



START Project

Parents as Leaders in Early Childhood: Creating Change so ALL Children Succeed

This conference will help families develop their skills advocating for their children and impacting the systems that affect their children birth to age 8 and beyond. Parents will have the opportunity to gain skills for participating on decision-making groups. Connect with parents who are creating change so ALL Children Succeed.

A panel of parents and professionals will discuss best practices in addressing:

- Family Literacy
- Access to High Quality Early Care and Education
- Inclusion in Early Childhood
- Positive Behavior Supports in Early Childhood Programs
- Early Learning Issues and More

With knowledge, tools, and passion parents can help ALL children succeed.

Target Audience: Parents, grandparents, caretakers, professionals and educators of children birth to age 8.

South

Saturday, April 2
9am-1pm

Atlantic Cape
Community College
C Building
5100 Black Horse Pike,
Mays Landing, NJ 08330

North

Saturday, April 16
9am-1pm

Leaguers
405-425
University Avenue
Newark, NJ 07102

Central

Saturday, April 30
9am-1pm

Neptune Middle School
2200 Heck Ave
Neptune, NJ 07753

To register online: <http://tinyurl.com/start-upcomingevents>

To register by phone: 1-973-642-8100 ext. 123

For more information: call 973-642-8100 ext. 123 or email start@spannj.org

Certificates for professional development hours will be available.



Padres como Líderes en la Infancia Temprana: Creando el Cambio para que TODOS los Niños sean Exitosos

Esta conferencia ayudará a las familias a desarrollar las destrezas para abogar por los derechos de sus hijos e impactar los sistemas que afectan a sus hijos desde su nacimiento hasta los 8 años y más. Padres y madres tendrán la oportunidad de adquirir las destrezas para participar en Grupos que toman decisiones. Conéctese con padres y madres que están creando el cambio necesario para que TODOS los Niños sean Exitosos.

Un panel de padres y profesionales discutirá las mejores prácticas en relación a:

- Alfabetización
- Acceso a Cuidado y Educación Temprana de Alta Calidad
- Inclusión en Programas de Educación Temprana
- Apoyos para Obtener una Conducta Positiva en Programas de Educación Temprana
- Temas relacionados al aprendizaje temprano y más

Con conocimiento, herramientas y pasión los Padres pueden ayudar a TODOS los niños a ser Exitosos.

Público destinatario: Padres y madres, abuelos, guardianes, profesionales y educadores de niños desde el nacimiento hasta los 8 años.

Sur
sábado 2 de abril
de 2016
9am-1pm
Atlantic Cape
Community College
C Building (Edificio C)
5100 Black Horse Pike,
Mays Landing, NJ 08330

Norte
sábado 16 de abril
de 2016
9am-1pm
Leaguers
405-425
University Avenue
Newark, NJ 07102

Central
sábado 30 de abril
de 2016
9am-1pm
Neptune Middle School
2200 Heck Ave
Neptune, NJ 07753

Inscripción en Línea: <http://tinyurl.com/start-upcomingevents>

Inscripción por Teléfono: 1-973-642-8100 ext. 123

Para más Información: llamar a 973-642-8100 ext. 123 o por correo electrónico start@spannj.org

Se ofrecerán certificados de horas de desarrollo profesional.



"CELEBRANDO A LOS MAESTROS DEL CONDADO DE ESSEX"

SEPRE LA FECHA: ABRIL 9, 2016

Acompáñenos en esta celebración que dará mucho que hablar!

Productor Ejecutivo- Nezzie DeFrank

Directores- Programs for Parents- Departamento de Educación

Y un invitado reconocido a nivel nacional

Compartamos conocimientos, diversión, comida y exhibiciones!

Para registrarse contacte a Cynthia Green al 973-744-4050 ext. 1003

cgreen@programsforparents.org

Costo pre-registración para la conferencia es \$40.00 (Money order o tarjeta de crédito)

\$5.00 más si se registra el día del evento





"CELEBRATING TEACHERS in ESSEX COUNTY"

SAVE THE DATE: APRIL 9TH

Join us center stage for a celebration, critics are already raving about!

Executive Producer- Nezzie DeFrank

Directors- Programs for Parents Education Staff

and a nationally known speaker

Share in knowledge, fun, food and exhibits!

To register contact Cynthia Green at 973-744-4050 ext. 1003

or cgreen@programsforparents.org

Pre-Registration Conference fee is \$40.00 money order or credit card only

an additional \$5.00 fee at the door.





Division of Children's System of Care

SAMHSA awarded the Children's System of Care a 4 year, \$12 Million grant in response to a grant opportunity titled Cooperative Agreements for Expansion and Sustainability of the Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances. Please see the Abstract below that will be included in the congressional record and which describes what we hope to accomplish. The grant has an award period of 9/30/2015-9/30/2019. SAMHSA has provided New Jersey with a transformational opportunity to move the Children's System of Care forward. We are rolling out the grant in the first year in Morris, Sussex and Middlesex counties.

