



ASPEN

Professional Development E-Newsletter



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WELCOME TO THE SECOND EDITION OF ASPEN

Dear Reader,

As I write this, I am approaching my last days at the Office of Head Start. It is bittersweet to imagine a leisurely breakfast on the patio instead of leaving the house at 6:00 a.m...that's the sweet part. The hard part is leaving co-workers from across the country who have made my work life just like heaven on earth. It warms my heart that this e-newsletter has been so widely accepted, another example of a community of learners that will always be learning.

In light of an increased emphasis on professional development, we are excited to present the second edition of our e-newsletter, ASPEN. The inaugural issue was in such demand that we have been working to get this one out early. The title of the e-newsletter is a metaphor comparing the underground linkage of the Aspen trees to the interconnectedness of the Head Start system to its partners.

This edition of ASPEN also shows the connections between adults' and children's health, critical issues in light of new research on mental and physical health. It is especially important to consider the health of adults because we model the behavior children learn. Because most adults spend a great deal of time at work, the workplace becomes the ideal environment to develop and maintain healthy habits. It is also sometimes easier to make lifestyle changes when supported by colleagues.

Studies show that acquiring healthy habits can increase job satisfaction and productivity, encourage friendships, decrease absenteeism, and reduce stress and health care costs. All this and having fun and companionship and living longer—what do we have to lose—except weight!

The Training and Technical Assistance Branch is seeking new and different methods to keep you informed. Let us know if this e-newsletter works for you. Send your ideas to Patricia Clark at patricia.clark@acf.hhs.gov.

JoAn Knight Herren



WELLNESS—MENTAL AND PHYSICAL HEALTH

This edition of Aspen is devoted to health and wellness for adults and children. Adults model the behavior children learn. Because most adults spend a great deal of time at work, the workplace becomes the ideal environment to develop and maintain healthy habits. Also it is sometimes easier to make lifestyle changes when supported by colleagues. Studies show that acquiring healthy habits can increase job satisfaction and productivity, encourage friendships, decrease absenteeism, and reduce stress and health care costs. All this and having fun and companionship and living longer—what do we have to lose—except weight!

WHY CARE ABOUT HEALTH IN THE WORKPLACE?

The workplace is the perfect place to emphasize the health and well-being of employees. Studies show that worker health contributes directly to job performance. Promoting a healthy environment is one area where employers can directly save. [MORE>>](#)

Read the entire article at:

http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Adult%20Health%20and%20Wellness/Workplace%20Health/health_fts_14202_011107.html

ENHANCE STAFF WELLNESS

Find out how to decrease sick days and increase health at work with the Training Guide – Enhancing Staff Wellness in the Head Start Workplace located in the bookstore on the Early Childhood Learning and Knowledge Center. The training will explain different ways the health of staff affects workplace function. [MORE>>](#)

http://eclkc.ohs.acf.hhs.gov/hslc/resources/ECLKC_Bookstore/Enhancing%20Health%20in%20the%20Head%20Start%20Workplace.htm

ADULT HEALTH IS IMPORTANT

In order to provide the best care and education to children, the adults in their lives need to be healthy. In the Adult Health *Head Start Bulletin*, read about physical fitness, healthy eating, stress prevention, and chronic disease. [MORE>>](#)

http://eclkc.ohs.acf.hhs.gov/hslc/resources/ECLKC_Bookstore/PDFs/1D7C5D245FB6ECCE340D1534129041D8.pdf

THE NATIONAL PROFESSIONAL DEVELOPMENT CENTER ON INCLUSION OFFERS SUPPORT FOR ALL EARLY CHILDHOOD STAFF

Professional development can provide early childhood staff with greater knowledge and assistance in doing their jobs, thus offering a healthy environment in which to work. The National Professional Development Center on Inclusion (NPDCI) serves as a source of support to all states for all early childhood issues and offers enhanced collaboration with eight specific states. NPDCI also has designed a new planning tool for professional development. [MORE>>](#)

The Professional Development 1-2-3 Planning Guide is available at:

<http://www1.fpg.unc.edu/community/npdci/assets/NPDCI-PD-Planning-Guide.pdf>

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THE NATIONAL PROFESSIONAL DEVELOPMENT CENTER ON INCLUSION OFFERS SUPPORT FOR ALL EARLY CHILDHOOD STAFF *continued*

