

## OCTOBER 2016

### Thoughts from Beth Duda

Director of the Suncoast Campaign for Grade-Level Reading

Welcome to the first issue of the 0-5 Express! We are excited to launch this newsletter as a platform for learning and sharing between parents, educators, grandparents, and individuals who have small children, aged zero to five, in their lives. We look forward to sharing articles, anecdotes, and stories related to the earliest years of a child's life.

Research shows us the first five years of a child's life are a critical time for brain development. These early years lay the foundation for future success. A number of factors influence early brain development. These important factors include, daily experiences, physical activity, parent or care-giver responsiveness, proper nutrition, and love.

The Suncoast Campaign for Grade-Level Reading is a community-wide effort in Manatee and Sarasota counties to help all children, especially those from low-income families, succeed in school by ensuring they read at grade level by the end of third grade. Part of a nationwide movement, our region is focused on addressing the most common issues and obstacles that impact a child's ability to read. One of the key solution areas in our work is School Readiness, the 0-5 years.

Parents and caregivers play the most influential role in ensuring their children get a great start in life. In fact, parents are often referred to as their child's first, best teacher. We hope this newsletter will be one of the resources you can use to make sure your children thrive in their early years.

If there are questions or issues you'd like to see addressed in this newsletter, please contact me at [bduda@thePattersonfoundation.org](mailto:bduda@thePattersonfoundation.org).

### WHAT YOU CAN DO TO CONNECT WITH YOUR BABY?



- Talk to your baby about what you are doing together. For example: "You're looking at the light. Yes, it's interesting and bright." This makes him/her feel loved, and helps him/her bond with you.
- Hold your baby. Try different positions to see which she/he likes best and which soothes her/him.
- Try some skin-to-skin cuddle time with your little one. This makes her/him feel loved and comforted.



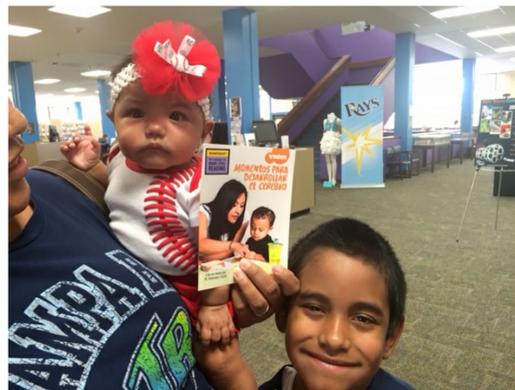
- Choose books about things that interest your child. Children often like books about kids their age doing things they like to do.
- Build your child's vocabulary. If she/he points to or says "bus," you can say: "The school bus is driving down the street."
- Name the people, places, and things that your child sees each day. That's a garbage truck taking our trash.



- Talk about what you are doing together. Ask her/him about her/his ideas: What part of the book did you like?
- Acknowledge feelings and teach social skills at the same time: I know the doll stroller is your favorite toy. But Thomas would like a turn pushing it.
- Stay calm when your child is having a tantrum. This helps her/him learn to calm herself/himself — an important life skill.

## vroom

Brain building moments



We are often struck by the very real truth in the statement, "kids grow up so fast." It's not just a child's body that is growing by leaps and bounds, but it turns out that a child's brain is growing like crazy in the first five years of life. That's when 90% of brain development occurs.

During the first five years, parents, caregivers, grandparents, and educators have a critical role to play in making sure language skills are developed. In fact, children who don't develop sufficient language skills in those first years are up to six times more likely to experience reading problems once they attend school.

Parents and caregivers play a very important role in language development, and now, there is a free app that can help parents and caregivers turn everyday interactions into brain building moments. Vroom, developed by The Bezos Family Foundation, shows how mealtimes, bath times, bedtimes, moments in the car, and playtime can easily be turned into enjoyable learning opportunities. [Click here to see a video about the Vroom pilot program](#) which took place earlier this year in the Suncoast region.

The app is FREE. When you download the app, click "you were referred," and place a checkmark next to "FL Suncoast CGLR."

[Click here to download with iTunes.](#)

[Click here to download for Android phones.](#)

[Click here to download for Amazon Kindle.](#)



### Mind in the Making

In May, the Suncoast Campaign for Grade-Level Reading hosted a Mind in the Making (MITM) Facilitator Institute, which was funded by The Patterson Foundation. Thirty-one passionate, dedicated, and committed individuals completed the rigorous training and became MITM Facilitators. Now they are trained to share the science of children's learning with our community.

As a result, MITM workshops offered in both English and Spanish are happening throughout the Suncoast region and participants are loving every minute. The workshops are based on *Mind in the Making* – a ground-breaking education book by Ellen Galinsky – breaks down executive functions into seven essential life skills. The facilitators are providing these workshops for parents, early-childhood practitioners, child-care providers, elementary school administrators/staff, and interested community members throughout Manatee and Sarasota counties. The workshops are offered free of charge, thanks to the generosity of The Patterson Foundation.

For more information about Mind in the Making workshops please contact [info@gradelevelreadingsuncoast.net](mailto:info@gradelevelreadingsuncoast.net)

The following are agencies and organizations in Manatee and Sarasota counties engaged with the Suncoast Campaign for Grade-Level Reading and are participating in the Mind in the Making Workshops:

[The Association of Florida Teaching Artists](#)

[Children First](#)

[Early Learning Coalition of Manatee County](#)

[Early Learning Coalition of Sarasota County](#)

[Exchange Club Family Partnership Center](#)

[Manatee County Public Libraries](#)

[Sarasota County Public Libraries](#)

[The Salvation Army](#)

[Sarasota County Schools](#)

[Sarasota Memorial Childcare](#)

[State College of Florida Libraries](#)

[The Florida Center](#)

[Woodland Early Childhood Center](#)

[Independent Childcare Advocates](#)

disponible en español

SCGLR Blogs Available in Spanish!

Blogs for the Suncoast Campaign for Grade-Level Reading (SCGLR) are now available in English and Spanish! Click [HERE](#) to read the latest blog.



Share the Newsletter

Do you have friends, family, colleagues or neighbors who you think would be interested in receiving the monthly SCGLR newsletter? If so, please share the following:

To sign up to receive the newsletter, visit the [SCGLR website](#) and go to 'Newsletter' under the 'Take Action' tab, or click [HERE](#).

Connect (English)

[#GLReading](#)  
[@SuncoastCGLR](#)  
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[Newsletter Sign Up](#)



Connect (Spanish)

[@LeerPara3ro](#)  
[Facebook](#)



## 7 essential life skills

- 1. Focus and Self Control** Children need this skill to achieve their goals, especially in a world that is filled with distractions and information overload.
- 2. Perspective Taking** Children who can figure out what others feel and think are less likely to get involved in conflicts.
- 3. Communicating** Children need to be able to determine what they want to communicate and how. This is the skill teachers and employers feel is most lacking today.
- 4. Making Connections** Children who can make unusual connections are more creative and can go beyond knowing information to using information well.
- 5. Critical Thinking** Children need to be able to search for reliable knowledge to guide their beliefs, decisions and actions.
- 6. Taking on Challenges** Children who can take on challenges instead of avoiding or simply coping with them will do better in school and in life.
- 7. Self-Directed Engaged Learning** Lifelong learners can change as the world changes in order to reach their full potential.

### Founding Network Weavers



We welcome your thoughts. Contact us at [info@GradeLevelReadingSuncoast.net](mailto:info@GradeLevelReadingSuncoast.net)