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Greetings from your NevAEYC Board President!

I hope everyone has been enjoying summer with the many wonderful opportunities our great state has to offer. As you begin preparing for a new batch of children I hope you'll keep in mind some of the advice I offered to T.E.A.C.H. Early Childhood® Nevada recipients at their recognition event in April:

I'd like to give everyone a little bit of advice. I'm sure you all remember hearing about "Everything I Ever Needed to Know I Learned in Kindergarten". Well, as a former kindergarten teacher I'm here to tell you that it isn't true. My work world for almost ten years now has been directly connected to pre-k so I would like to give you the top ten reasons why everything I ever needed to know, I learned in preschool.

In true David Letterman fashion, I will start with number ten in order to create a lot of suspense and drama until the #1 reason is revealed. Here we go.

Number 10: We are all friends here. Smile at your co-workers, directors and families like you really mean it. How great would life be if everyone did treat everyone like a friend?

Number 9: This relates directly to reason #10. You get what you get and you don't have a fit. It's pretty self explanatory. It's over. Move on. And if you just...can't.... let..... go.....

Reason Number 8: Redirect! Yourself!

Number 7: Nap. Every day! It should be a law. People would be a lot happier if they weren't so sleepy.

Number 6: Sing and dance often, not just when you're watching the Ellen Show. Singing will keep your brain active and dancing will keep you fit, then it won't matter how often you do Number 5 which is:

Number 5: Snack. It's a proven medical fact that eating small amounts throughout the day is much healthier. Just make sure they include the most important basic food group; chocolate!

Number 4: It's the process not the product. Sometimes you may wonder why you are reading Goodnight Moon for the 4,329th time....today. It's the process. And, why does little (insert any child's name here) have to paint the same thing over and over and over and over using 4,329 pieces of paper in

ten minutes? Say it with me, please; it's the process not the product!

Number 3: Play. Play every day, indoors and outdoors. It will put a smile on your face and reduce the stress in your life. Recent research has shown that just being outdoors can reduce stress. When you have a smile on your face, people will always wonder what you've been up to.

Number 2: Make good choices. Take the time to think things through and then do what's best. Hmmm? What are my choices here? Do I take the chocolate cake or the strawberry dipped in chocolate?

And finally, Reason Number 1: Use your words. I believe I have now used enough of my words so I will end this article and wish all of you a successful and productive school year 2010-2011.

Thanks for all you do for the young children of Nevada!

Peggy

A special "shout out" and "Thank you!" to President Peggy for her great leadership to the work of NevAEYC these past two years! (and to her "back up band" and all others who have also played an important role to this work throughout her term) .



Thank You
for your
wonderful
leadership,
Peggy!

Joanne Everts Visionary Scholarship

Joanne Everts has been a vital part of early childhood in Nevada for many years. Her vision and leadership has helped Nevada achieve a high level of early childhood excellence and quality.

Joanne always considers what is best and needed by all children, not just those in her own community or job. Joanne has been instrumental in funding and helping to develop the Nevada Pre-K Content Standards and the Nevada Registry to name just a few.

She was an original member of the NevAEYC governing board and held several offices including board president.

The governing board of NevAEYC agreed to do something lasting in Joanne's honor that would recognize her efforts and the legacy she has helped to build for early childhood in Nevada. NevAEYC has committed to establishing the "Joanne Everts Visionary Scholarship", a continuing education fund to support teachers and professionals in the field to obtain their graduate degrees. NevAEYC will contribute a percentage of each state conference's profits to the fund. The Joanne Everts Visionary Scholarship will go to deserving scholars in Nevada who wish to obtain a Master's Degree related to serving the needs of early childhood and families in Nevada.



On Joanne's 60th birthday she was presented with a certificate notifying her of the newly created scholarship in her honor. A very tearful Joanne said, "This is the best present ever"! This is truly a gift that will keep on giving.