ABSTRACT

Project Name: Promising Path to Success

During the first year of Promising Path to Success, the New Jersey Department of Children and Families' Division of Children's System of Care (CSOC) proposes to introduce two trauma-informed interventions, Six Core Strategies for Reducing Seclusion and Restraint Use (an evidenced based practice) and the Nurtured Heart Approach, across the Children's System of Care, in three pilot counties: Middlesex, Morris and Sussex. The Children's System of Care provides treatment to Seriously Emotionally Disturbed/Seriously Mentally Ill youth under 21 years of age. Leadership and staff from CSOC's programs will be trained to implement and use these interventions to create safe environments before crises arise, reduce seclusion and restraint and their consequences in out of home treatment programs, and reduce the number of out of home treatment episodes youth experience and the length of stay of each episode. The leadership and staff from CSOC's programs, as well as parents/caregivers of these youth will also be trained to use the Nurtured Heart Approach in order to prevent repeated out-of-home treatment episodes after an initial treatment. If successful, CSOC plans to introduce these interventions statewide to approximately 146 out of home treatment programs, as well as other system partners, in the state's 21 counties over the four year grant period. DCF estimates that these interventions will impact about 140 youth during the first year of the grant and over 6000 youth over the four year grant period. The impact of the training will be far reaching in that it will transform the practice of about 4500 out of home treatment staff, 700 care management staff, and at least 9000 parents and caregivers. Rutgers University Behavioral Healthcare will conduct the training and coaching. DCF also plans to engage Rutgers University's Center for State Health Policy to conduct a *Return on Investment* study to help DCF make future resource allocation decisions. This portion of the study will ostensibly affect all children and families served by the Children's System of Care.

The project's measurable goals are to:

- reduce the percentage of youth in the system of care who require multiple episodes of out-of-home treatment;
- reduce the percentage of youth who re-enter treatment after discharge from an initial treatment episode;
- reduce the average length of stay for youth in out-of-home treatment from 11.5 to 9 months; and
- analyze and understand the impact of each type of system investment to aid in making resource allocation decisions.

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

YOU KNOW YOUR CHILD BEST.

If you are concerned about your child's development, talk to your child's doctor.

If you or the doctor is still concerned, ask the doctor for a referral to a specialist and call **1-800-CDC-INFO** to learn how to get connected with your state's early childhood system to get the help your child might need.

DON'T WAIT.

Acting early can make a real difference!



For more information about your child's development and what to do if you have a concern, visit:

NJ Early Intervention
(ages 0 to 3 years)
888-653-4463

Project Child Find
(ages 3 to 21 years)
800-322-8174

SPAN
www.SPANadvocacy.org
800-654-7726

Developmental milestones adapted from *Caring for Your Baby and Young Child: Birth to Age 5* (AAP, 2009) and *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* (AAP, 2008).

220787

Track Your Child's Developmental Milestones



Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from birth to 4 years



*Statewide Parent
Advocacy Network*

Helping children soar



**PROJECT
LAUNCH**

**NJ's Early Childhood
Comprehensive Systems**

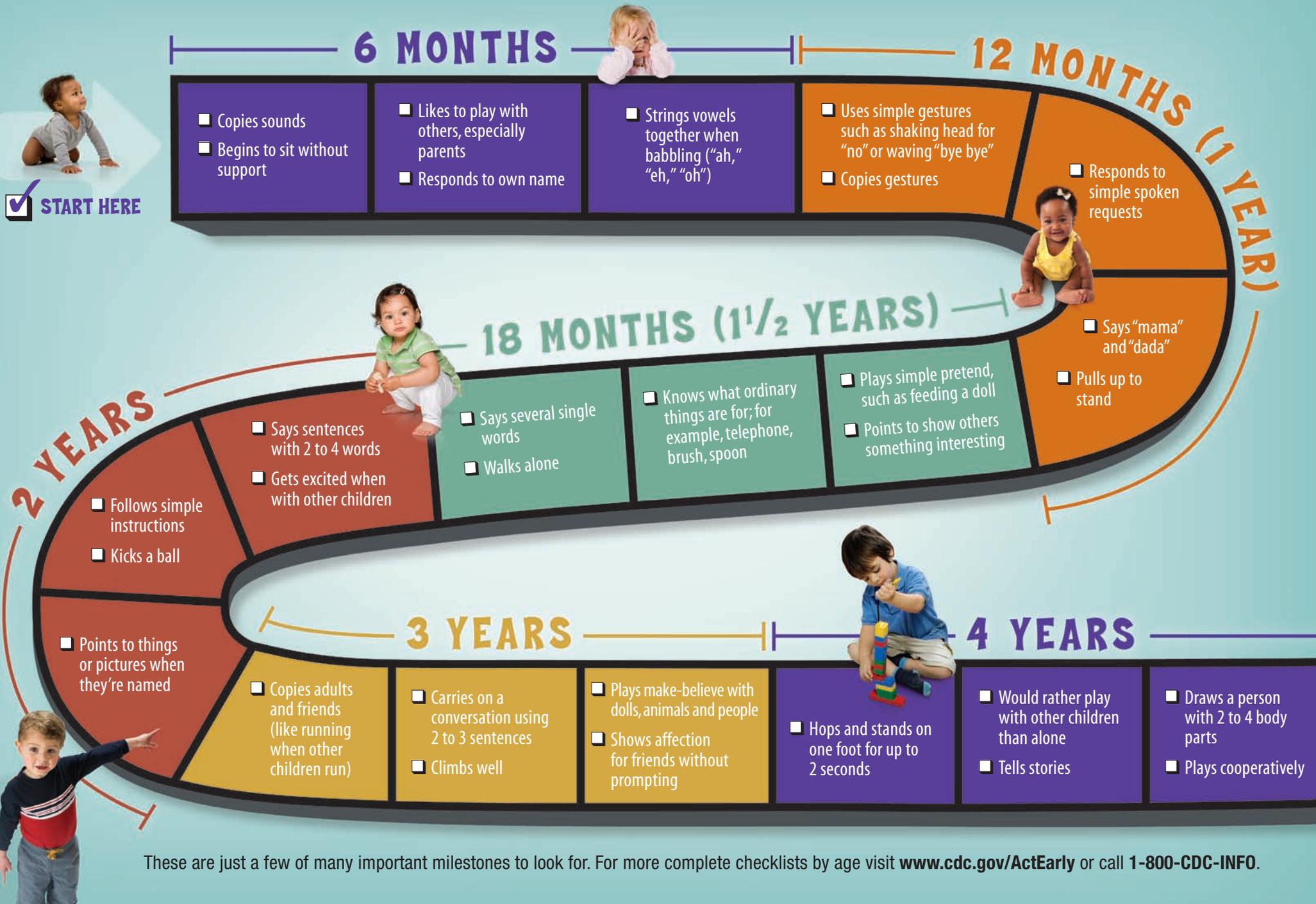
Help Me Grow
New Jersey



Learn the Signs. Act Early.

