can be assigned to help with daily home tasks such as cooking and organizing.

If you are interested in learning more about the program, reach out to Toby Levi at tlevi@yeled.org or call 718-686-2304.

WIC



WIC

Farmers Market Season: Farmers markets are still open and WIC farmers market checks can continue to be used through November 15, 2021. All participant appointments are being done over the phone from our main Boro Park site – making it easier than ever to apply for WIC Program benefits! Participants can submit required documents two ways by Fax 718-686-2196 or Email WIC@yeled.org. All questions can be directed to WIC's main number at 718-686-3799.

Marketplace



NYS Marketplace Navigation

Market place navigators are back in office full time! The Dept. of Health is still allowing applications to be processed over the phone; please call the Marketplace main line at 718-686-2188 to schedule an appointment. Special enrollment period for Qualified Health Plans starts November 16. Reminder: Enrollment for Medicaid and essential plans is open all year round. YVY Marketplace now has a full-time navigator working out of Sephardic Bikur Holim located at 425 Kings Highway.

Fitness Center



Fitness Center

Members old and new are arriving in droves to the Yeled VYalda Fitness Center. With 20 popular classes per week including Aqua Fitness, Strength Training, Kickboxing, Zumba, Pilates, Stability ball etc., participants are having so much fun working on their fitness goals. Members are also learning to swim or brushing up on their strokes and breathing methods with our team of American Red Cross certified Water Safety Instructors. Starting November, The Fitness Center is running the popular Motzai Shabbos Swim Program for Children. Due to limited places to swim in the neighborhood, this program is very in demand and appreciated by the community.

It's Giveaway time at the Fitness Center now – sign up for an annual plan at the Head Start discounted price and receive a complimentary YVY tote bag!

Many YVY Head Start / Early HS parents have already signed up through the free or discounted Head Start membership plans that restarted this September and run through mid-June. Parents should inquire at their child's school for more information. The Fitness Center can be reached at 718-686-3788 or by emailing fitness@yeled.org.

Governance



Policy Council

The YvY Policy Council continues its active role in the decision-making process of the HS/EHS program. The final meeting of the Policy council took place in September. Mr. Igel addressed the outgoing members and thanked them for their participation and efforts on behalf of the children and families we serve. All Head Start sites have elected parents to represent them on the Policy Council for the current school year. Policy Council elections take place in November and Yeled VYalda looks forward to working with the new PC members towards the success of the Head Start program. The combined force of the Board of Directors and the Policy Council, along with management staff, are a powerful force that provides leadership and strategic direction for the organization.



Mr. Igel, CEO, addresses YVY Staff and Community Representatives at the PC meeting.

Professional Development Trainings at Yeled v'Yalda continue to promote personal and professional growth for YVY employees and therapists.

Intricacies of Writing ABA Programs

Devorah Ackerman, MsEd, BCBA/LBA

Teaching Behavioral Expectations to Early Learners

Cindy Terebush MS. Ed

Getting Off to A Great Start

Chani Eisner, SEIT Supervisor

Communicating Effectively

Dr. David Lieberman

Connecting with Students

Rabbi Yaakov Sputz

Family Development Credential

Libby Chein, Director PFCE

Workplace Professionalism

Kreindi Myers, ABA Administrator Director

CDA Training for Asst. Teachers

Rivky Bornstein

Advanced Understanding of Language Development in Children with ASD

Idle Sputz, Clinical Director Crown Heights

ABA - An Overview of Principles and Methodologies

Ruthi Bier, Clinical Director Flatbush

Executive Function

Deena Markovits, ABA Consultant and Supervisor

Assessment Awareness

Layah Davidowitz, Deputy Director of Operation SpEd

Collaboration and Continued Assessments of Students

Racheli Berkowitz, Pendency Supervisor

CPR and First Aid

Chevi Katz, CPRI



Staff Orientation at the Learning Center



Family Development Credential Training with Libby Chein



Providers' Orientation



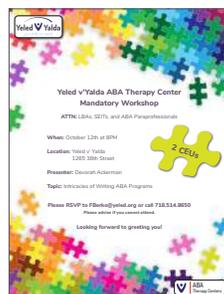
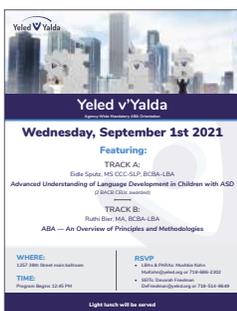
ABA Department Orientation