In addition to a percentage of profits from the state early childhood conference, donations are needed to build and sustain the scholarship fund. Need an idea of what to get a special early childhood educator or honor the memory of a loved one? Consider donating to the Joanne Everts Visionary Scholarship Fund. Whether it is \$5, \$10, \$20, \$100, \$1,000 or more..., no donation is too small or too big! Please send all contributions to:

Joanne Everts Visionary Scholarship
ARC: NevAEYC
950 Glenn Drive; Suite 150
Folsom, CA 95630

Watch this newsletter for more information about how you may qualify to receive a Joanne Everts Visionary Scholarship from NevAEYC.

NAEYC Newly accredited programs in your state



NAEYC congratulates the programs that achieved NAEYC Accreditation this month. We are very proud of your achievement, and very grateful for your support of NAEYC Accreditation, the mark of quality in NAEYC Accreditation:

Program Name:

Southside Elementary Wolf Cubs Programs, Elko, NV

Program Contact:

Steven Cook

T.E.A.C.H. Early Childhood® Nevada Student Spotlight: Debbie Kaye

Debbie Kaye is the Director of Corner Stone Christian Tyke's Preschool in Las Vegas, NV, and a 4.0 GPA student at College of Southern Nevada!

Debbie discovered that her desire to work with children started about 12 years ago just helping out and volunteering for her children's school and church classes. Her experience led to other leadership positions but she lacked the credentials that made her an "official" early childhood educator. Debbie officially decided to pursue a career in early childhood education three years ago.

Initially, Debbie was content with taking the professional development classes offered for credit hours and never considered taking college classes until the T.E.A.C.H. Project Counselor visited her school and presented the idea. "It took some convincing..." says Debbie, "I did not have the financial means or the confidence that I could go back to college at my age, with four small children, a full time job and be successful!" The Project Counselor explained how the scholarship models worked and **with the financing taken care of, "all I had to do was try"** she exclaims. Debbie started the T.E.A.C.H.® program just in time. Shortly after she started going to school, she was offered a director's position and she gladly accepted. "I never would have qualified



Debbie Kaye with Family

for it if I hadn't taken the leap."

Debbie states that the biggest challenge of going back to school was believing in herself.

"The balancing act of work, school, homework, and time with my children was tough the first semester, but it got easier as I got a routine."

Currently Debbie is working towards completing her Certificate of Achievement at the College of Southern Nevada and plans on obtaining her Bachelors degree from the University of Las Vegas, Nevada.

Debbie expresses her gratitude for support from the T.E.A.C.H.® program, "the benefits are amazing...not having to pay for classes, the bonuses, the gas compensation, the confidence and knowledge that I bring to my job every day, qualifying to be a director and the salary it brings and most of all I have a 4.0 GPA so far... I really didn't think I could do it, now I'm hooked!"

Debbie encourages others considering going back to school to "just try it." She says don't look at the big picture and say "I can't" take one class at a time and see where it leads. "You will qualify for more opportunities and feel confident when you tell parents that you really are a 'Quality' early childhood educator!"

T.E.A.C.H. Early Childhood® Nevada applauds Debbie's determination and contributions to the field; she is a true leader in the early childhood profession!

Join Nevada's Political Community Today!



Early Childhood Professionals are some of the strongest voices when it comes to advocating for Nevada's youngest citizens. Remember – you, the teacher, know better than anyone what a difference quality care can make in not only a child's development, but also in their everyday quality of life. We must all join together in an effort to plant the seeds of self-worth in Nevada's children by showing them that our support and dedication goes beyond the classroom - the first step is making sure that we are all registered to vote, hence providing a voice for the children in our care, as well as for legislators who need to be consistently reminded of the importance of the value of our early years...

Please take advantage of the following resources and become an active member of Nevada's political community today!

