



# Summer 2011 MAP\* to Inclusion & Belonging Newsletter

\*Making Access Possible

July 2011

## In This Issue

[Publications from CDE](#)

[Conferences and Events](#)

[Healthy Minds, Healthy Bodies](#)

[Children and Yoga](#)

[County Resources](#)



California  
Department of  
Education  
Resources

### [The Early Childhood Educator Competencies](#)

is now available for download. This document, developed in collaboration with First 5 California, describes the knowledge, skills and dispositions that early childhood educators need in order to provide high quality care and education to young children and their families.

For recommendations from the State of California regarding physical activity and health for preschoolers, see *Preschool Learning Foundations Volume II*, currently under revision, but will be available in fall 2011. *Preschool English Learners: Principles and Practices to Promote Language, Literacy and Learning: A Resource Guide (2<sup>nd</sup> Edition)*, available for download in both English and Spanish, has chapter 7 devoted to "English Learners with Disabilities or Other Special Needs." The recently published, *Guidelines for Early Learning in Childcare Home Settings*, has become available for download. You

## Welcome to the Summer 2011 MAP\* to Inclusion & Belonging!

MAP\* to Inclusion and Belonging.....\*Making Access Possible

Project provides information, resources, supports and training to help child care providers, educators, specialists and families include children and youth with disabilities and other special needs in child care, after school and community settings. The Summer Newsletter launches our updated and expanded website at [www.cainclusion.org](http://www.cainclusion.org). The new website features a fresh look on the [home page](#), new and easier to access local [inclusion resources for each county](#), and our new [Hot Topic](#) area, "[Healthy Mind, Healthy Body](#)."

## Healthy Minds, Healthy Bodies: Moving for Fun and for better Health!



First Lady Michelle Obama's national health initiative, "[Let's Move](#)," encourages physical activity and healthy eating habits for all children and adults. According to the [Physical Activity Guidelines](#) from the U.S. Department of Health and Human Services, all Americans, including those with disabilities, need physical

activity to support physical and emotional health. The Let's Move initiative and recommendations from the guidelines are of critical importance now as one in three Americans is overweight and one in five children is obese by the time they are 6 years old. MAP's Hot Topic for Summer 2011, "[Healthy Mind, Healthy Body](#)," identifies resources and websites that provide strategies to support physical health and stress reduction with special attention to children and youth with disabilities. You'll find websites associated with all of the articles below on the "Healthy Mind, Healthy Body" area of the MAP website.



First Lady Michelle Obama unveiled [Let's Move! Child Care](#), a new effort to work with child care providers to help our youngest children get off to a healthy start. The First Lady released a [checklist](#) (PDF, Adobe

can find these downloadable publications on the [Reports and Useful Documents](#) area of the MAP website.



**TACSEI** reports positive results from the first randomized study examining child outcomes associated with the CSEFEL Pyramid Model. PowerPoints from the presentations of the results at conferences in April and May 2011 are available from TACSEI found in the [Social-Emotional and Behavior](#) area of MAP.



#### **Inclusion Matters**

is a new product of CICC in the form of podcasts about 10 minutes each on the full range of inclusion topics in an engaging, easy-to-listen to format. Podcasts are available for listening on the website and for download on iTunes. CEUs are available for podcasts. Find the CICC under [Inclusive Practices](#) area of MAP.



#### **Quality Indicators of Inclusive Programs/Practices: A Compilation of Selected Resources**

This downloadable publication from NECTAC is a useful resource for any family and/or professional implementing inclusion. It includes general strategies, classroom observation tools, an inventory of quality indicators, examples of self-assessment tools for appraisal or collaboration and information on quality rating and improvement systems (QRIS). Find this resource on the [Inclusive Practice](#) area of the MAP website.

Acrobat required) that providers and parents can use as a tool to encourage healthy eating and physical activity, and limit TV/computer time for young children. To best support providers who choose to meet these practices, [Nemours](#) foundation is leading an effort to provide free, comprehensive resources and tools in a newly developed website, and the National Association of Child Care Resource and Referral Agencies is committed to providing technical assistance to providers. Providers and parents can get free tools and resources in [Spanish](#) and English.

[Natural Play Spaces](#), a feature of the Early Childhood Learning and Knowledge Center of the Office of Head Start, points out that children are spending increasingly less time playing outdoors. Research has shown that children who play outdoors regularly are happier, healthier, and stronger. Learn about some of the health benefits and get ideas for fun outdoor activities! See [10 Tips to Enhance Your Outdoor Play Space](#).



**Head Start Body Start** National Center for Physical Development and Outdoor Play (HSBS) is dedicated to promoting physical activity, outdoor play and healthy lifestyles for young children and their families. Parents and care givers will find activities

and tools to inspire creative, movement-based play and healthy food choices at home. Check out the HSBS "Tool Box" and download the "Get Moving Today Activity Calendar" in English or [Spanish](#) or listen to the monthly HSBS radio broadcast "Body, Mind, and Child" featuring short interviews with early childhood experts on parenting tips, the latest research, and child development issues.



