

# EARLY LEARNING COALITION TREASURE CHEST

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## Reminders and Updates:

1. Several Mini grants will be issued to school readiness Providers in June. The Language & Reasoning kits will be issued to those contracted Providers who attend the training (see Training section.) Be sure to keep in touch with your Resource Coordinator, as all items will arrive during June!
2. Provider Agreements are due to ELCIRMO by June 30, 2010
3. Fiscal has new requirements: Please submit sign-in sheets with attendance in the new fiscal year

### Professional Child Care

Providers and Parents

June 2010

Trainings



### Training

Language And Reasoning Training  
Presented by:

Ron Mohl

Contact—

Pat Houston

772-223-3842

### Indian River—

June 7th

6:30-7:30 pm

United Way

### Martin—

June 9th

6:00– 7:00 pm

ELCIRMO Office

### Okeechobee—

June 1st.

6:30-7:30 pm

Freshman Campus

We are sad to announce that the grant funding is ending on June 30th for our wonderful Quality Specialist, Susann Thompson. Please join us in extending our Thanks to her before she leaves.



### From Your Quality Specialist

I just wanted to say goodbye and tell you how much I have enjoyed working with you the last three years. I appreciate all we have done together to provide quality care for the children in Indian River, Martin, and Okeechobee Counties. Thank you for your many kindnesses, cooperation and hard work.

All the very best,

Susann Thompson

### From your RC's:

How busy you all must be with graduation and year-end activities! Thank you for your hard work getting your post-assessments done. In June and July we will be making appointments with you for your year-end meeting. Remember to sign-up for Ron Mohl's training on Language and Reasoning, you don't want to miss out on getting your kit.

Happy summer!

### Star of the month:

Okeechobee—A Childs World  
& Brenda Girardi (FCCH)





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## Helping Children Cope with Stress

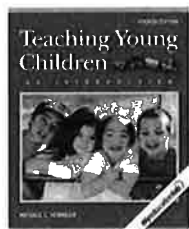
**Author:** M.L. Henniger

**Source:** [Pearson Allyn Bacon Prentice Hall](#)

Clearly, children need adult assistance in working through both the normal stresses of development and the added complications of living in modern American society. Several good strategies are available to help children deal with stress (Elkind, 2001; McCracken, 1986):

- **Be aware of the times we hurry children.** This recognition is the first step in helping children deal with their stress.
- **Analyze the distinctive effects of stress on each child.** The temperament, age, developmental level, and individual child's perception of the stress all influence the impact of stress. Some children seem to have an incredible ability to manage seemingly overwhelming circumstances; others struggle unsuccessfully to deal with much lower levels of stress.
- **Eliminate stressors whenever possible.** This is easy to say and much harder to do. However, teachers, caregivers, and parents can work together to reduce stress by doing such things as making sure children eat right, get plenty of rest, slow down, have time to talk about issues and concerns, and avoid inappropriate television programming.
- **Take time to have fun with kids.** When teachers and caregivers get to know children better by occasionally eating lunch with them or playing a game for fun, relationships are strengthened and children are fortified to better deal with the next stress to come their way.
- **Be respectful of children.** Elkind (2001) suggests that showing respect is a simple, direct way to let children know that we value them. Just knowing that adults care is a support to children under stress.
- **Encourage childhood play.** Elkind states, "Basically, play is nature's way of dealing with stress for children as well as adults" (Elkind, 2001, p. 197). When children can repeatedly play out the issues they are struggling to understand, they can make sense of them and gradually be able to set them aside. From the serious problems of a disturbed child (Axline, 1964) to the more mundane struggles of young children everywhere, childhood play is one of the best techniques available to work through stress (Frost, Wortham, & Reifel, 2005).

### Related Books



[Teaching Young Children: An Introduction](#)

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