Find more information on how/ where to register to vote at:

The Department of Motor Vehicles:
<http://www.dmvnv.com/index.htm> or,

The Post Office:
http://www.lat-long.com/ListLocations-1-Nevada-Post_Office.html or,

Call: 1-866-OURVOTE (1-866-687-8683)

For more information on current public policy, or tips on how to get involved, please visit the following Every Child Matters sites:

<http://www.everychildmatters.org/Nevada/About/Nevada-Home.html>

<http://www.everychildmatters.org/National/Take-Action/Take-Action.html>

Thank you! Advocating for our youngest and most vulnerable constituents is critical – gather stories that you have accumulated during your years as a dedicated Early Childhood Professional and share them with your legislators!

~Danielle Harris
T.E.A.C.H. Early Childhood®
Nevada

Financial Aid Update:

Financial Aid for the 2010-2011 must be applied for prior to the fall semester. Please fax in your confirmation page to both the Reno and Las Vegas offices. This is so important for all the T.E.A.C.H. recipients. In this very difficult economy the extra help from financial aid can go towards books, school supplies and everything else that comes from being a full time student and childcare provider. Please don't wait on getting your application in.

Reno Fax #: (775) 448-5251

Las Vegas Fax #: (702) 486-1495

T.E.A.C.H. Early Childhood® is in the running to win \$250,000 from Pepsi Refresh!

Help us win by voting every day through the end of August!

In 2008 – 2009, 7,005 child care centers and 2,760 family child care homes sponsored T.E.A.C.H. scholarship recipients (national data)

Almost 100,000 teachers working with young children and administrators directing early care and education programs have received T.E.A.C.H. scholarships. (national data)



T.E.A.C.H. Early Childhood® has the opportunity to win \$250,000 through the Pepsi Refresh Project, a national grant program that awards grants every month to deserving organizations and individuals.

Click this link to vote today!!

<http://www.refresheverything.com/teachearlychildhood>



The T.E.A.C.H. Early Childhood® Nevada, Las Vegas office has moved with The Office of Early Care and Education to:

**628 Belrose St.
Las Vegas, NV 89107
702-486-1476
702-486-1413
702-486-1495 (fax)**

We invite you to come see our new offices, take a look at the early childhood resource library (use is by appointment only) and enter a drawing to win 2 movie tickets.

Advertise with NevAEYC

NevAEYC is looking for businesses interested in advertising in our quarterly newsletter!

Our newsletter is viewed by thousands of ECE professionals.

Newsletter Advertisement Rates

VENDOR AND SERVICE ADS	B&W	COLOR
1/4 page vertical ad (3.5" x 5")	\$35	\$50
1/2 page horizontal ad (7.5" x 5")	\$100	\$150
1/2 page vertical ad (3.5" x 10")	\$100	\$150
Full page ad (7.5" x 10")	\$150	\$200
Setting up Vendor/Service Type ad for camera ready	\$100	\$100

Formats: PDF, InDesignCS 2-3, Illustrator 8-10; CS 2-3
All artwork must be sent with accompanying graphic files, fonts, and proof copy.

Email files to brandied@4arc.com. Subject line of email must contain "NevAEYC Advertisement".

Questions? Call 866.927.3601

Conference Planning

Conference Planning has begun! It's that time of the year again – time to get revved up for next year's NevAEYC Conference!

Please contact Whitney Leathers at wleathers@dwss.nv.gov if you would like to assist with the 2011 NevAEYC Conference in any of the following capacities:

- Volunteer/Planning Committee Member
- Sponsorships
- Exhibit space
- Donate a raffle prize

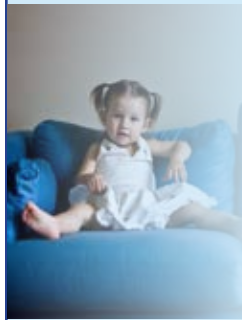
We look forward to seeing you March 30-April 3 2011!

And the winner is...

