



Huntington Beach

City School District



February 1st, 2017

Greetings!

In this edition of the Early Childhood Newsletter, you will find resources on understanding the big emotions present in little ones and also some ideas for introducing feeling words to young children. You will find information on California's often-changing car seat requirements, and a spotlight on Help Me Grow Orange County. Help Me Grow is a joint partnership between the University of California, Irvine (UCI) and Children's Hospital of Orange County (CHOC), and the organization offers families and caregivers access to resources through a comprehensive database and intake process. Embedded toward the end of this edition, you will also find program opportunities for young learners in and around the Huntington Beach City School District.

Every child deserves a
champion
-- an adult who will
never give up
on them,
who understands the
power of
connection
and insists that they
become
the best that they can
possibly
be.
-- Rita F. Pierson

toddlerapproved.com

Understanding Emotions



Backpack Connection Series

About this Series

The *Backpack Connection Series* was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each *Backpack Connection* handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design

effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit challengingbehavior.org.

More Information

For more information about this topic, visit TACSEI's website at challengingbehavior.org and type "label emotions" in the Search Box in the upper-right corner of the screen.



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How to Help Your Child Understand and Label Emotions

Brooke Brogde, Alyson Jiron & Jill Giacomini

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others. For example, do you remember a time when your child had a meltdown at the grocery store or other public place? Perhaps you tried soothing your child by telling her to "calm down" and felt confused and unsure of what to do next when she continued the tantrum. Next time you can better help your child understand and deal with the emotions she is feeling by saying, "You look sad and disappointed. Sometimes I feel that way too. I wonder what we can do to feel better?" Teaching your child about her emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.



Try This at Home

- Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."
- State how others are feeling. "Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?"
- State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."
- Use books as teaching tools. There is a huge selection of children's books that focus on emotional literacy. Visit <http://csefel.vanderbilt.edu/resources/strategies.html#list> where you will find a book list, book activities and other resources for teaching emotional literacy.



Practice at School

Talk with your child's teachers to see how they are teaching your child about emotions at school. Many emotions are seen and experienced at school. With adult help, children are taught how emotions look and feel on their bodies. Through books and real experiences, teachers show that a child looks sad because he is crying or mad because her fists are tight. As children begin to recognize what emotions look like, they can begin to manage their own emotions and show empathy toward others.



The Bottom Line

Children with a strong emotional vocabulary:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement



www.challengingbehavior.org

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Teaching Feeling Words

Teaching Feeling Words

We often only think of teaching common emotions like happy, sad, mad, etc. But there are many other feeling words that children should learn to express, such as the following:

Brave	Cheerful
Cheerful	Bored
Confused	Surprised
Curious	Proud
Disappointed	Frustrated
Embarrassed	Silly
Excited	Uncomfortable
Fantastic	Worried
Friendly	Stubborn
Generous	Shy
Ignored	Satisfied
Impatient	Safe
Important	Relieved
Interested	Peaceful
Jealous	Overwhelmed
Lonely	Loving
Confused	Tense
Angry	Calm

New California Law Effective January 1, 2017



Babies born after December 31, 2015, will be required to be rear-facing up until 2-years of age.

To be safer, keep your baby rear-facing until the maximum height or weight that is printed on the side of your car seat.



Pro Car Seat Safety
A division of Pro Consumer Safety
www.procarseatsafety.com



**National CPS
Certification**



Is it Time for a Change?

1 From Rear-Facing Seat to Forward-Facing Seat



If your child's head is one inch or less from the top of the seat, or if he outgrows the seat by height or weight, it's time for a new seat.

2 From Forward-Facing Seat to Booster Seat



If the shoulder straps come out of the seat from below your child's shoulders, it's time for a booster seat.

3 From Booster Seat to Seat Belt



If the knees bend at the edge of the seat, with the strap on his shoulder (not neck) and belt on his hips (not belly), it's time for the seat belt.

RULE OF THUMB: Every time you move from one type of seat to the next, you lose protection, so delay progression as long as you can.

To find out more, including helpful video links compiled by the California Highway Patrol, click here:

[**CHP Child Safety Seats**](#)

Read Aloud



“ THE AMERICAN ACADEMY OF PEDIATRICS
recommends daily reading aloud
from birth to grow vocabulary
and promote healthy
brain development. ”

Read Aloud
15 MINUTES
Every child. Every parent. Every day.

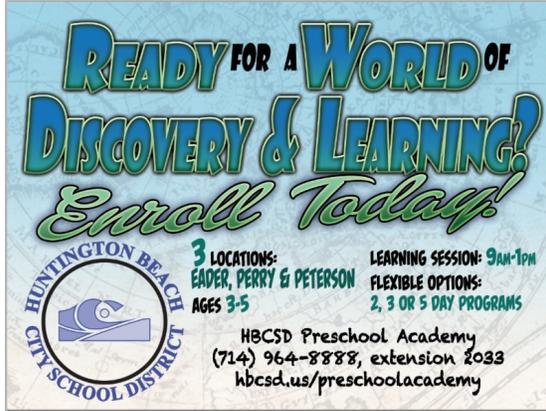
Learn more at  ReadAloud.org

Website of the Month!



Help Me Grow (Orange County) hosts a comprehensive database of community resources. Through a joint partnership between The University of California Irvine (UCI) and The Children's Hospital of Orange County (CHOC), this organization seeks to connect families with developmental resources that fit their needs. Take a look here for more information: [Help Me Grow Orange County](#)

Early Childhood Opportunities in the HBCSD



Preschool Academy Open Enrollment for 2017-2018

Registration for families new to the district will begin the evening of Wednesday, March 1st from 5:00pm to 7:00pm!

To find out more about the registration process or to schedule a tour, please contact our Preschool Academy offices at:

[Preschool Academy E-mail](#) or (714) 964-8888, extension 2033.

Website:

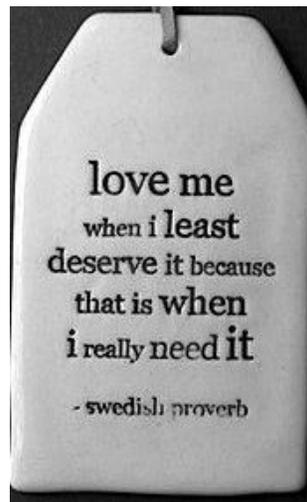
[Preschool Academy](#)

Save the Date: Open Enrollment for Summer Camp 2017!

Registration for our third annual summer camp program will be held on Monday, April 3rd!

To find out more about our summer camp including how to register, please contact our School Readiness Office at (714) 962-3348, extension 2335 or at earlychildhood@hbcasd.us.

We hope you have found this information to be of value. It was sent to you because you provided your e-mail address to the Huntington Beach City School District in order to receive periodic updates and information related to Early Childhood Education. The content provided within this e-mail is for informational purposes only and does not constitute an endorsement of any person, program, agency or organization. The Huntington Beach City School District (HBCSD) is not responsible for the accuracy or content of information provided. If you would like to forward this on to others, or if you do not wish to receive future e-mails, please use the links below.



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Huntington Beach City School District

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