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MAP* to Inclusion & Belonging Newsletter

*Making Access Possible

Winter 2013

Upcoming Events!



Kids Included Together International Conference on Inclusion

March 13-15, 2013
San Diego, CA

[Click for more info](#)



Family Resource and Supports Institute 2013

March 14-15, 2013
Sacramento, CA

[Click for more info](#)



Happy New Year from the MAP to Inclusion & Belonging Newsletter Team!

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. MAP is dedicated to promoting resources and supports that enable all children to be fully participating and valued members of their communities. The MAP newsletter alerts you to newly identified resources and practices that support optimal development and well being in high quality environments where children with and without disabilities and special needs can thrive together. This edition highlights updated resources on the Healthy Mind, Healthy Body area of the MAP website and new resources from the California Department of Education.

Healthy Mind, Healthy Body: New Resources for a Happier and Healthier 2013!

At the beginning of a new year most of us resolve to eat better, exercise more and manage stress better. Similar resolutions might apply as we strive to create high quality environments and supports for all children in our care and especially those with disabilities or special needs. New resources added to the **Healthy Mind, Healthy Body** area of the MAP website may be helpful in addressing these goals.



Be inspired! The Perfect Example of Belonging: Sports Illustrated Kids 2012 Sports Kids of the Year: Conner and Cayden Long



2013 CAEYC Annual Conference

March 14-16, 2013
San Jose, California
[Click for more info](#)



Southern California IDA Conference

April 26-27, 2013
San Diego, CA
[Click for more info](#)



Frank Porter Graham 2013 National Early Childhood Inclusion Institute

May 13-15, 2013
Chapel Hill, North Carolina
[Click for more info](#)



Check the [California Preschool Instructional Network \(CPIN\) Calendar](#) for trainings in your county on inclusion.



Video

See the inspiring story of brothers Conner and Cayden Long, who were the recipients of Sports Illustrated Kids 2012 SportsKids of the Year award. Although Cayden has cerebral palsy it hasn't stopped him from competing in triathlons with his older brother Conner. See the video under [Healthy Mind, Healthy Body](#).

[Reflect on your own Feeding and Eating Habits](#) by reading articles by [Ellyn Satter](#), an internationally known authority on eating and feeding. Practical, warm and empowering, Satter integrates her 40 years of experience in helping adults be more positive, organized and nurturing in caring for themselves and their children. She emphasizes competency rather than deficiency: providing rather than depriving; and trust rather than control. Her theoretically grounded and clinically sound methods allow the individual's own capacity for effective and rewarding food behavior to evolve. Her article, [How to Feed Children](#), describes the ways to approach feeding children at different ages; [Childhood Feeding Problems](#) gives strategies for preventing and addressing feeding issues; [Feeding in Schools and Communities](#) provides a healthy approach to food on a larger scale. Many of the articles are available in Spanish.

[Music Inspires Us All to Move! Nancy Stewart's Children's Music](#) offers free traditional and original music in the "Song of the Month" archived collection with categories including Instruments and Rhythm and Language & Literacy. Many of these songs feature instructions for American Sign Language and some are in Spanish.



Under "Resources" on the [Let's Move Child Care](#) website you'll find free downloadable original songs along with lyrics about healthy eating and playing outside. You'll also find resources in Spanish and Motion Moments videos that provide tips on how to integrate physical activity into daily routines for different age groups and that specifically address special needs.

[NAEYC for Families](#) is a section of the National Association for the Education of Young Children website that provides resources directed toward parents. The [Children's Music](#) area features downloadable original songs by a variety of artists and provides tips on using music for learning. See the article: "Ten Ways Babies Learn When We Sing to Them." Just for fun take a look at the "Top 10 No Cost Toys for Infants, Toddlers and

Preschoolers.” Find this under [Healthy Mind, Healthy Body](#) and [Organizations for Families](#).

New Resources from Shane's Inspiration

Inclusive Playgrounds is a non-profit organization whose mission is to “to create inclusive playgrounds and programs that unite children of all abilities.” A free forty-five minute webinar titled, The Power of Inclusive Play, provides ideas on developing enriching outdoor opportunities for all children using your own outdoor space and items that are easily accessible. Shane’s Inspiration Lunch Box is an awareness program that includes guides and materials for facilitating workshops as well as curriculum and resources to help in providing inclusive outdoor spaces in your program or playground. Find the location of Shane’s Inspiration Playgrounds and the other resources under [Healthy Minds, Healthy Bodies](#).



New Resources from California Department of Education (CDE) Child Development Division (CDD)



California's Early Care and Education Training Portal helps you locate professional development programs funded by the CDD, ECE and child development public college online coursework and health and safety trainings. You can find a link to it in the [Legal and Licensing area of MAP under CDD](#) or in the [Training and Technical Assistance area under the Child Development Training Consortium](#).

Common Features of Select California Department of Education Funded Training and Technical Assistance Projects

Have you ever wondered about the differences between the various California Department of Education projects that provide training or technical assistance to early care and education programs? This document/table provides a side by side comparison of Beginning Together, CA CSEFEL Teaching Pyramid, CIBC-California Inclusion and Behavior Consultation Network, CPIN- California Preschool Instructional Network, PITC-Program for Infant/Toddler Care, SEEDS-Supporting Early Education Delivery Systems. It can be found under CDE or in the [Training and](#)

Technical Assistance area of MAP.

Direct questions or comments about this newsletter to map@wested.org.



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