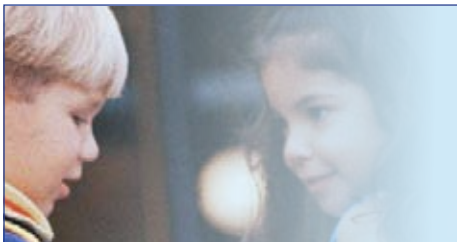
The Early Childhood Professional is happy to announce an opportunity for all early childhood educators to win \$25! Thanks to a generous donation by *T.E.A.C.H. Early Childhood® Nevada*, the person submitting the best Early Childhood Funny for each edition of the newsletter will receive \$25! Since the state conference in April, dozens of stories have been submitted electronically, by fax and even snail mail. The staff of NevAEYC’s management company, Association Resource Center, has chosen a winner from those submitted. The winner of this edition is.....

“Early Childhood Funny”

Marty Elquist



My 2 ½ year old daughter had chapped lips and asked, “Mai Mai (her name is Maiya, but she calls herself Mai Mai) use Mama’s chap stick please.” I said sure and gave her my chap stick. She rubbed the chap stick all over her lips and cheeks and chin and then asked, “Mai Mai put chap stick on Mai Mai’s nose.” I asked her why she wanted to put chap stick on her nose and she replied by taking a big breath, blowing it out like she was exhausted and said, “cause Mai Mai picked it all day long.”



NevAEYC Members: Submit your favorite “Early Childhood Funny” and you could win \$25

Sponsored by T.E.A.C.H. Early Childhood® Nevada

Share a funny early childhood story with us. It could be something humorous one of your students or own children may have said or done that made you chuckle or laugh out loud. If your story is selected, it will be printed in the next quarterly NevAEYC Newsletter and you will receive \$25!!

Share your funny early childhood story here:

Contact information:

Name _____

NevAEYC Membership # _____

Phone _____

Address _____

Email _____



Please submit your completed forms to NevAEYC, 950 Glenn Drive, Ste 150, Folsom, CA 95630 or fax to (916)932-2209 or email to Brandied@4arc.com



SAVE the DATE! PLAY

Nevada Early Childhood Conference 2011

LISA MURPHY
the OOHEY GOOEY LADY



Learn more about the Ooey Gooey Lady by visiting her website at:
www.ooeygooey.com

CHARLOTTE
DIAMOND

AND



Learn more about Charlotte Diamond by visiting her website at:
www.charlottediamond.com

PLAY

Grand Sierra Resort
Reno, NV
March 31st-April 2nd

PLAY

PLAY Initiative

By Jamie Brother

During the early childhood years, solitary, parallel, constructive, exploratory, and dramatic play is at the heart of early childhood education. Play experiences are key to children forming early mathematics and literacy skills, as well as social and emotional competence. Yet, in many early care and education programs and throughout society, play is overlooked and undervalued.



Using recycled and natural open-ended materials with adults and children can help them expand and elaborate on their ideas. As they play, they create new ideas, creations, and stories to share.

A Play, Policy, and Practice Interest Forum (PPPIF) of the National Association for the Education of Young Children (NAEYC) was created to advocate and disseminate information about the value of play for young children and adults. This year at the NevAEYC Conference in Las Vegas, a group of interested early childhood educators had opportunities

to explore the creation of a Play, Policy, and Practice interest forum initiative for our statewide and local (RAEYC and SNAEYC) affiliates. One of the opportunities included a 3 hour workshop exploring the styles, stages, types, and the benefit of play for ALL. Participants shared joy and collaboration, laughter and silliness, and some serious concerns and ideas about lack of play in our society. On the last day of the conference, there was an opportunity for educators to meet again to discuss a framework for developing a statewide Play, Policy, and Practice Interest Forum (PPPIF). Participants shared ideas about how to bring a PPPIF to the state of Nevada, possibilities for a mission, vision, and goals for such an initiative, and issues and challenges in creating the group. In addition, at the Southern Nevada Association for the Education of Young Children Mini Conference on May 22, 2010, our membership meeting focused on the possibility of creating an interest forum with the local affiliate.

