

March 2019



THE MARYLAND CENTER

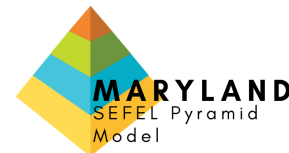


SEFEL PYRAMID MODEL Newsletter

March 2019

We Have a New Logo!

The Maryland SEFEL Pyramid Model has a brand new logo! The logo to the right is what you will now see on all of our products and communications moving forward.



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

- Trauma-Informed SEFEL Pyramid Model Supporting Children Experiencing Anxiety, Howard County Infants & Toddlers Program, *March 19th*
- SEFEL Pyramid Model Preschool Classroom, Howard County Public Schools, *March 27th*

Coaching Sessions

- Montgomery County Infants & Toddlers Program, *March 12th*
- Montgomery County Infants & Toddlers Program SEFEL Coaches, *March 19th*

MSDE Division of Early Childhood: 2019 Regional Town Hall Meetings

Maryland was recently awarded a \$10.6 million birth-through-five grant to further strengthen the State's early care and education system. Please join State and community leaders to learn more about the grant, as well as new State programs and initiatives. Come share your insight into the needs of families and young children in your communities to inform a new early learning strategic plan for Maryland.

Each meeting will cover a variety of topics, for example:

- The availability of quality early care and education for all children in Maryland, including vulnerable populations and children living in rural areas and the barriers that exist to accessing quality care
- Promoting family engagement and supports, particularly focusing on the needs of working families
- Opportunities for enhancing collaboration between existing programs to maximize resources
- Universal Pre-K expansion
- Transition between early care and education and school entry
- Using Kindergarten Readiness Assessment (KRA) data to inform services in your community
- Strengthening the early care and education workforce through professional development opportunities

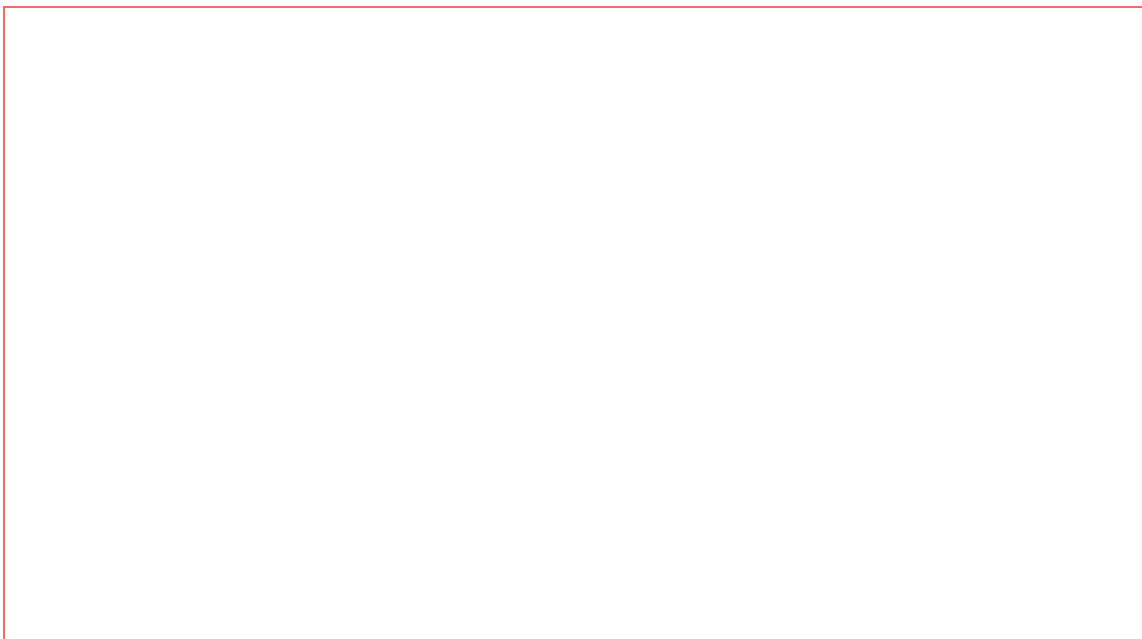
Register for your Regional Town Hall Meeting at:

<https://www.surveymonkey.com/r/ECETownHalls>.

Town Hall date, time and location information is available [here](#).

