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Network News

e-Newsletter of the VA Infant & Toddler Specialist Network



Issue # 9

Mar-Apr-May 2014



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Social and Emotional Development

Young children are influenced by their interactions with parents and caregivers when they begin to develop both socially and emotionally. They rely on these experiences with adults to guide them in forming healthy relationships with others. The positive experiences influence a child's ability to form and maintain relationships, to handle interactions in a positive manner, and to help develop social behaviors such as respect, sensitivity, and compassion. Being able to recognize and express these feelings as well as understanding and responding to the feelings of others

is vital to emotional development in children. Below are some activities child care providers can put into practice to aid in the development of social and emotional skills.

Birth to 12 months

- Respond to the child's needs for comfort and reassurance consistently and promptly
- Use both verbal and nonverbal communication when responding to children. This includes talking, singing, using rhyme and repetition, and saying the children's names often
- Describe feelings, activities, objects, and sounds that are encountered daily
- Hold, cuddle, hug, smile, and maintain eye contact while interacting with children. Use soothing tones
- Provide a safe, stimulating environment and materials for children to explore
- Provide consistent, familiar child care providers as often as possible
- Be excited to see the children each day by greeting them in a warm and welcoming manner
- Offer a regular routine for activities unique to each child such as eating and sleeping



12 to 24 months

- Provide an environment that is safe, supportive, and consistent
- Lead children to try new things by gently encouraging them
- Model ways to take turns and provide opportunities for children to share things
- Prepare children for upcoming changes ahead of time by discussing what they can expect to happen
- Have books available that address and give names to feelings to use with children
- Help children learn to calm themselves
- Use dolls, puppets, and books to describe or model ways to express feelings
- Let children know what positive behaviors are expected to be displayed

24 to 36 months

- Help children use words to describe actions and feelings
- Encourage problem-solving, recognize and support the attempts, and manage conflicts
- Model positive self-talk when you make a mistake
- Remain calm and positive when a mistake happens and reassure

the child that it is okay

- Provide cues and adequate transition time
- Read stories where characters solve conflicts constructively
- Give children ample time to solve problems before intervening

Adapted from Milestones of Child Development: A Guide to Young Children's Learning and Development from Birth to Kindergarten. Office of Early Childhood Development, Virginia Department of Social Services. Revised 2013.

RESOURCE SPOTLIGHT ON:

- Social and emotional milestones are often harder to pinpoint than signs of physical development. This area emphasizes many skills that increase self-awareness and self-regulation. Research shows that social skills and emotional development (reflected in the ability to pay attention, make transitions from one activity to another, and cooperate with others) are a very important part of school readiness. Here is a link to a quick reference sheet of Social and Emotional Development Milestones for infants and toddlers.

www.pbs.org/wholechild/abc/social.html

- *Milestones of Child Development: A Guide to Young Children's Learning and Development, from Birth to Kindergarten*, has been revised and is now available at: the following link: [Milestones of Child Development](#)

Upcoming Professional Development Opportunity: Celebrating All Babies & Tots 2014

Celebrating All
BABIES AND TOTS
2014

These valuable professional development institutes will increase knowledge and skills

to help infant and toddler caregivers/teachers and directors provide positive, inclusive environments where all babies and tots have opportunities to learn, grow, and reach their full potential.

April 5 Williamsburg

April 26 McLean (AT CAPACITY)

May 3 Roanoke

May 17 Richmond

**For more information or to register on-line, please visit
www.va-itsnetwork.org**

DID YOU KNOW . . .

The 2014 Early Childhood Mental Health Institute has been rescheduled to
May 16, 2014 from 8:30 am - 4:30 pm.

save THE DATE!

MAY 16, 2014 8:30 am - 4:30 pm

2014 Early Childhood Mental Health Institute

Cultural Arts Center at Glen Allen • 2880 Mountain Road • Glen Allen, VA 23060



Jim Harris, MSW, Ed.S.

Jim is the owner of Opportunities Consulting Services. He has presented at a variety of conferences from the local to the international levels. He has worked with children and families throughout his career as an early interventionist, parent educator, educational consultant, and behavioral health therapist. He is the creator of "10 Things You Need to Know About Kids", an audio program that helps parents and teachers be more effective in their work with children. Jim has worked with a variety of public and private entities including the Fred Rogers Company, United States Department of Education, the Ohio Association for the Education of Young Children, and many more. Jim has made it his life's work to help people reach their potential. He believes that the art of communication is presenting information in a way that people can understand it and apply it to their lives. For more information about Jim and his services please visit www.ooshelps.com.

CHANGING THEIR WORLD:*Improving the Lives of Children Through Science and Compassion*

Presented By: Jim Harris, MSW, Ed.S.

Teachers, parents, grandparents, and everyone else that serves children, get ready to laugh and learn as Jim Harris brings to life some of the important things you need to know to help the children in your life. Working with and raising children in society today is a challenge to put it mildly. In this talk Jim borrows from his years of working with children to bring you key concepts and strategies that will help serve the children in your life better. Jim will pay specific attention to such topics as dealing with our own frustration, letting go of simple answers, brain development, challenging behaviors, attachment, and many more. Do you have a day to give to help you serve children better? If so, you won't want to miss this!



Space is limited so register early!

Registration InformationRegistration Fee Charged to Participants:

\$30.00 with reduced registration cost of \$20.00 for VAIMH (Virginia Association for Infant Mental Health) members.

Registration fee includes:

Continental breakfast, boxed lunch, snacks and drinks. 6 contact hours with certificate of attendance will be provided.

REGISTER NOW



For more information, visit www.ecmhva.org

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For more information contact Amy Stutt, VA ITSN Statewide Director at (757)566-3300.

VIRGINIA
INFANT & TODDLER SPECIALIST
NETWORK
"Achieving Excellence in Early Care"

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