A Play, Policy, and Practice Interest Forum would focus on those three components: Play in general; Play Policy including program policies, licensing policies, and overall legislation; and the Practice of child care providers and family around play. In the area of Play, we want to promote an understanding of what play is, why it is valuable, and why it should be incorporated into adults and children's lives. With regard to Policy, we would like to advocate for play and become a collective voice encouraging changes in policy around play. In practice, we want to support educators including early care and education providers, teachers in the primary and secondary schools, and families to support, observe, assess, and extend children's play as well as their own play.

A Plan of Action for a Play, Policy, and Practice Interest Forum would include creating a committee of all interested parties.

The committee would ideally include but would not be limited to local affiliate members (RAEYC, SNAEYC), administrators, directors, family child care providers, two- and four-year colleges, education coordinators, Nevada licensing representatives, Nevada state legislators, business owners, Clark County School District representatives, children's museums, local manufacturers, etc. In addition, mentors in the field of early care and education and play researchers can support our understanding of the value and practice of play. Our resources for the initiative could include a number of community businesses including restaurants, farms, hardware stores, gardening centers. In addition, we'd like to invite community organizations such as museums, parent/mom's groups, libraries, parks and recreation centers, etc. to contribute resources and ideas to the mission and vision of a PPPIF.

Ideally, the group would meet at least once per year at the state conference with local affiliates meeting more regularly at mini conferences and other designated times throughout the year. The participants in each of the meetings discussed the high benefit, low cost of such an initiative. We feel that many businesses and manufacturers would benefit both environmentally and economically from donating recycled materials to play, for example. The budget of this initiative would be funded through donations, grants, and systems of bartering and sharing resources.

The 2011 Nevada Association for the Education of Young Children (NevAEYC) Conference is focused on play. The conference would be an excellent opportunity to truly organize and activate an initiative. The conference is happening March 30th , 2011 through April 3rd, 2011 at the Grand Sierra Resort in Reno, NV. We hope you will join us as we continue to advocate as a collective voice for the value and importance of play for children and adults.

The purpose of this forum is "to become a collective voice within the early childhood community advocating for the value and importance of children's play by connecting researchers, teachers, educators, parents, and others who share an interest in play and updating and disseminating current knowledge about the multifaceted nature and developmental value of play." NAEYC

For more information check out <http://pppif.homestead.com/>
To subscribe to the electronic Play, Policy, and Practice Interest Forum list:

Send an email to: Sympa@lists.unr.edu
In the Subject Line Type:
Subscribe nvplaypolicypractice FirstName LastName (Individual receiving messages) OR
Subscribe nvplaypolicypractice CenterName (Center receiving messages) Message Area: leave BLANK!



During play workshops, educators play with open-ended materials alone and in groups. As educators work together, they create stories and share ideas for offering play experiences to children.



An individual in this workshop created a "double-decker bus." When the participants at this table worked together, they created a story about riding the "double-decker bus" to various locations around Las Vegas.

Nevada's Early Learning Collaboration Momentum Continues

By Anna Severens



Several NV Early Childhood Advisory Council members participated in the Early Childhood 2010 Summit in Washington DC along with 10 other representatives from across the state to support early childhood systems and collaboration building for children and families in Nevada.

The recent Early Childhood 2010 Summit: Innovation for the Next Generation brought together state and local partners from a range of early childhood programs across two departments, key stakeholders, and Federal staff. As shared by Joan Lombardi, Deputy Assistant Secretary and Inter-Departmental Liaison for Early Childhood Development with the Administration for Children and Families; US Department of Health and Human Services, and Jacqueline

Jones, Senior Advisor to the Secretary for Early Learning in the US Department of Education, their goal is to improve collaboration and partnerships at the Federal, state, and community levels in support of integrated early childhood systems. They brought together a stellar cast of speakers and presenters including US Secretary of Education, Arne Duncan and US Secretary of Health and Human Services, Kathleen Sebelius who gave the opening remarks. Participants heard from leading researchers, state administrators and practitioners who addressed key issues in early childhood systems, research, quality improvement, and obesity prevention and awareness. It is the hope that these efforts will help strengthen the work of all groups and funding streams that contribute to effective, comprehensive early childhood systems while building stronger collaborations at all levels to do so.