Providers' Orientation



Training Flyers





Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



ChallengingBehavior.org

How to Help Your Child Recognize & Understand Disappointment

Brooke Brogle, Alyson Jiron & Jill Giacomini

Disappointment is a normal, though difficult, part of growing up. Your child is likely to experience disappointment as she makes new friends, tries new things and experiences the ups and downs of her world. Whether it's a trip to the park that is ruined by rain or missing a birthday party, life is full of little and big disappointments. When you allow your child to feel, experience and learn from little disappointments at an early age, you help her to create the skills she will need to successfully handle the bigger disappointments she will experience later in childhood and as an adult.



Try This at Home

- Notice and label when you, your child or others are disappointed. Explain that everyone, including adults, feel disappointment. You might say:
 - » About yourself: "I am disappointed. Grandma was supposed to come for a visit but she is home sick. I'm going to make her a Get Well card."
 - » About your child: "You have tears in your eyes. I see you are disappointed. You really wanted to go to the park but it is raining. I wonder what we can do on a rainy day like today?"
 - » About others: "That little girl is really disappointed. Her mommy told her she could not have an ice cream. I wonder what she can do to feel better in her body."
- Practice ways to handle disappointment before a potentially disappointing incident occurs. For example, if you know that your child will be disappointed if someone else is on her favorite swing, come up with appropriate solutions ahead of time. You could say, "When we go to the playground, someone else might be on your favorite swing. You might feel disappointed. What could you do to stay calm?" Come up with some solutions such as asking the child for a turn, saying please, or bringing a shovel and pail to play in the sandbox while the other child is on the swing.
- Encourage and teach problem solving. "I know you are disappointed to miss Sophie's birthday party. You are a great card maker and I bet you will find a way to wish her a happy birthday."
- Disappointment can quickly lead to feelings of anger if not acknowledged. Simply acknowledge her feelings without overreacting. "You really wanted the red cup. Your sister has the red cup today. Do you want the blue or the green one?"

- Role model how small disappointments can sometimes end up being positive. "I was so disappointed that the car was getting fixed today but I ended up having so much fun with you. It was a great day!"

Practice at School

Children can become disappointed at school when their excitement or expectations about a toy, activity or person don't turn out the way they want. Each child handles disappointment differently and teachers help children to recognize how they are feeling and begin to think about ways to find solutions for their problem so they can feel positive again. As a class, children learn by watching their peers solve their own problems and try to think about solutions themselves.

The Bottom Line

Disappointment can be a healthy and positive, although unpleasant, emotion in young children. The disappointment of not getting to wear the princess dress, dropping the ice cream cone or not being first in line prepares children to deal with life's greater obstacles in later childhood and adulthood. Parents can help their children recognize and understand disappointment, soothe themselves and problem solve. While tempting, it is not helpful for parents to try to keep their children from feeling disappointment and have life always flow smoothly. Parents can help their children so much more if they instead teach them how to recognize and cope with all of their feelings (i.e. anger, joy, excitement and disappointment) and teach children how to cope with emotions instead of expressing themselves with challenging behaviors.



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If you no longer wish to receive
this publication, please email
info@yeled.org

Attention All Head Start, Early Head Start Parents & Expectant Moms Program Participants!
Register with your Family Worker for your free or discounted Fitness Center Pass!

October is also a wet month...



Even on a rainy day you can be someone's sunshine!

For more information on any of Yeled v'Yalda's services, please call:

Headstart.....	718.686.3700 *3	ABA Program	718.514.8600 *3	YELED V'YALDA STATEN ISLAND:
Early Headstart	718.514.8600 *1	ABA Insurance	718.686.2305	Silver Lake Headstart I
Project REACH	718.514.8600	Ezra Medical Center.....	718.686.7600	10 Gregg Place
Special Education	718.686.3700 *1	WIC Program.....	718.686.3799	718.815.4488
Early Intervention	718.686.3700 *2	NYS Health Marketplace..	718.686.2189	Silver Lake Headstart II
Title I.....	718.686.2320	Fitness Center	718.686.3700 *7	20 Park Hill Circle.....
				718.720.0090