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.

Aprenda los signos. Reaccione pronto.

El recorrido de su niño durante los primeros años de vida incluye muchos indicadores del desarrollo que su niño debe alcanzar para jugar, aprender, hablar y actuar.

Lea adentro para que sepa qué debe observar en su niño. Hable con el médico de su niño acerca de los logros.

No alcanzar estos indicadores o alcanzarlos mucho más tarde que otros niños, podría ser una señal de problemas en el desarrollo de su niño.

USTED LO CONOCE MEJOR QUE NADIE.

Si el desarrollo de su niño le preocupa, hable con el pediatra.

Si usted o el pediatra siguen preocupados, pídale al médico que lo envíen a consulta con un especialista y llame al **1-800-CDC-INFO** para que le indiquen cómo ponerse en contacto con el sistema de intervención infantil temprana de su estado para obtener la ayuda que su hijo pueda necesitar.

NO ESPERE.

¡Actuar temprano puede hacer la diferencia!



Para obtener más información sobre el desarrollo de su niño y saber qué hacer si algo le preocupa, visite:

Intervención Temprana NJ
(Edades de 0 a 3 años)
888-653-4463

Proyecto Identificando Niños
(Edades de 3 a 21 años)
800-322-8174

SPAN
www.SPANadvocacy.org
800-654-7726

Indicadores del desarrollo fue adaptado de Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) y Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).

Siga de Cerca los Indicadores del Desarrollo de Su Niño



El desarrollo de su niño durante los primeros años es un camino por descubrir. ¡Use esta guía de indicadores para informarse acerca de lo que debe buscar en el camino!

Para padres de niños de 0 a 4 años de edad.



**Statewide Parent
Advocacy Network**

helping children soar



**NJ's Early Childhood
Comprehensive Systems**

Help Me Grow
New Jersey



Aprenda los signos. Reaccione pronto.



El Desarrollo de Su Niño es un Camino por Descubrir

Vaya marcando los logros que su niño ha alcanzado y notifíquelos al doctor en cada consulta médica.



EMPIEZA AQUÍ

6 MESES

- Balbucea uniendo vocales ("a...a", "e...e", "o...o")
- Imita sonidos

- Comienza a sentarse sin sostén
- Reacciona cuando se menciona su nombre

- Le gusta jugar con los demás, especialmente con sus padres

- Usa gestos simples tales como mover la cabeza para decir "no" o agitar las manos para decir "adiós"
- Imita gestos

12 MESES (1 AÑO)

- Actúa cuando se le pide que haga algo sencillo

- Se agarra de algo para pararse
- Dice "mamá" y "papá"

18 MESES (1 AÑO Y MEDIO)

- Sabe para qué sirven las cosas comunes, como teléfono, cepillo, cuchara

- Señala para mostrar algo que le llama la atención
- Puede decir palabras sueltas

- Juega a imitar cosas sencillas, como alimentar a una muñeca
- Camina solo

2 AÑOS

- Dice frases de 2 a 4 palabras
- Patea una pelota

- Sigue instrucciones simples
- Se entusiasma cuando está con otros niños

- Señala a objetos o ilustraciones cuando se los nombra

3 AÑOS

- Juega imaginativamente con las muñecas, los animales y la gente

- Imita a compañeros y adultos (como correr cuando los otros niños corren)
- Sube o trepa bien

- Demuestra afecto por sus amigos espontáneamente
- Puede conversar usando 2 o 3 oraciones

4 AÑOS

- Brinca y se sostiene en un pie hasta por 2 segundos

- Dibuja una persona con 2 o 4 partes del cuerpo
- Juega interactuando con otros

- Le gusta más jugar con otros niños que solo
- Relata historias

Éstos son sólo algunos de muchos indicadores a identificar. Para obtener listas más completas por edad, visite: www.cdc.gov/pronto o llame al 1-800-CDC-INFO.



MONTCLAIR STATE
UNIVERSITY

Luminary Conversations Series



A Conversation with
Diana Autin
Executive Co-Director, SPAN

Interviewed by
Jane Sharp

Director, New Jersey Certified Public Manager Program.
School of Public Affairs and Administration at Rutgers University, Newark

April 20, 2016

2:30 – 4:30 PM

Montclair State University
University Hall – UN 1050

Diana Autin is Executive Co-Director for Health and Family Support of the Statewide Parent Advocacy Network (SPAN). SPAN is the NJ State Affiliate for *National Family Voices* and *Parent to Parent USA*, and a chapter of the *National Federation of Families for Children's Mental Health (FFCMH)*. She serves as a Senior Consultant and Wisdom Council Member for the *National Center for Cultural Competence*, and is on the Board of the *National Federation of Families for Children's Mental Health*. In New Jersey, she is a member of the Board of the *NJ Alliance of Family Support Organizations*; is Vice-Chair of the Prevention Committee of the *NJ Task Force on Child Abuse and Neglect*; and serves on the *Early Intervention Stakeholders' Committee*, the *Build NJ for Early Learning Team*, the *NJ Council for Young Children Infant-Child Health Committee*, the *Map to Inclusive Child Care Team*, and numerous other state task forces and committees. Autin's recent awards include the 2014 NJ Citizen Action Advocacy Award, the 2011 Rose Annussek Inclusive Childcare Advocacy Award, and the 2010 Outstanding Family Leadership Award from the National Initiative for Improving Children's Healthcare Quality (NICHQ). Autin holds a BA degree with Honors from the University of Michigan, and graduated from the University of Michigan Law School in 1977. She is the mother of multiracial adopted adult children ranging in age from 23 to 39, and grandmother of a 9 year old. Autin is a Cajun with Cherokee, Houma, and Sioux roots.