Nevada had a team of 15 representatives that participated in this Summit to help learn from this model of collaboration to help build the capacity for stronger collaboration and blending funding streams committed to help build our early childhood system for Nevada. Representatives in attendance included: Department of Education (Early Childhood Special Education—Part B and State PreK); Department of Health and Human Services; Head Start Collaboration, Early Childhood Comprehensive Systems, and family resource centers; Nevada State Health Division; Division of Welfare and Supportive Services, Child Care Administration; NV IDEA Part C Office; Washoe Tribe of NV & CA; Las Vegas Urban League; Office of Early Care and Education; Acelero Learning Clark County Head Start; Nevada ICC; and InterTribal Council of Nevada.

A few of the key points and purpose for this Summit included:

- To help provide a guide for major federally funded programs to use research and technical assistance to blend funds effectively while collaborating with state programs as well, and “getting bureaucracy out of the way”;
- Early Childhood is no longer an afterthought; those that attend high-quality PreK are more likely to go to college;
- We must increase protective factors and decrease risk factors;
- We must work together to support a seamless continuum from early learning through grade 3—the continuum does not start at age 5; and
- We must bridge the gap between early childhood and K-12, we have a “common science and a common child”.
- The Principal of the National Association for Elementary Principals spoke about what elementary principals need to be doing and need to know to support high-quality early childhood programs. She encouraged alignment of early childhood initiatives and partnerships with community-based PreK programs and using Title I funds effectively to embrace early learning environments and always asking, “And how are the children?”
- “This field is on the brink of transformational change,” Secretary Duncan.
- “We cannot build the ladder of opportunity if the first rung is missing,” Secretary Sebelius

Newsletter deadlines and submissions

The Early Childhood Professional is an *electronic* quarterly publication of the Nevada Association for the Education of Young Children. Newsletters are published according to the following schedule.

DEADLINE

October 15th
January 15th
April 15th
July 15th

PUBLICATION DATE

November 15th
February 15th
May 15th
August 15th

Submissions for the newsletter should be sent as a simple Word document to brandied@nevaeyc.org. The NevAEYC reserves the right to edit contributions for length and content.

XCITING OPPORTUNITY: PreK-3rd: The Foundation for Educational Success—Nevada has been selected!

By Anna Severens

The Harvard Graduate School of Education has selected Nevada to be one of the 15 state teams to participate in their P-3 Institute to be held this fall. The applications for this Institute were highly competitive and the team's acceptance was based heavily on both the proposed focus of the team's efforts and team composition. The purpose of this institute is to provide education leaders with the frameworks, research and strategies to develop and sustain aligned PreK-3rd programs while connecting the state's efforts to a national network of educators pursuing similar goals across the early childhood and early elementary school years.

Per Harvard's recommendations and interest of selecting teams that are composed of individuals that can influence and leverage K-3 connections as it connects to early childhood and PreK to most effectively move things forward and connect these two worlds, Nevada's team was narrowed down to 7 members as is the maximum allowed, from a much longer initial list of individuals that were interested and committed to these efforts. This level of support is very exciting as the momentum from the federal level regarding collaboration and the importance of high-quality early childhood being a foundation for school success is growing. As stated by Secretary Sebelius, "We can't climb the ladder of opportunity if the first rung is missing." The final Nevada team includes: 2 state level representatives (one early childhood focused and one K-3 focused); 4 district level representatives (2 each from Clark and Washoe); and one early childhood leader outside of the LEA/SEA realm to help connect the larger early childhood system to the K-12 world (Head Start Collaboration and Early Childhood Advisory Council) while also promoting the collaboration between the Department of Education and the Department of Health and Human Services as also being modeled at the federal level. Nevada team representatives include the following:

The years between pre-kindergarten and third grade are vital to creating the foundation for later school success. Despite the growing efforts of states and communities to expand pre-kindergarten opportunities for 3- and 4-year olds and to close early achievement gaps, many young children in the United States still lack access to the quality early education and schooling that could make a difference. Achievement gaps and disparities in learning exist even as children enter pre-kindergarten and these gaps continue to widen throughout early elementary school. By third grade, children's school paths begin to diverge dramatically.

There is increasing evidence that high quality instruction, attention to social and emotional development and deep and respectful family engagement can make a difference. In concert, they help to narrow achievement gaps and provide children with a solid foundation for lifelong learning. When these crucial efforts are connected and aligned to create continuity between early care and education (ECE) and elementary schools, the gains are even greater.

Institute sessions will focus on elements of PreK-3rd that are proven drivers for establishing firm foundations for success in learning, including:

Instructional quality and effectiveness: Learn strategies to help districts, administrators and teachers improve instruction and establish productive classroom environments.

Language, literacy and early math: Understand how data-driven instruction and increased time in the classroom on learning activities support these key cognitive skills.

Social-emotional behaviors and climate: Consider strategies for effective behavior management, strengthening self-regulation and executive functioning and creating a positive climate in classrooms and schools.

Family engagement: Learn techniques for building language-rich conversations, literacy and numeracy into daily routines at home and in collaborative family/school partnerships. Strengthen teacher-parent relationships through home visits and other approaches.

Source: <http://www.gse.harvard.edu/ppe/programs/prek-12/portfolio/prek-3rd.html>

Nevada State Team Participants

Name	Title
Anna Severens	NV Department of Education; Early Childhood Education Consultant
Connie Poulton	NV Department of Education; K-2 General Content Consultant
Kristen McNeill	Washoe County School District, Chief Officer, State and Federal Programs/K-16 Initiatives
Pati Falk	Washoe County School District; Area Superintendent
Patsi Saas	Clark County School District; Title I Director
Diane Reitz	Clark County School District; K-12 Literacy Director
Margot Chappel	Department of Health and Human Services; Head Start State Collaboration Office and Early Childhood Comprehensive Systems Director; State Early Childhood Advisory Council Administrator

Please join us... Nevada Afterschool Network Luncheon

With Guest Presenters: Every Child Matters Nevada (ECM)



When: Tuesday, September 14th
Where: **Las Vegas**
Englestad Clubhouse Boys and Girls Club
3540 Cambridge Street
Las Vegas, NV 89169-4204

OR

When: Thursday, September 16th
Where: **Reno**
Boys and Girls Club of Truckee Meadows
2680 East Ninth Street
Reno, NV 89512

Times for both locations:
11:00-11:30 Networking
11:30-12:00 Lunch
12:00-12:45 **Presentation by ECM**
12:45-1:00 Questions and Wrap-up

Cost: \$15/member or \$20/non-members
Information: drbowen@nevadaafterschoolnetwork.org

Making Your Vacation Feel Like One

It's summer (in the northern hemisphere) and for many families that includes going away on a vacation. Many of us look forward to a family vacation to leave the stress of work behind and relax and enjoy time with those we love. Yet, vacations often fail to meet our expectations. We can get stressed out planning for them, get in conflicts about how to spend our time during them, and come back needing, well, a vacation. It doesn't have to be that way.

Here are a few tips for enjoying your family vacation and come back genuinely relaxed:

Identify each person's interests. Whether you are going camping, taking a car trip, or flying to another city or country, it's important to understand the needs that each family member wants to meet on vacation. One of my children has a greater need for nature and solitude; the other has a greater need for urban experiences. When we plan family vacations, for everyone to have a good experience, we need to take these different interests into account.

