

December 2018



THE MARYLAND CENTER



# SEFEL PYRAMID MODEL Newsletter

December 2018



*Dear SEFEL Pyramid Model Community,*

*We wish you and your loved ones a wonderful holiday season filled with laughter, peace, and love. We look forward to continuing to make a difference in the lives of children and families through our collective work in the coming year.*

*Warm Wishes,  
University of Maryland PIEC Team*

# SEFEL Pyramid Model in Maryland



University of Maryland PIEC staff are scheduled to provide the following Pyramid Model trainings and coaching sessions around the state this month:

## Trainings

- MSDE Professional Learning Opportunities: Fidelity within the Pyramid: Benchmarks of Quality for SEFEL Implementation in Part C and Early Childhood Classroom Work, *December 5th, 7th, 11th, 12th, 13th*
- Harford County Public Schools Cohort 2, Preschool Classroom Module 1, *December 10th*

## Coaching Sessions

- Frederick County Infants & Toddlers, *December 13th*
- Howard County Infants & Toddlers, *December 19th*
- Montgomery County Infants & Toddlers, *December 17th*

Email [PIEC@ssw.umaryland.edu](mailto:PIEC@ssw.umaryland.edu) to have any trainings or coaching activities that you are doing added to this section of the newsletter.



***The SEFEL Pyramid Model Preschool  
Online Training and Website are being  
Revamped!***

*Stay tuned...*

# Professional Development

## Self Care for Educators

### 4 STEPS TO CREATING HABITS OF SELF-CARE

1. Build in rest as a catalyst for productivity, not a break from it.
2. Streamline your schedule by doing fewer things, better.
3. Pair a self-care habit with your regular routine so it becomes automatic.
4. Focus on the habit of the habit: value right actions over right results.



#### Why It's So Hard for Teachers to Take Care of Themselves ...

“We’ve all heard that analogy of putting your own oxygen mask before you can assist others, but actually, living that out is really, really challenging.”

[Read more](#)

[www.cultofpedagogy.com](http://www.cultofpedagogy.com)

National Training Institute on Effective Practices:  
Addressing Challenging Behavior  
(Waitlist Now Open)



## National Training Institute on Effective Practices

The National Center for Pyramid Model Innovations and the Pyramid Model Consortium are pleased to bring you this unique and inspiring professional development experience. NTI's format is designed to provide an in-depth learning experience built...

[Read more](#)  
nti.cbcs.usf.edu

## Webinar: Supporting Cultural Responsiveness in Diverse Child Care Settings Serving Infants, Toddlers, and Their Families

***Office of Child Care and Child Care State Capacity Building Center (SCBC)  
Infant/Toddler Specialist Network (ITSN)***

This webinar will provide an overview of cultural responsiveness to support the needs of infants and toddlers in diverse child care settings. We will discuss state- and program-level strategies. Participants will expand their knowledge of resources and opportunities related to cultural responsiveness and will strengthen inclusive practices of I/T care in family child care (FCC) homes; Early Head Start programs; and child care centers within their state, territory, or tribe.

**Wednesday, December 19, 2018—1:00 – 2:30 p.m. (Eastern Time)**

**[Click Here to Access the Webinar](#)**

## Strategies Corner

### Teaching With Trauma



## Teaching With Trauma

This is just one every day teaching situation that might inspire overwhelming emotion in a teacher who has experienced trauma. As the teacher tries to calm herself down so she can better handle the situation, she must also deal with the...

[Read more](#)  
[www.edutopia.org](http://www.edutopia.org)

Podcast: Janet Lansbury 'Unruffled'

# JANET LANSBURY



## NO BAD KIDS

toddler discipline without shame

### Podcast & Audio - Janet Lansbury

Podcast Janet Lansbury Unruffled "Unruffled is the podcast I wish I had had when my kids were toddlers. Janet Lansbury is a parenting expert and the author of two books on babies and toddlers, and her soothing, reassuring advice makes you feel as ...

[Read more](#)

[www.janetlansbury.com](http://www.janetlansbury.com)

## Supporting Families Impacted by Incarceration

*A Dialogue With Experts*



## Supporting Families Impacted by Incarceration: A...

CANTASD hosted a discussion among experts and practitioners in the field to discuss the impact of parental incarceration on children and families. The 7-page report, *Supporting Families Impacted by Incarceration: A Dialogue With Experts*, is the...

[Read more](#)

[cantasd.acf.hhs.gov](http://cantasd.acf.hhs.gov)

## Early Childhood News

'The Single Biggest Risk Factor in Getting Expelled Is Being a Preschooler'



## 'The Single Biggest Risk Factor in Getting Expelled Is...

Walter Gilliam, child psychiatrist at Yale University, led the first national study on preschool expulsions in 2005. What he found then still surprises many to this day: Preschoolers are three times more likely to be expelled than K-12 students....