Light refreshments will be served

Hosted by:

MSU, Center for Autism and Early Childhood Mental Health,
Coalition for Infant-Toddler Educators, NJ Association for Infant Mental Health
Professional Impact New Jersey

For registration, directions and parking information, go to:

<http://2016luminaryconversation-dianaautin.eventbrite.com>

For further information call, 973-655-6685 or email, caecmh@montclair.edu



Essex Project LAUNCH / EPPC – Updates (March 2016)

The purpose of Essex Project LAUNCH is to improve wellness of children 0-8 and their families in East Orange, Irvington, Newark, and Orange with an emphasis on social-emotional health. Project LAUNCH encourages strategies to address the disparities in access, service use, and outcomes among underserved minority populations.

Goal: Screening and assessment in a range of settings

- Participated in NJ AAP's Learning Collaborative with 3 newly-recruited pediatric practices (Care for Kids, Prospect Pediatrics, Mahi Pediatrics); provided overview of EPPC and discussed linkages to community services; also provided handouts, including the Essex version of "*The Next Steps When Developmental Concerns are Identified*" developed by Boggs Center and SPAN.
- Viki Monasse, temporary Young Child Wellness Coordinator has been following up with each new practice on referrals received from their offices; she also participated in an exit interview with a Cohort 1 practice and NJ AAP.
- Participated in the ECCS/HMG Central Phone Line workgroup call discussing integration of 2-1-1 with county central intake systems.

Goal: Mental health consultation in early care and education

- Continue to contract with Youth Consultation Services (YCS) to provide a mental health clinician to the Urban League Child Development Center (4 classrooms); clinician works with staff to provide education, training, and materials, discuss direct strategies teachers can use to support social-emotional development in the classroom, and complete referrals as needed; held call with YCS to discuss transitioning out of site upon completion of pilot and plans for next steps and sustainability.

Goal: Family strengthening and parent skills training

- EPPC/LAUNCH (and other PCANJ) staff attending the 2/24/16 parent/provider meeting of the Essex County Council for Young Children, as well as the January and March steering committee meetings.
- Planning quarterly joint advisory meeting in collaboration with Improving Pregnancy Outcomes Community Health Workers at SPAN, to include representatives from WIC and welfare.
- Beginning to plan for Parenting Palooza event tentatively scheduled for 6/10/16.
- Submitted final report to Newark Family Engagement Network for the mini-grant received to fund Music Together in summer of 2015; participated in a feedback interview and planning meeting as part of Cohort 1.



- Continued participation in weekly case conferencing with DCPD to suggest community linkages for families; among the recent suggestions were parent leadership activities (CCYC, SPAN parent mentors, etc.); also participated in related focus groups facilitated by Rutgers University.
- Continued to engage parents and consumers via social media and texting service.

Goal: Enhanced home visiting through increased focus on social and emotional well-being

- Promoted Strengthening Families/Protective Factors and Keeping Babies and Children in Mind training to local partners, including HVs.
- Working closely with DCF Early Childhood Liaison to better link DCPD-referred families to services; Liaison has worked directly with HV programs to offer additional support/follow up and facilitate a “warm hand-off” from DCPD worker to HVs.

Goal: Integration of behavioral health into primary care

- Shared with newly-recruited pediatric practices information about Performcare and how families can access services through statewide system.

Other activities

- Presented to 60+ staff in suburban DCPD offices about EPPC/LAUNCH and community services.
- Continued bi-weekly meetings with IPO CHW supervisor to plan/coordinate activities and address challenges.
- Participated in SAMHSA-facilitated calls/webinars, including one on “Connecting Communication to Health Observances and Related Events”.

Home Safe Home

TRAINING FOR HOME VISITORS

SAVE THE DATE

KEEPING FAMILIES SAFE IS OUR NUMBER ONE PRIORITY.

Get The Facts: Falls, Fires/Burns, Poisoning/Medication, Drowning, Safe Sleep, Safe Play and Child Passenger Safety.

Northern NJ

Thursday, April 28, 2016

Hilton Garden Inn, Rockaway

Central Jersey

Thursday, April 21, 2016

DCF Professional Center,
New Brunswick

Southern New Jersey

Friday, April 15, 2016

Ripa Center for Women, Voorhees

Morning Session
(9:00am-12:00pm)

OR

Afternoon Session
(1:00pm-4:00pm)



In Partnership With:



NEW JERSEY DEPARTMENT
OF CHILDREN AND FAMILIES



REGISTER NOW!

Visit <http://www.cjfhc.org> > Upcoming Events or click here.

For more information contact: cgiardelli@cjfhc.org



Including Children with Challenging Behaviors in the Preschool Classroom: Act Early State Systems Grant Webinar

Monday, February 29, 2016

1:00 PM – 2:00 PM

Presented by:

Michelle Mead- Training & Consultation Specialist, The Boggs Center
Denise Bouyer- Director, New Jersey Inclusive Child Care Project, SPAN



This webinar provides an introduction and overview of Positive Behavior Supports as a potential intervention strategy to facilitate fuller inclusion of young children with challenging behaviors in the preschool classroom. Examples of Positive Behavior Support strategies in practice will be presented, along with general tips for teachers who may not have support to implement a full behavior plan. Local resources and sources of additional information and support for early education and child care professionals will be shared with webinar participants.