Teachers and parents of school age children might be interested in the ideas and information found

at [Edutopia's The New PE: Special Report: Students Learn That Active Bodies Lead to Active Minds](#). As research linking physical fitness to academic success continues to emerge, teachers are coming up with creative ways to keep kids active during teaching time, instead of relying on recess and those ever-dwindling PE hours. Teachers say they find that using movement in the classroom doesn't just get the jitters out, but actually makes for better learning as well, because engaging students' bodies in turn activates their minds.

**Children and Yoga - A win-win combination!** Children desire movement, and providing children with movement in the form of storytelling through the use of asanas (poses) followed by relaxation can help children in developing a healthy mind and body. Today's children are at an increased risk of suffering from

**Universal Design for Learning** is a set of principles for curriculum development that give all individuals equal opportunities to learn. Parents, educators, and care providers can benefit from understanding these principles. *A Parent Guide to Universal Design for Learning* is available from the [National Center for Learning Disabilities](#) in the [Disability Specific](#) area of the MAP website. [Iris Center for Training Enhancements](#) offers a training module for educators on the [School Age and Beyond](#) area of MAP



**Understanding Epilepsy, Health Care for my Child** is a free, downloadable, 48-page guide available in Spanish and English. Child care providers will also want to download **Epilepsy in Young Children: A Guide for Preschools and Child Care Centers**. Both are available from [Epilepsy Foundation's Project Access](#) under "Epilepsy" in the [Disability Specific](#) area of MAP.

### Conferences and Events



**Beginning Together Institute** will be held in San Diego, January 16-20, 2012. PITC graduates must have completed the certification process for Modules I-IV by the application deadline. For more information visit the [Beginning Together](#) website.



**IDA Northern California Regional Conference, Wonder and Resilience of Young Children**, September 23-24, 2011, Sacramento, CA, Hilton Sacramento Arden West Hotel.

stress, anxiety, and obesity. Yoga can help children learn to quiet their minds and relax; with quiet minds, children are able to focus more on challenges ahead. Yoga can be adapted for a variety of settings including the classroom, childcare centers, and after-school programs. The best part about yoga is that it's all inclusive, and will provide benefits to every person who practices! For ideas on how to incorporate children's yoga into your world, check out the website



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



**Taking Care of Ourselves: Stress and Relaxation**, a feature of Georgetown University's Early Childhood Mental Health Consultation site, explains that stress is natural and can be inevitable, but can take a toll on the health and effectiveness of an early childhood educator or parent. It impacts the quality of care that you can give. When you are too stressed, it is difficult to offer the praise, nurturance, and structure your children need. The ECMHC site provides downloadable posters (in English and **Spanish**) and booklets for parents and providers on how to identify sources of stress and strategies to reduce stress, as well as relaxation exercises recorded in English and **Spanish**.



## County Resources: Reorganized and Expanded on MAP



County specific agencies that support children with disabilities or other special needs in a particular locale are critical to families and professionals looking for information and help with inclusion. The [County Activities](#) area of MAP now links you to "County Organizations" including Regional Centers, Family Resource Centers, Special Education Local Planning Areas, Resource and Referral agencies, Local Planning Councils, First 5 commission and other relevant agencies in the county with telephone numbers, websites and email addresses. See [MAP's Guide to County Resource Organizations](#) at the top of each county page for general descriptions of the various types of organizations and the resources they provide. The "County Inclusion Resources" tab leads you to organizations that provide support for inclusion and challenging behavior and downloadable inclusion resources. Please check the resources for your county and, if you would like to add resources, email us at [map@wested.org](mailto:map@wested.org).

*Please contact us at [map@wested.org](mailto:map@wested.org) if there's an organization in your county that has an inclusion resource or activity that should be shared.*



Many Partners, One Strong Voice" Empowering All People with Developmental Disabilities to be Fully Included in the Community and Inclusion Celebration, October 5 - 7, 2011, Sacramento, DoubleTree Hotel.

**After the Bell Rings** Kids Included Together (KIT) 7th Annual National Conference on Inclusion, After the Bell Rings: Innovative Strategies for Including All Children in Out-of-School Time Programs, October 12-October 14, 2011, San Diego.

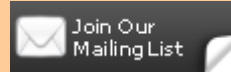


**Save the Date!**  
MAP to Inclusion and Belonging Open House and Website Tour is ON **Wednesday, September 7th at 12 noon or 4:00 pm.** Enjoy a virtual tour of the newly expanded MAP website live via conference call. To get an invitation sign up for the MAP mailing list. Look for more information on the MAP Open House page for details or email questions to [map@wested.org](mailto:map@wested.org)

#### Quick Links...

[Our Website](#)  
[Reports and Useful Documents](#)  
[Hot Topics](#)  
[Contact Us](#)

If you would like to continue to receive MAP to Inclusive Child Care Newsletters please join our mailing list using the link below.



This activity is administered by WestEd, Center for Child and Family Studies and is sponsored by the California Department of Education, Child Development Division with funds from the Federal Child Development Fund for Quality Improvement Activities