Professional Development

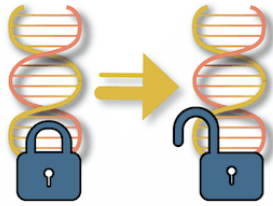
Epigenetics and Child Development: How Children's Experiences Affect Their Genes



WHAT IS EPIGENETICS?

AND HOW DOES IT RELATE TO CHILD DEVELOPMENT?

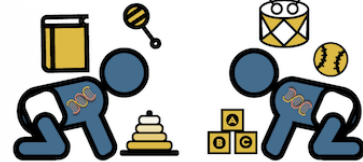
“Epigenetics” is an emerging area of scientific research that shows how environmental influences—children’s experiences—actually affect the expression of their genes.



During development, the DNA that makes up our genes accumulates chemical marks that determine how much or little of the genes is expressed. This collection of chemical marks is known as the “epigenome.” The different experiences children have rearrange those chemical marks. This explains why genetically identical twins can exhibit different behaviors, skills, health, and achievement.



This means the old idea that genes are “set in stone” has been disproven. Nature vs. Nurture is no longer a debate. It’s nearly always both!



What is Epigenetics? The Answer to the Nature vs....

New scientific research shows that environmental influences can actually affect whether and how genes are expressed. In fact, scientists have discovered that early experiences can determine how genes are turned on and off and even whether some...

[Read more](http://developingchild.harvard.edu)
developingchild.harvard.edu

Weekly Radio Show: The First Five Years



**THE FIRST
5 YEARS**
As heard on WYPR 

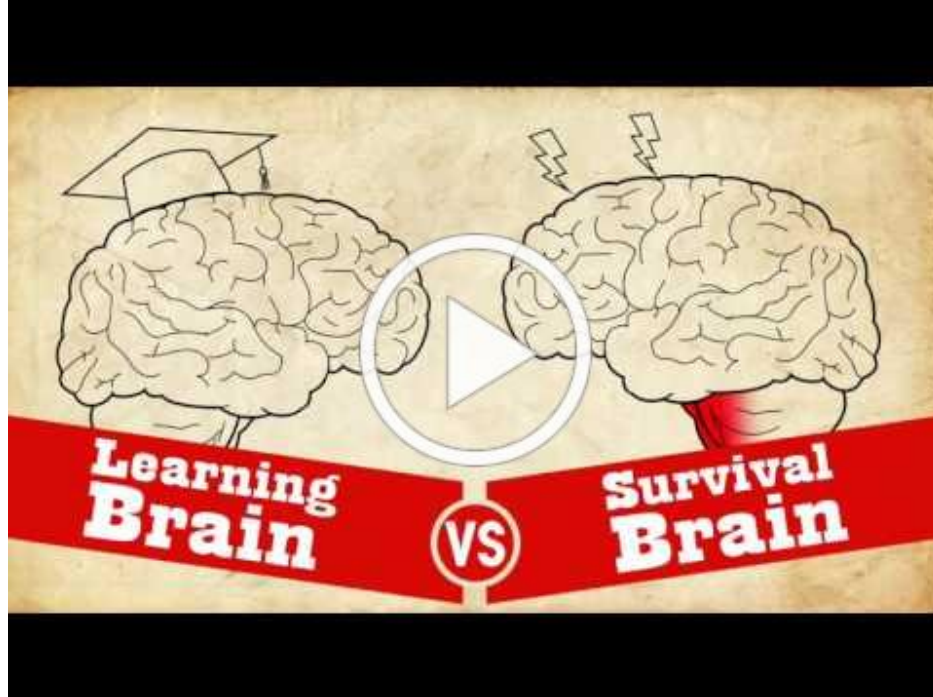
Funded with major support from
The M&T Charitable Foundation
& the Maryland State Department
of Education

Listen to the podcast of The First Five Years as heard...

The First Five Years is a weekly radio program presented by Maryland Family Network and airing on WYPR 88.1 FM. The series is focused on the extraordinary developmental period from birth to age five. The First Five Years highlights the challenges ...

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

Understanding Trauma: Learning Brain vs Survival Brain



Strategies Corner

Podcast: How to Encourage Your Baby's
Language Development



"How to Encourage Your Baby's Language Development" from
...

In this episode: Janet offers feedback to a paren...