Use the link below to register for the live webinar:

<https://attendee.gotowebinar.com/register/9052503904209854722>

Resources for Connecting Families When Developmental Concerns are Detected: Archived Webinar Available

This archived webinar provides an introduction and overview of New Jersey's Act Early State Systems Grant Projects, a collaboration between The Boggs Center on Developmental Disabilities and the Statewide Parent Advocacy Network (SPAN) to increase awareness of developmental screening and connection to community resources. Information on the resources used or developed as part of these projects, as well as resources that may be useful for children with special health care needs or disabilities and their families is shared.

The webinar can be accessed at the following address:

http://rwjms.rutgers.edu/boggscenter/projects/Act_Early.html

Webinar participants will receive a flash-drive loaded with materials discussed after completion of a brief evaluation survey available at the following location:

<https://www.surveymonkey.com/r/NJActEarlyResourceWebinar>



Statewide Parent Advocacy Network
35 Halsey Street
4th Floor
Newark, NJ 07102
(973) 642-8100 (973)642-8080 - Fax
Website: www.spannj.org
Email: span@spannj.org

Parent Leadership Development Training
Grantee: Statewide Parent Advocacy Network
Funding Source: Federal Race to the Top- Early Learning Challenge Grant
Award amount: \$71,570.00

Funding period for this project is expected to be from November 1, 2015 to October 31, 2016.

Expected Outcomes

- Strengthen the knowledge and skills of the County Councils for Young Children (CCYCs) to effectively engage and retain parent partners; and actively employ a shared leadership model;
- Activate parents to embrace the role of Parent Partner (family, program, community, state) and actively participate in shared leadership to support early childhood efforts at local and state levels.

Training Approach

START Parent Leadership Development Training Project will provide:

- Direct TA and leadership development expertise for parents, parent leaders, the statewide network of the CCYCs, and early childhood providers, community partners and other stakeholder engaged with CCYCs;
- Increase the capacity and sustainability of the statewide CCYCs, and
- Build the leadership capacity of a diversity of parents throughout New Jersey.

Component 1: Shared Leadership Capacity Building

- CCYCs will increase their knowledge and skills to effectively identify, recruit, engage and retain parent partners; and
- Actively employ a shared leadership model to work together to develop mutually-established goals and implement creative strategies that reflect the views/priorities of families.

Project Activities

- Provide direct TA, including needs assessment to the CCYC's
- *Shared Leadership Capacity- Building Series* (North, Central & South) 3 sessions per region to provide in –depth training and peer learning opportunities for the CCYC's
- Hold quarterly web-based meetings to share best practices, for mutual problem solving and building capacity of the CCYC's

Component 2: Parent Leadership Capacity Building

- Develop and increase the knowledge, skills and capacities of current and potential parent leaders to effectively and confidently serve on decision-making groups, including CCYCs as well other state, county and local level committees, councils, etc.

Project Activities

- *Shared Leadership: Parents as Partners* – project kick off webinar
- *Regional Parent Leadership Institutes* – North, Central & South, half –day
- *Parent Leadership Webinar Series*- 5-part series

Training Curricula

- *The Collaborative Action Team Toolkit* developed by SEDL.
- *Parent Leadership Development 101* developed by the Statewide Parent Advocacy Network, Inc.
- *Shared Leadership: Parents as Partners* developed by the Statewide Parent Advocacy Network, Inc.
- *Empowering Diverse Parents to Leadership and Governance* developed by SPAN
- *Serving on Groups That Make Decisions: A Guide for Families* developed by WIFACETS and the Wisconsin Department of Public Instruction
- *Family Focused Organizing* developed by Community Organizing and Family Issues.

Staffing

Key program personnel for the project will include a Project Director, and Regional Parent Engagement Specialists. In addition a SPAN staff with expertise in specific content areas will assist as Training Content Specialists.

Outcome Evaluation

- Results of strengths and needs assessment disseminated to all CCYCs and completed by CCYC co-chairs and members, individually or as a group.
- Evaluation surveys from participants (CCYC staff, parents and stakeholders); developed using Center for Improving Program Performance Survey items.

SAFE SLEEP FOR YOUR



TO REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME AND OTHER SLEEP-RELATED DEATHS SUCH AS ACCIDENTAL SUFFOCATION AND STRANGULATION IN BED, THE AMERICAN ACADEMY OF PEDIATRICS HAS ISSUED THESE GUIDELINES FOR INFANTS UNDER ONE YEAR OF AGE

**SHARE YOUR ROOM
WITH YOUR BABY**



Image courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, <http://www.nichd.nih.gov/sids>; Safe to Sleep® is a registered trademark of the U.S. DHHS.



Do not forget "Tummy Time" when the baby is awake and being watched. Tummy time helps your baby's muscles get stronger and helps prevent flat spots on the head. Avoiding excessive time in carriers and bouncers can also help.

QUESTIONS? Please contact :
The SIDS Center of New Jersey at (800) 545-7437

EDUCATIONAL MATERIAL? Please access:
www.nappss.org and www.nichd.nih.gov/sids

Top Ten Safe Sleep Recommendations

- Place babies to sleep on their backs.
- Do not let anyone smoke near the baby.
- Do not put soft objects such as pillows, quilts, bumpers, loose bedding or stuffed animals in the crib.
- The safest place for the baby to sleep is in a crib in your room and not in your bed. It is safest to avoid having your baby share a sleep surface with a parent, a caregiver or another infant or child.
- If you bring your baby into your bed to breastfeed, it is safest to put your baby back in a safety-approved** crib, bassinet or portable crib in your room and near your bed when you are finished.
- Babies should not sleep on a couch or chair alone, with you, or with anyone else.
- Use a firm mattress in a safety approved** crib and cover the mattress with a fitted sheet and nothing else.
- Offer a clean, dry pacifier at sleep time. If you breastfeed wait until one month of age before offering a pacifier.
- Do not let your baby overheat.
- Be sure that nothing covers the baby's face.

