



## **Universal PreK (UPK) Café**

### **April 23, 2020 – Issue 25**

Dear Friends,

Welcome to our 25th Issue of the UPK Café! Thank you so much for supporting us by sharing the UPK Café with team members and colleagues around the state. The AOE's early education team hopes that the educational articles, family resources, activities, VELs and have been helpful and support your daily practice. And as always - if you have found any helpful resources that you would like to share or resources you would like to see, please let us know!

The UPK Café continues this week with more resources that are focused on social and emotional learning.

### **Resources for Early Childhood Educators and Early Childhood Special Educators**

- **Early Childhood Learning and Knowledge Center (ECLKC): [Supporting Families in Uncertain Times: Social Media Messages](#)**

Connecting with parents through social media is one way to let them know your program cares and you are still there for them. It shows families that you stand ready to partner with them around their interests, needs, and goals. ECLKC provides a set of 15 positive social media messages you can send to families to let them know you are thinking of and supporting them. Since you know your families best, feel free to tweak the messages as needed.

- **The Office of Head Start (OHS): [My Peers: A Collaborative Platform for the Early Care and Education Community](#)**

The OHS has created MyPeers, a virtual learning network where you can brainstorm, exchange ideas, and share resources with early childhood colleagues from across the country. You can connect and learn with people who share your interests and program responsibilities. These informal connections can be a great source of encouragement and insight.

- **Ages and Stages Questionnaire-3 (ASQ-3): [How Providers and Parents Partner Together to Use ASQ-3 in a Virtual Environment](#)**

In this recorder webinar you'll learn how to support families and continue administering developmental screening with ASQ-3 during the current health crisis. You'll get an overview of the challenges, opportunities, considerations, and much more. Learn how to conduct ASQ-3 screenings via video conference or phone in our recently recorded webinar and receive expert guidance on overcoming connectivity challenges

by using practical workarounds like texting questionnaires in jpeg format to families who don't have internet access.

- [Vermont Public Broadcasting System \(PBS\) and the Agency of Education \(AOE\)](#) have partnered to support continuity of learning for our students and school communities (**PreK-Grade 12**). This partnership provides access to free educational programming as well as coordinated educator resources. Be on the lookout for more resources related to Daniel Tiger and Arthur beginning the week of 5/4! The **PBS KIDS** channel features programming for **PreK to Grade 3**. The **MAIN** channel features programming for **PreK to Grade 8**. The **PLUS+** channel features programming for **Grades 6 to 12**.

## Resources for Families

- [Teaching Your Child to: Identify and Express Emotions](#)

Young children deal with many of the same emotions adults do. Children get angry, sad, frustrated, nervous, happy, or embarrassed, but they often do not have the words to talk about how they are feeling. This article from **The Center on the Social and Emotional Foundations for Early Learning** introduces parents to various ways they can help their children understand and express their emotions as well as provide different strategies that can help their child express their feelings.

- [Backpack Connection Series: How to Understand the Meaning of Your Child's Challenging Behavior](#)

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior.

- **The Inclusion Lab blog for Brookes Publishing Company:** [The Power of Mindfulness: Practical Tips to Help Children Feel Safe and Secure](#)

Kristie Pretti-Frontczak guest wrote this blog post for that provides practical tips families can use to embed mindfulness into daily routines.

## [VERMONT EARLY LEARNING STANDARDS \(VELS\)](#)

### Developing Self

**Domain:** Social and Emotional Learning and Development

**Element 1:** Relationships with Adults and Peers

**Goal 1:** Children develop healthy positive relationships with adults and peers.

### **Developing Self Activities (from VELS Family Calendar):**

- Play “Look What I Can Do!” with your child. Take turns doing an action like hopping or spinning in a circle. Imitate what your child does, then have them imitate what you do!
- With your child, come up with some simple acts of kindness they can do each day. Ideas might be drawing pictures to mail to family members and friends, saying hi when on a walk (from a safe distance!), helping with a job around the house, or letting others go first (out the door, serving food, playing with a toy).
- Arrange to have your child spend some virtual time with others in your family or with family friends. This is a great way for them to continue building strong relationship with grandparents, aunts, uncles, cousins and friends. What will the conversation will sound like? Think about questions that can be asked, items that can be shared, etc. It may take a little preparation to get everyone on board, but providing prompts for family members can open new conversations! Sharing about when their grandmother or uncle was a child, what toys did they play with, pictures – so many possibilities!

### **Books to read with your child:**

- *The Family Book*, Written and illustrated by Tod Parr
- *How Full Is Your Bucket? For Kids*,
  - Written by Tom Rath and Mary Reckmeyer, Illustrated by Maurie J. Manning
- *Glad Monster, Sad Monster*, Written by Ed Emberley and Anne Miranday

Again, thank you for all the work that you do. If you have received this issue from a coworker and would like to be place on the UPK Café listserv, please email Leslie at [leslie.freedman@vermont.gov](mailto:leslie.freedman@vermont.gov).

Be well and stay healthy!

Leslie

### Helpful Links:

- [COVID-19 Guidance for Vermont Schools](#)
- [COVID-19 Information from the Vermont Department of Health](#)
- [COVID-19 Information from the Agency of Human Services/ Department of Children and Families](#)