Their publication *What Do We Mean by Professional Development in the Early Childhood Field?* offers definitions and insight into this complex issue. Policymakers are turning to professional development as the solution to help teachers improve their instructional and inclusionary practices. **MORE>>**

<http://eclkc.ohs.acf.hhs.gov/hslc/Professional%20Development/Staff%20Development/Disabilities/WhatDoWeMeanb.htm>

ZERO TO THREE INTRODUCES BABYSTEPS

Keep babies healthy physically and mentally and discover how they learn and methods to support this learning. Read about common parent dilemmas and where they can turn for support in the new online parenting bulletin, *BabySteps from Zero to Three*. **MORE>>**

http://www.zerotothree.org/site/MessageViewer?em_id=1381.0

FATHERS AND FATHER-FIGURES: THEIR IMPORTANT ROLE IN CHILDREN'S SOCIAL AND EMOTIONAL DEVELOPMENT

by A. Quesenberry, M. Ostrosky, and R. Corso.

The role fathers play in their children's lives has changed dramatically over the past half century. The Center on the Social and Emotional Foundations for Early Learning's (CSEFEL) *What Works Brief* details the impact on children's social and emotional development and how child care providers can assist fathers in this most important role. The briefs are part of a series of 22 short, easy-to-read packets and are meant to help teachers and caregivers support young children's social and emotional development. They also are designed for use in training or staff development. **MORE>>**

<http://www.vanderbilt.edu/csefel/briefs/wwb16.html>

Conference Corner

THE EIGHTH NATIONAL EARLY CHILDHOOD INCLUSION INSTITUTE SLATED FOR JULY

The Eighth National Early Childhood Inclusion Institute: Supporting Natural Environments and Inclusion for Children Birth-Age Five is accepting registrations for the gathering at the William and Ida Friday Center for Continuing Education in Chapel Hill, NC, July 22-July 24, 2008. Some topics scheduled include evidence-based practices, system development, working with qualified personnel, and effective models of practice. **MORE>>**

Learn more at: <http://www.nectac.org/~meetings/inclusionmtg2008/mtghomepage.asp>

12TH ANNUAL BIRTH TO THREE INSTITUTE: A WORLD OF DIFFERENCE FOR ALL INFANTS, TODDLERS AND FAMILIES

This year's Institute will provide opportunities to learn new skills and best practices in working with infants, toddlers, and their families. This Institute is sponsored by the Office of Head Start and will take place August 4 - 7, 2008 at the Marriott Wardman Park Hotel, Washington, D.C. **MORE>>**

Learn more at: <http://www.ehsnrc.org/Activities/BirthToThreeInstitute.htm>



Conference Corner continued

THE OFFICE OF HEAD START NATIONAL DUAL LANGUAGE INSTITUTE: A TIME FOR ACTION

This Institute will bring together program directors, managers, teacher leaders, and parent leaders to learn more about how their programs can meet the needs of diverse populations and promote dual language learning. The Dual Language Institute is for Head Start, Early Head Start, Migrant Seasonal Head Start, and American Indian Alaska Native programs. It will be held in Washington, D.C., on October 28 – 31, 2008. Online registration is now open. **MORE>>**

Learn more at: <http://www.hsnrc.org/conferences/index.cfm?cid=28>

ASPEN PROFESSIONAL DEVELOPMENT E-NEWSLETTER

We proudly dedicate this second issue of ASPEN, the new professional education electronic newsletter, to JoAn Knight Herren, former Chief of the Training and Technical Assistance Branch, who retired April 30. JoAn fostered the creation of ASPEN, supported the Early Childhood Learning and Knowledge Center (ECLKC), and strengthened the Training and Technical Assistance System. Her vision included using technology to help with professional development and to spread knowledge and learning throughout the country. The e-newsletter is designed to offer short clips of information on current issues in early childhood education and references with links for further research.

Thanks to Trish Warner and Aisha Mahy of the Head Start Resource Center; and Bridget Shea of Head Start Knowledge and Information Management Systems (HSKIMS) for assisting with this edition.

We encourage suggestions and information on conferences for future issues. Send them to patricia.clark@acf.hhs.gov.

Thank you,

Patricia Clark
National Head Start Fellow 2007-2008
Office of Head Start