...and please remember:

- Breastfeeding reduces the risk of SIDS
- Keeping up with immunizations reduces the risk of SIDS
- Discuss these guidelines with your baby's health care provider
- For information about **crib safety: www.cpsc.gov or 1-800-638-2772

The SIDS Center of New Jersey is funded through a Health Service Grant from the NJ Department of Health to Rutgers Robert Wood Johnson Medical School and through a CJ Foundation grant to Hackensack University Medical Center.

This material is for infants from birth to 12 months and is based on the guidelines of the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome: SIDS and Other Sleep-Related Infant Deaths: Expansion of the Recommendations for a Safe Infant Sleep Environment, published in 2011 in Pediatrics. This is intended for full term and preterm infants, with rare exception. Discuss these guidelines with baby's healthcare provider.

(THIS FLYER WAS PREPARED 7/13 AND RE-FORMATTED 10/15)

PONGA A SU



A DORMIR SIN PELIGRO

**PARA REDUCIR EL RIESGO
ESTRANGULACIÓN ACCIDENTAL EN LA CAMA,
LA ACADEMIA AMERICANA DE PEDIATRÍA PUBLICÓ ESTAS GUÍAS PARA
NIÑOS MENORES DE UN AÑO DE EDAD**

DEL SÍNDROME DE MUERTE SÚBITA DEL BEBÉ Y OTRAS MUERTES COMO ASFIXIA Y

**COMPARTA SU
HABITACIÓN
CON SU BEBÉ**



Image courtesy of the Safe to Sleep® campaign, for educational purposes only;
Eunice Kennedy Shriver National Institute of Child Health and Human Development,
<http://www.nichd.nih.gov/sids>; Safe to Sleep® is a registered trademark of the U.S. DHHS.



No olvide que su bebé también necesita pasar tiempo boca abajo: póngalo sobre su barriguita cuando esté despierto y alguien lo esté vigilando. El estar boca abajo ayuda a fortalecer los músculos y reduce el riesgo de la formación de áreas planas en la cabeza. Evite que su bebé permanezca mucho tiempo en asientos para el carro o brincadores infantiles.

¿PREGUNTAS? Comuníquese con nosotros:
1-800-545-7437

¿FOLLETOS EDUCATIVOS?
www.nichd.nih.gov/sids y www.nappss.org
y SIDS Center of New Jersey 1-800-545-7437

Diez recomendaciones importantes de sueño seguro

- Ponga a su bebé a dormir boca arriba.
- No permita que fumen cerca de su bebé.
- No utilice objetos suaves, almohadas, colchas, ropa de cama suelta, protectores acolchados para la cuna, ó muñecos de peluche en la cuna ó debajo del bebé.
- Acueste al bebé en una cuna ó un moisés cerca de su cama, pero no en la cama. La cuna ó el moisés es el lugar más seguro para el bebé dormir. Es más seguro que su bebé no duerma en el mismo colchon con un adulto, niño ó infante.
- Si trae al bebé a su cama para darle el pecho, favor de regresar el bebé a la cuna, el moisés, ó la cuna portátil en la misma habitación con usted y cerca de su cama cuando termina. Utilice una cuna, un moisés ó una cuna portátil que haya sido aprobada en cuanto a seguridad.**
- También, los bebés no deben dormir solo ni acompañado en un sofá ó una silla.
- Utilice un colchón firme en una cuna, un moisés ó una cuna portátil que haya sido aprobada en cuanto a seguridad.** Cubra el colchón con una sábana bien ajustada y nada más.
- Considere darle un chupete limpio y seco a su bebé cuando lo ponga a dormir. Si usted está dándole el pecho a su bebé, espere a que cumpla un mes de nacido antes de darle el chupete.
- No deje que su bebé tenga demasiado calor al dormir.
- Asegúrese que ningún objeto cubra la cara del bebé.

...y por favor recuerde...

- Amamantar a su bebé reduce el riesgo del Síndrome de Muerte Súbita del Bebé
- Mantenerse al día con las inmunizaciones también reduce el riesgo.
- Discute esta información con su pediatría u otro médico del bebé .

****Para aprender más acerca de la seguridad de la cuna: www.cpsc.gov ó 1-800-638-2772**

THE SIDS CENTER OF NEW JERSEY ESTÁ FINANCIADO CON UNA SUBVENCIÓN DEL SERVICIO DE SALUD DEL DEPARTAMENTO DE SALUD DE NUEVA JERSEY A RUTGERS ROBERT WOOD JOHNSON MEDICAL SCHOOL Y A TRAVÉS DE UNA DONACIÓN DE LA FUNDACIÓN CJ A HACKENSACK UNIVERSITY MEDICAL CENTER.

ESTE MATERIAL ES PARA BEBÉS DE NACIMIENTO HASTA DOCE MESES Y ES BASADO EN LA PUBLICACIÓN DE LA ACADEMIA DE PEDIATRÍA GRUPO ESPECIAL DE MUERTE SÚBITA DEL BEBÉ: "SIDS AND OTHER SLEEP-RELATED INFANT DEATHS: EXPANSION OF THE RECOMMENDATIONS FOR A SAFE INFANT SLEEP ENVIRONMENT," (PEDIATRICS, 2011). ESTA GUÍA ESTÁ DISEÑADA PARA NIÑOS DE PERIODO COMPLETO Y NIÑOS PREM-ATUROS, CON RARA EXCEPCIÓN. DISCUTE ESTA INFORMACIÓN CON SU PEDIATRA U OTRO MÉDICO DEL BEBÉ. (THIS FLYER WAS PREPARED 7/13 AND RE-FORMATTED 10/15)