[Read more](#)
itunes.apple.com

**Improve Your Practice: Environmental Support
Strategies**

Table Toys/ Art Area

Ar

ea de Juegos de Mesa/ Area de Arte



Environmental Support | ECLKC

This in-service suite offers strategies for using environmental support. These strategies help to increase the participation of children who need more support or challenge. Explore examples that illustrate what the strategies look like in the...

[Read more](#)

eclkc.ohs.acf.hhs.gov

Helping Kids Express Anger Without Hitting or Biting



"It's Okay to Get Mad": Helping Kids Express Anger...

I remember the first bite. My kids had just entered a blissful stage where they could play

together for stretches of time. I was quietly congratulating myself when I heard a 2-year-old's howl of anger followed by a 4-year-old's shriek of pain....

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

Early Childhood News

Can Mental Health Training for Teachers Reduce Preschool Suspensions?



California adopts a new model to curb preschool suspensions

SAN JOSE, Calif. - Chally Grundwag, a mental health consultant, faced three teachers gathered around a pint-size preschool table. "What kind of kids really push your buttons?" she asked the group. The teachers at Kidango's Dorsa Center in San...

[Read more](#)
hechingerreport.org

Behavioral Dysregulation in Infancy Predicts Later Child Mental Health



Behavioral dysregulation in infancy predicts later child ...

1. Infants classified as having moderately or severely unsettled behavioral regulation at 12 months of age had greater odds of having a positive behavioral screen for mental disorder at 11 years compared to settled infants. 2. Odds of reporting...

[Read more](#)

www.2minutemedicine.com

State of Babies 2019



State of Babies Yearbook 2019 | Zero To Three

For the first time, the State of Babies Yearbook: 2019 compares national and state-by-state data on the well-being of infants and toddlers. Learn more here.

[Read more](#)

stateofbabies.org

Children's Mental Health Matters Campaign

Join the Maryland State Department of Education, Mental Health Association of Maryland, Maryland Coalition of Families, Maryland Department of Health, schools, and programs statewide for the 2019 Children's Mental Health Matters! Campaign from **May 5-11!**

The Campaign goal is to raise awareness about the importance of children's mental health. Click link for ways to join: <https://www.childrensmentalhealthmatters.org/Community-Champions/>

Additional Health and Wellness Resources

Webinars

- Supporting Preschoolers and Their Families Through Transitions. March 15, 2019 | 3:00 pm - 4:00 pm ET <https://eclkc.ohs.acf.hhs.gov/event/supporting-preschoolers-their-families-through-transitions>
- Practice-based Coaching to Support Inclusion March 19, 2019 | 3:00 pm - 4:00 pm ET <https://eclkc.ohs.acf.hhs.gov/event/practice-based-coaching-support-inclusion>
- McKinney-Vento 101: Understanding The Rights of Students Experiencing Homelessness. March 28, 2:00PM-3:00 PM Eastern <https://uncg.webex.com/uncg/onstage/g.php?mtid=e3a07a887bd4022b3c39f591c300e2c>
- Human Resources - Systems to Recruit and Retain Responsive Staff. March 20, 2:00 PM - 3:30 PM Eastern. Part of the Safe Foundations, Healthy Futures campaign <https://hhs.us19.list-manage.com/subscribe?u=1715c83bbo6ddb6cc01de1201&id=4df5efb28c>
- The Road Map to Practice-Based Coaching/Action Planning March 27, 2019 | 3:00 pm - 4:00 pm ET <https://eclkc.ohs.acf.hhs.gov/event/road-map-practice-based-coaching-action-planning>

Mental Health and Wellness/Social-Emotional Development

- Mindful March (English, Arabic, Chinese, Czech, French, German, Hungarian, Italian, Japanese, Portuguese, Slovak, Spanish, Turkish, Ukrainian) <https://www.actionforhappiness.org/mindful-march>
- Perinatal Depression: Preventive Interventions Final Recommendation Statement <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/perinatal-depression-preventive-interventions>
- Emotional Literacy Module <https://eclkc.ohs.acf.hhs.gov/professional-development/article/early-edu-alliance-higher-education-learning-modules>
- Supporting Children and Families Experiencing Homelessness <https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/supporting-children-families-experiencing-homelessness>
- How You Can Help Someone Who Is Being Abused or Neglected tip sheet https://www.childwelfare.gov/pubPDFs/kids_tipsheet.pdf

Share your ideas or questions with us!



[Click here to reach us](#)

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