

Birth to Three

Heather Church, Magdalena Toran, and Anjum Mir

Happy Spring to all! This year has been full of activity in the realm of Birth to Three. Anjum Mir has joined us this year and it has been so wonderful to have her on our team to strengthen our new work with parents.

The **Birth to Three Focus groups**, including Parent and Child, Child Care, and Home Child Care, met several times through the fall, ending with a session on Diversity, Equity, Inclusion, and Justice in the Life and Family of Children from Birth to Three. We were honored to have three wonderful guests share leading thoughts on DEIJ and the Young Child: Chinyelu Kunz, Leslie Wetzonis Woolverton, and Lynn Turner. We have plans to take this work further in the fall of 2024 - stay tuned.

This year we also launched our new **Parent Evenings Series** focusing on supporting both parents and caregivers to deepen their understanding of the young child. We also created these offerings as a way to support new teachers in their work with parents, with the goal of building bridges between parents and teachers. We were honored and blessed to have Dr. Blanning M.D. offer to present two talks this year, covering two important topics of childhood: anxiety and warmth. Then the opportunity arose to offer a third session, which took place in mid-March, in which Dr. Blanning focused on sleep and the child from birth to seven. These events have been very well received. Keep your eyes open to hear what topics will be covered next year!

Birth to Three Publications - NEW this week!

Raising Sound Sleepers - Helping Children Use their Senses to Rest and Self-soothe by Adam Blanning

“Children weave back and forth between courageous outer exploration and the need for greater inward security. Most measures of child development miss this inward aspect. They take careful note of the (outer) milestones for gross and fine motor skills, and for speech and socialization, but there is little, if any, discussion about the inner steps for growth.” (from the introduction)

Raising Sound Sleepers is an invaluable resource that empowers parents and caregivers to guide children toward rest, sleep, and calmness—skills that are useful throughout life.

Fall Birth to Three Conference- Save the Date!

November 10-11, 2023 at Sophia’s Hearth, Keene New Hampshire

Details will follow.