SPAN Update for Infant Child-Health Committee March 2016

IMPROVING BIRTH OUTCOMES

Improving Birth Outcomes: In February SPAN participated in the third learning session of the Infant Mortality Collaborative Improvement Innovation Network (IM CoIIN) through the National Institute for Children's Health Quality (NICHQ) in partnership with NJDOH, NJDCF, NJDHS, March of Dimes, Central Jersey Family Health Consortium, Mom's Quit Connection, Southern NJ Perinatal Cooperative and Amerigroup. As part of this collaboration SPAN will be implementing several PDSA (Plan, Do, Study, Act) activity cycles, one of which will provide education to women at local WIC sites in Essex County focused on the Post-Partum Visit (PPV). The Community Health Workers from SPAN's Improving Pregnancy Outcomes (IPO) project will be providing the education and documenting feedback they receive. The CHWs will be asking women whether changing the name of the "Postpartum Visit" brochure to the "Mom's Wellness Visit" brochure would have a positive impact on attending their PPV. The CHW's will track pregnant women and provide follow up to see if the women attended their PPV and whether the change in messaging of the brochure had an impact on their decision to attend that visit.

FASD Prevention Project: SPAN's FASD Prevention project, funded through the NJ Department of Human Services' Office for Prevention of Developmental Disabilities, held its second peer leadership training on February 20 and now has trained twenty-six peer leaders to provide individual peer support and support groups in partnership with community based organizations throughout NJ. We have completed the curriculum for our online provider training and are now integrating family stories into the training to address specific training components. We will be piloting the training with a healthcare provider and a home visiting program to ask for feedback about the training and whether it is effective in educating providers about how to talk with women from diverse backgrounds about alcohol exposure during pregnancy and the risks involved.

Partners for Prevention of Birth Defects and Developmental Disabilities: SPAN hosted a Partners for Prevention (P4P) stakeholders meeting on January 27 at the RWJ Health & Wellness Center with thirty-seven people in attendance. The agenda included presentations by Maggie Gray, NJDOH, and Donna Bordner, Family Health Initiatives, who provided an update on the Improving Pregnancy Outcomes Project; Loletha Johnson, NJDOH, who shared the final recommendations from the Governor's Improving Birth Outcomes Initiative; and Merle Weitz, Mom's Quit Connection, who provided updates along with Loletha about the Infant Mortality Collaborative Improvement Innovation Network (IM CoIIN) focused on Smoking Cessation and Preconception/ nterconception and the Postpartum Visit. The three workgroups, Women of Childbearing Age, Providers, and Public Awareness, met and discussed how the P4P stakeholders group can support and integrate some of the state level activities into their individual programs.

EARLY CHILDHOOD

American Academy of Pediatrics Bright Futures - Preventive Services Improvement State Spread Project (PreSIPS2) Learning Collaborative: We completed our 1st Medical Home Learning Session on February 17 with our 6 practices and are working with them to develop Aim Statements and Quality Improvement activities, and identifying a Parent Partner. We also had a follow up webinar on February 23 with all Chapter Teams.

Breastfeeding Coalition: The NJ Breastfeeding Coalition will be featuring a blog series about NJ moms and their breastfeeding stories. We're looking for submissions from moms to share their breastfeeding journey - their successes, struggles and the support they received along the way! Moms can remain anonymous they wish and submissions can be written in free form or a Q&A style so if you know of any mom who may be a good fit please contact Kasey Dudley for more info. In addition we are also in the process of identifying partners to join us to begin the first stages of the Essex County Breast feeding Coalition so please reach out to Kasey Dudley at kdudley@spannj.org.

SCREENING

Learn the Signs Act Early Ambassador: The customized/"New Jersey-ized" brochures have been finalized and printed and we will bring copies in English and Spanish to the upcoming meeting of the Infant Child Health Committee. Deepa Srinivasavaradan, the current Learn the Signs Act Early Ambassador, submitted her application, with support from the Boggs Center, the NJ Department of Health, and the NJ Department of Children and Families, to continue to serve as NJ's LTSAE Ambassador for the next two years. Her collaborative applications to co-present on LTSAE/Help Me Grow collaboration and on Family Leadership and Engagement in HMG activities have both been accepted for presentation at the upcoming Help Me Grow National Conference in South Carolina from May 23-25. Deepa also presented on March 2nd to early intervention staff at the Central Jersey Family Health Consortium on LTSAE and cultural implications for South Asian families in New Jersey.

Parent-Led Screening Trainings: On February 29 SPAN partnered with the Boggs Center to host a Learn the Signs Act Early (LTSAE) webinar titled "Including Children with Challenging Behaviors" presented by, Michelle Mead - Training & Consultation Specialist, The Boggs Center and Denise Bouyer - Director, New Jersey Inclusive Child Care Project, Statewide Parent Advocacy Network. We have scheduled a total of five additional Parent - led developmental screening trainings to be held in March for the following Head Start programs: North Hudson Community Action Corporation and multiple sites for the Montclair Child Development Center.

Quick Peek Screenings: We have 17 screenings set up for now through August.

CHILDREN WITH SPECIAL HEALTHCARE NEEDS

Autism Medical Home Pilots: At *Children's Specialized Hospital*, we are still in the consenting phase with families. We have 15 families who have consented and they have received SPAN resources. Educational and Healthcare workshops have been set up for February-August. We have 7 families registered for our upcoming Transition to Adulthood workshop on March 15th. To date we have identified over 60 families to participate in the Autism Medical Home project at *Hackensack University Medical Center*. Of those 60 families, SPAN Family Resource Specialist Kasey Dudley has helped 23 families with ongoing case management services including assistance in connecting with educational, recreation, and home-based services, including attending 41 IEP meetings and connecting 5 families with the Bergen County Council for Young Children. She has helped a number of Spanish-speaking families write letters to their district to request comprehensive evaluations for special education eligibility, ensure that evaluations are conducted as promptly as possible especially when the child is transitioning out of early intervention, and to properly administer Functional Behavior Assessments. She is working with HUMC to set up activities for Autism Awareness Month in April to help HUMC employees to gain awareness about the Autism Medical Home Project and how we are helping families. We are also putting together an Autism Awareness Calendar of events to share with families, so if you are aware of any events, please send this information to Kasey Dudley at kdudley@spannj.org

NCBDD Champions: Jeannette Mejias was featured in the February 2016 issue of the *Friends of the National Center on Birth Defects and Developmental Disabilities* discussing her work with the American Academy of Pediatrics-NJ Chapter on the Bright Futures Preventive Services Implementation Project-State Spread.

