

July 2019



MARYLAND SEFEL PYRAMID MODEL Newsletter

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SEFEL Pyramid Model in Maryland

Our New Home on the Web!



Have you visited our new and improved home on the web?

www.mdpyramidmodelsefel.org

First Kindergarten SEFEL Pyramid Model Training

The University of Maryland PIEC staff delivered the very first Kindergarten



edition of the SEFEL Pyramid Model training in July. This was all part of a larger effort to expand social emotional learning in early childhood education and intervention throughout Harford County.

Harford County Kindergarten teachers learning all about Tucker Turtle.

New and Re-certified SEFEL Pyramid Model Trainers



Last month, 33 trainers were trained in the updated SEFEL Pyramid Model content for Infants and Toddlers classrooms and 50 were trained in the updated Preschool Classroom content. Follow this link to view Maryland State Approved Trainers in the Pyramid Model in your area:

<https://www.mdpyramidmodelsefel.org/about-the-model>

Upcoming Training & Coaching

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

Trainings

- Talbot County Birth to Five Program, *August 5, 6 and 7*

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

Professional Development

When Schools Meet Trauma with Understanding, not Discipline



When Schools Meet Trauma With Understanding, Not Discipline

If you know anything about New Orleans public schools, you probably know this: Hurricane Katrina wiped them out and almost all the schools became privately run charters. Many of those schools subscribed to the no excuses discipline model - the...

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

What Happens when Mindfulness Enters the Classroom?



What Happens When Mindfulness Enters Schools

Many educators are introducing meditation into the classroom as a means of improving kids'

attention and emotional regulation. A five-minute walk from the rickety, raised track that carries the 5 train through the Bronx, the English teacher Argos ...

[Read more](#)
www.theatlantic.com

Forget Self-Esteem - Try Self-Compassion Instead



Forget Self-Esteem-Try Self-Compassion Instead

Boosting your ego won't make you feel better. Instead, try talking to yourself like you would your best friend. In 1986, California state assemblyman John Vasconcellos came up with what he believed could be "a vaccine for major social ills" like...

[Read more](#)
www.theatlantic.com

Strategies Corner

CDC's Essentials to Parenting Toddlers and Preschoolers



Essentials for Parenting Toddlers and Preschoolers

Parenting is hard work! But it can also be fun and rewarding. There are many things you can do to help build a safe, stable, and nurturing relationship with your child. This website will help you handle some common parenting challenges, so you...

[Read more](#)
www.cdc.gov

How to Motivate Kids to Practice Hard Things



How to Motivate Kids to Practice Hard Things

According to a recent survey by the Society of Human Resource Management, 97 percent of employers say that reliability is a very or extremely important qualification for an entry-level job; it's at the top of nearly everyone's list. How do...

[Read more](#)
greatergood.berkeley.edu

How to Correct "bad" Behavior with Positive Parenting



How to correct a child's 'bad' behavior with positive...

Remind them you are their ally, you are on their side. Even when you are saying no or stopping unhelpful behaviors.

[Read more](http://www.mother.ly)
www.mother.ly

Early Childhood News

New ASQ-4 Developmental Screening Tool



ASQ

Brookes Publishing has come out with a new ASQ. In an effort to help set cutoffs and standards for the new measure, caregivers and providers are granted free access to this new tool. Please share this opportunity with colleagues and families.

When we Trust Teacher, Teachers Remember to Trust in Themselves



When We Trust in Teachers, Teachers Remember to Trust in

...

In December 2018, I wrote a piece entitled "Beechwood Kindergarteners Learn With Mister Rogers' Neighborhood." Now five months later, this same group of children continues to watch a new episode of Mister Rogers' Neighborhood each week, selected...

[Read more](#)
www.fredrogerscenter.org

Additional Health and Wellness Resources

Webinars

- How to Create Experiences WITH Young Children, Instead of Planning Activities FOR Them:
August 15, 2019 | 2:00 pm–3:00 pm ET
<https://register.gotowebinar.com/register/40815368285577985>

Mental Health and Wellness/Social-Emotional Development

- Have you heard of Mind Yeti? It's a new app to support mindfulness in children
<https://mindyeti.com/signup>
- The long and winding road to mental health care for your kid
https://www.salon.com/2019/05/12/the-long-and-winding-road-to-mental-health-care-for-your-kid_partner/

- 7 reasons we're seeing more challenging behaviors
<http://www.raepica.com/2019/05/challenging-behavior-in-early-childhood-settings/?fbclid=IwAR2YzFyAZGELAlCknbf0Gx4UIgmcSMEAFpnrmmM2hin8COgjZYDRkEObNzA>

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