SEPTMBER 2016

Updates from Beth - A Good Foundation

Looking out my window, I am able to see the construction of a multi-story building. At first, although construction had been taking place for months, there wasn’t much to look at. Constructing the foundation of the building took time and meticulous care. Since the foundation has been finished, the building is seemingly growing by the hour, but none of the work has been more important than the building of a good strong foundation.

Building a foundation for learning is perhaps the most important job parents have and the process starts before birth. The human brain begins forming just three weeks after conception and continues to develop throughout life. In the first year of life the brain is growing at an impressively fast rate. Eighty percent of brain growth is achieved before a child’s third birthday. A baby’s brain is open to learning and enriching influences and vulnerable to developmental problems if they are not nurtured.

Exercising a baby’s brain in the early years builds a strong foundation for future learning. Talking, singing and reading to babies help them build connections in their brains that will affect them for the rest of their lives.

Here are some tips from Beth Small to fuel how to build a strong foundation in a baby’s brain:

Talking is Teaching. When you talk to your baby—even though they can’t use words yet—they are really learning from you and you’re helping them become both smarter and happier.

During the first year of life, your baby’s language will develop faster than any other time. To make the most of this time, talk to your baby about anything and everything. When they cry, coo back. When they smile, smile back.

Wake routines out of singing during everyday activities like bathing, eating and getting dressed.

Read a book to your baby every day—or whatever language you feel most comfortable—beginning aloud. And if you don’t feel comfortable reading words, you can point out the pictures in the book and talk with your baby about them.

You are your child’s first teacher. The more words your baby hears from you, the better prepared they will be to learn.

Everywhere you go, talk or sing about what you see. Point out the world to your child. A stop sign, a traffic light or a tree might seem boring to you, but it’s a whole new world for your baby, so teach them about it.

Babies who hear their families talk, read and sing to them every day become stronger readers and learn more with better brains than babies who don’t have that experience.

Hugging, laughing and sharing close moments helps your baby bond with you, and helps their brain develop. The more words your baby hears from you and other caregivers—and the more positive experiences your child has with you—the better prepared they will be to learn.

Moving the Needle

Mind In The Making Facilitators Share

Mind in the Making workshops offered in both English and Spanish are happening throughout the Suncoast region and participants are loving every minute.

A few Facilitators have shared their personal stories and some key take-aways from the MITM workshops in recent blogs:

Alice Chavira shared about the special technique WOOP, acronym for Wake, Observe, Obstacle and Plan which boosts the way people are learning how to set and achieve goals.

Elizabeth Sierra shared about the impact the workshops has on participants not only in their professional world working with children but also in their own families and community as a whole.

Jean Torres shared about the module that focuses on taking on challenges. It reminds us that we can’t hide from life’s everyday challenges, but we can help our children understand how to manage life’s challenges starting at birth.

Stay tuned for more stories from Facilitators and participants in upcoming blogs. If you’re interested in learning more about MITM, contact info@mindinthemakingsuncoast.net

Learning & Sharing

Did You Know?

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 blogs.

Facilitator Shout Out

Shout out to the Mind In The Making (MITM) Facilitators who are already making an impact throughout the region by either already hosting workshops or being in the planning phases to host an upcoming workshop.

Barbara Brownell
Erika Bralone
Chris Culp
Shelly Dohman
Kris Fischer
Angelica Guzman
Jamee Hennes
Kali Kane
Mary Kelly
Alicia Long
Lisa Murray
Pars Parman
Jennifer Pascomore
Elisabeth Sierra
Kristie Singland
Megan Smith
Jean Torres
Lilliana Wright

*Hosting MITM workshops in Spanish

SCGLR
The Patterson Foundation, Director, SCGLR

Poster Contest

Every Day Counts.

Missing just two days a month can put a child in academic danger.

19% of 4th graders were chronically absent from school.

SEPTEMBER 2016

Did You Know?

SCGLR Blogs Available in Spanish!
Since 1987, Library Card Sign-Up Month has been held each September to mark the beginning of the school year. It is a time when the American Library Association (ALA) and libraries across the country join together to remind parents, caregivers and students that signing up for a library card is the first step towards academic achievement and lifelong learning.

Snoopy, the world-famous beagle from Peanuts, is returning to be this year's Honorary Chair of Library Card Sign-Up Month.

For first-time library card users, Sarasota County Libraries have a program that encourages exploration of each library on a passport scavenger hunt where they are able to earn prizes as they explore the library.

Visit the Manatee County Library website or the Sarasota County Library website to see what's happening locally this month or to sign up for your library card.