[Read more](#)

[www.governing.com](http://www.governing.com)

## How Early Head Start Prevents Child Maltreatment



### How Early Head Start Prevents Child Maltreatment - Child ...

Documenting and understanding the long-term impact of early childhood programs on child and family well-being, particularly on child abuse and neglect, is a challenge. Programs that serve families with infants and toddlers, such as Early Head...

[Read more](#)

[www.childtrends.org](http://www.childtrends.org)

## Additional Health and Wellness Resources

### Webinars

- *Promoting Health and Safety through Child Care Health Consultation-Sharpening Your Observation Skills.* December 18, 2:00 PM Eastern  
<https://eclkc.ohs.acf.hhs.gov/event/promoting-health-safety-through-child-care-health-consultation-sharpening-your-observation>
- *Supporting Cultural Responsiveness in Diverse Child Care Settings Serving Infants, Toddlers, and Their Families.* December 19, 1:00 PM Eastern  
[https://events-na11.adobeconnect.com/content/connect/c1/1090011533/en/events/event/shared/default\\_template\\_simple/event\\_registration.html?sco-id=1979740796& charset=utf-8](https://events-na11.adobeconnect.com/content/connect/c1/1090011533/en/events/event/shared/default_template_simple/event_registration.html?sco-id=1979740796& charset=utf-8)

### News



- *Pediatricians Strengthen Stance Against Spanking Kids*  
<https://edition.cnn.com/2018/11/05/health/spanking-children-healthy-discipline-study/index.html>
- *Nearly 1 in 12 U.S. Kids Has a Food Allergy*  
<https://consumer.healthday.com/respiratory-and-allergy-information-2/food-allergy-news-16/nearly-1-in-12-u-s-kids-has-a-food-allergy-739749.html>
- *Soft Furniture Doesn't Cushion Risk of Falls by Young Children*  
<https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Soft-Furniture-Doesnt-Cushion-Risk-of-Falls-by-Young-Children.aspx>
- *CPSC Expands Toy Safety Collaboration Efforts with Retail, Toy Industries & Safe Kids; Top Toy Safety Tips for Shoppers This Holiday Season*  
<https://www.cpsc.gov/Newsroom/News-Releases/2019/CPSC-Expands-Toy-Safety-Collaboration-Efforts-with-Retail-Toy-Industries-Safe-Kids-Top-Toy-Safety-Tips-for-Shoppers-This-Holiday-Season>
- *Cases of Rare, Polio-Like Condition in U.S. Highest Since 2016*  
<https://www.reuters.com/article/us-cdc-acuteflaccidmyelitis/cases-of-rare-polio-like-condition-in-u-s-highest-since-2016-idUSKCN1NWo6P>
- *Even a 2-Minute Walk Counts in New Physical Activity Guidelines for Americans*  
<https://consumer.healthday.com/fitness-information-14/misc-health-news-265/ev-en-a-2-minute-walk-counts-in-new-physical-activity-guidelines-739584.html>
- *Almost 2 Percent of Children Have Milk Allergy*  
<https://www.physiciansbriefing.com/allergy-1/food-allergy-news-16/acaai-almost-2-percent-of-children-have-milk-allergy-739574.html>
- *Toddlers May Sleep Better in Cribs Until Age 3*  
<https://www.reuters.com/article/us-health-toddlers-sleep/toddlers-may-sleep-better-in-cribs-until-age-3-idUSKCN1NR26Q>
- *USPSTF: Insufficient Evidence to Screen Asymptomatic Children for Abuse, Neglect*  
<https://www.healio.com/family-medicine/pediatrics/news/online/%7B5af1963e-fff7-4d58-94dc-0e788742f3fa%7D/uspstf-insufficient-evidence-to-screen-asymptomatic-children-for-abuse-neglect>

### ***Mental Health and Wellness/Social-Emotional Development***

- *Home Visiting Program: Supporting Families Impacted by Opioid Use and Neonatal Abstinence Syndrome*  
<https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthInitiatives/HomeVisiting/MIECHV-Opioid-NAS-Resource.pdf>
- *We All Play a Role in Preventing Childhood Trauma*  
<https://www.cdc.gov/features/prevent-childhood-trauma/>
- *Three Principles to Improve Outcomes for Children and Families*  
<https://developingchild.harvard.edu/resources/three-early-childhood-development-principles-improve-child-family-outcomes/>
- *Preventing the Use of Restraint and Seclusion with Young Children: The Role of Effective, Positive Practices*  
<http://challengingbehavior.cbcs.usf.edu>

**Share your ideas or questions with us!**



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<https://theinstitute.umaryland.edu/sefel/>