Agree on what important words mean. Every trip involves some common words that can mean different things to different family members. You say your family has decided to go camping? Have you agreed on what you mean by camping? If not, some members may be surprised when, instead of sleeping in a recreational vehicle or cabin, they find themselves covered by only a sleeping bag.

Test out your assumptions. Part of the fun of traveling on vacation is learning how our assumptions differ from the assumptions of other cultures. Still, failing to test out some assumptions can make your trip less enjoyable or downright inconvenient. On one trip, I assumed that the time zones in my departure and connecting cities were the same. They weren't, and I missed my connecting flight. Not a great way to start my trip.

Jointly design your time. If you are going on a family trip, make it your family's trip. After you have identified each family member's interests, jointly plan a trip that will meet the different needs. Of course, how much you involve children will depend on their age; but the more the trip meets your children's interests, the more they, and, consequently, you, will enjoy the vacation.

Practice compassion. When we plan a vacation, we usually think about the great places we'll visit, the experiences we'll have, and the time away from work. We often forget that traveling as a family can create its own stress. People are together for long periods of time, sometimes in small spaces, and without the comfort of routines. We are often more interdependent with family members on vacation. All of this can create stress that can lead to conflicts that can easily detract from or ruin a vacation. Recognizing this and practicing compassion can help you and family better manage the stress and fully enjoy your vacation.

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<http://www.schwarzassociates.com/>

2010 Western States Leadership Network (WSLN)



From left to right - Margaret Oberg, RAEYC President, Lisa Cohen, UNR Student Member Section President, Cindy Johnson, RAEYC Vice President, and Mariab Wedemeyer, RAEYC Resource Development Coordinator.

The Western States Leadership Network (WSLN) is the regional AEYC network of thirteen Western States: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming. Every year, a different WSLN state hosts the annual retreat focusing on affiliate and leadership issues, public policy, and current trends in early care and education.

This year Utah was our gracious host. We met in the beautiful Thanksgiving Point about 30 minutes outside of Salt Lake, surrounded by spectacular gardens, a dinosaur museum, and great shopping. Twelve of the thirteen states were able to send representation. Thanks to NevAEYC the Reno AEYC was able to send four of their members. As always, our week was packed full.

NAEYC provided a presentation about Vision 2015. NAEYC's strategic direction includes leadership development, outreach and engagement, workforce development, standards alignment, and public policy.

Kevin Giddins, a highly energetic and entertaining speaker and training consultant through Shipley Communication and FranklinCovey, lectured on subjects including leadership, communication styles, change management, conflict management, productivity, balance, inclusion and diversity, trust, and education.

Throughout the week we heard from each of the other states about their accomplishments, hardships and plans for the future. It wasn't all work though; we also had a day of fabulous R&R. Our options included the local Zoo, visiting the gardens, hiking to the local caverns, shopping and various other adventures. We all look forward to next year, Alaska is hosting in June!



Waterfall in the Thanksgiving Point Gardens.

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SHOWCASE NEVADA
The Afterschool Experience

OCTOBER 11-13, 2010
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www.NevadaAfterschoolNetwork.org

A Child's Learning Depends On Your Professional



Development

United Way of Southern Nevada is providing financial assistance for center-based staff in Southern Nevada to complete or renew their Child Development Associate

Applicants must meet ALL REQUIREMENTS that apply

- Completed CDA application
- Letter stating the need for financial assistance
- Multiple center applications are submitted by one Director
- Checks will be paid directly to the Council for Professional Recognition
- Contact the Council for Professional Recognition @ www.cdacouncil.org for eligibility requirements and application

Mail or drop your completed packet by October 31st to:

**United Way of Southern Nevada
1660 East Flamingo Rd
Las Vegas, NV 89119
Attention: Commitment To Education**

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