PARENT LEADERSHIP DEVELOPMENT & PARENT-PROFESSIONAL COLLABORATION

Leadership Development for County Councils on Young Children: SPAN "kicked off" its Early Childhood Parent Leadership Development Training with two webinars on Thursday, March 3, at noon and at 7 pm. Aimed at County Council for Young Children chairs, parents and community members, partners, and coordinators of the County Councils for Young Children, the webinars highlighted how successful implementation of shared leadership strategies can support parents and stakeholders working together to improve outcomes for all children birth to eight. SPAN will be hosting three regional conferences on Parents As Leaders in Early Childhood: Creating Change so ALL Children Succeed, on April 2 (South Jersey), April 16 (North Jersey), and April 30 (Central Jersey); each conference will be held from 9 am to 1 pm. A panel of parents and professionals will discuss best practices in addressing family literacy, access to high quality early care and education services, inclusion in early childhood, and positive behavior supports, among other issues. The conferences are aimed at helping families develop their skills to advocate for their children and impact the systems that affect children birth to age 8 and beyond. For more information, email start@spannj.org or call 973-642-8100 x 123.

Spread! State Visits to NJ: In February, SPAN hosted 12 representatives of the Title V agencies and parent organizations of the states of Minnesota and Washington, an AMCHP representative, and the co-director of the Family Voices National Center for Family-Professional Partnerships, who came to NJ to learn about strategies to build and engage diverse parent leadership. The visits were funded by the Association of Maternal and Child Health Programs through their Innovation Station program. **NJ Visits Puerto Rico:** SPAN staff Mercedes Rosa and Jeannette Mejias traveled to Puerto Rico in February to provide training to parent and professional teams representing both home visiting and children with special healthcare needs programs to prepare them to provide leadership training and support to parents from both programs on the island. We will be providing follow-up support through a series of three webinars. The train the trainers and technical assistance is funded by the US Department of Health and Human Services Maternal and Child Health Bureau under the MCHB Block Grant program.

OTHER

Luminary Conversation Series: SPAN’s Executive Co-Director for Health and Family Support will be interviewed by Jane Sharp, Director of the NJ Certified Public Manager Program at the School of Public Affairs and Administration at Rutgers University, as the second discussion in the Luminary Conversations Series. Hosted by MSU, Center for Autism and Early Childhood Mental Health, the Coalition for Infant-Toddler Educators, the NJ Association for Infant Mental Health, and Professional Impact NJ, the event will be held on April 20 from 2:30-4:30 pm at Montclair State University, University Hall UN 1050. Autin will participate in a wide-ranging discussion about early childhood issues in our state. For more information, call 973-655-6685 or email caecmh@montclair.edu.

Washington State Title V Team on their Visit to New Jersey





START Project

START Parent Leadership Development Training

Kick Off Webinar

Parents as Partners in Shared Leadership

Join us for an overview of Parents as Partners in Shared Leadership and learn about upcoming training opportunities for your County Council for Young Children.



During this webinar we will highlight how successful implementation of shared leadership strategies can support parents and stakeholders working together to improve outcomes for ALL children birth to eight. Don't miss this chance to learn about training opportunities for your CCYC to support parents taking on leadership roles in your council and the community.

Audience: Committee Chairs, Parent & Community Members, Partners, Stakeholders and Coordinators of the County Councils for Young Children

For your convenience select one of the times when you register.

Date: Thursday, March 3, 2016

Time: 12 pm or 7 pm

To Register: <http://tinyurl.com/start-upcomingevents>

The START Parent Leadership Development Training Initiative will provide technical assistance and leadership development for parents, parent leaders, the statewide network of the County Councils for Young Children; community partners and other stakeholders engaged with the CCYC's.

For more information contact:

Dianne Malley, START Project Director 856-397-5294, dmalley@spannj.org

Website: <http://www.spanadvocacy.org/content/start-project/>



Statewide Parent Advocacy Network (SPAN), New Jersey Inclusive Child Care Project (NJICCP)

Announcement

Statewide Parent Advocacy Network (SPAN), New Jersey Inclusive Child Care Project (NJICCP) invite child care professionals working in programs enrolled in Grow NJ Kids to participate in a series of Mini-Conferences starting March 2016. The conferences will provide workshops to help professionals include children with disabilities and special needs in child care programs. Workshop topics will include *Red Flags in Child Development, Social Emotional Development, Challenging Behaviors, and Inclusive Strategies*. To help further your ability to include children with special needs we will also provide resources for inclusion and helpful tips in communicating with families. These workshops will broaden your understanding of:

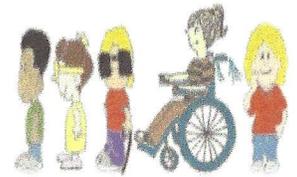
- ✓ GNJK Standards: 2.3.1, 2.3.4, 2.4.4, 2.4.5, 4.4.1, 4.4.4
- ✓ Modifying and adapting your program, routines and schedules for children with special needs
- ✓ Resources to assist with inclusion

All Conferences are 8:30 a.m. – to 1:30 p.m., unless otherwise noted.

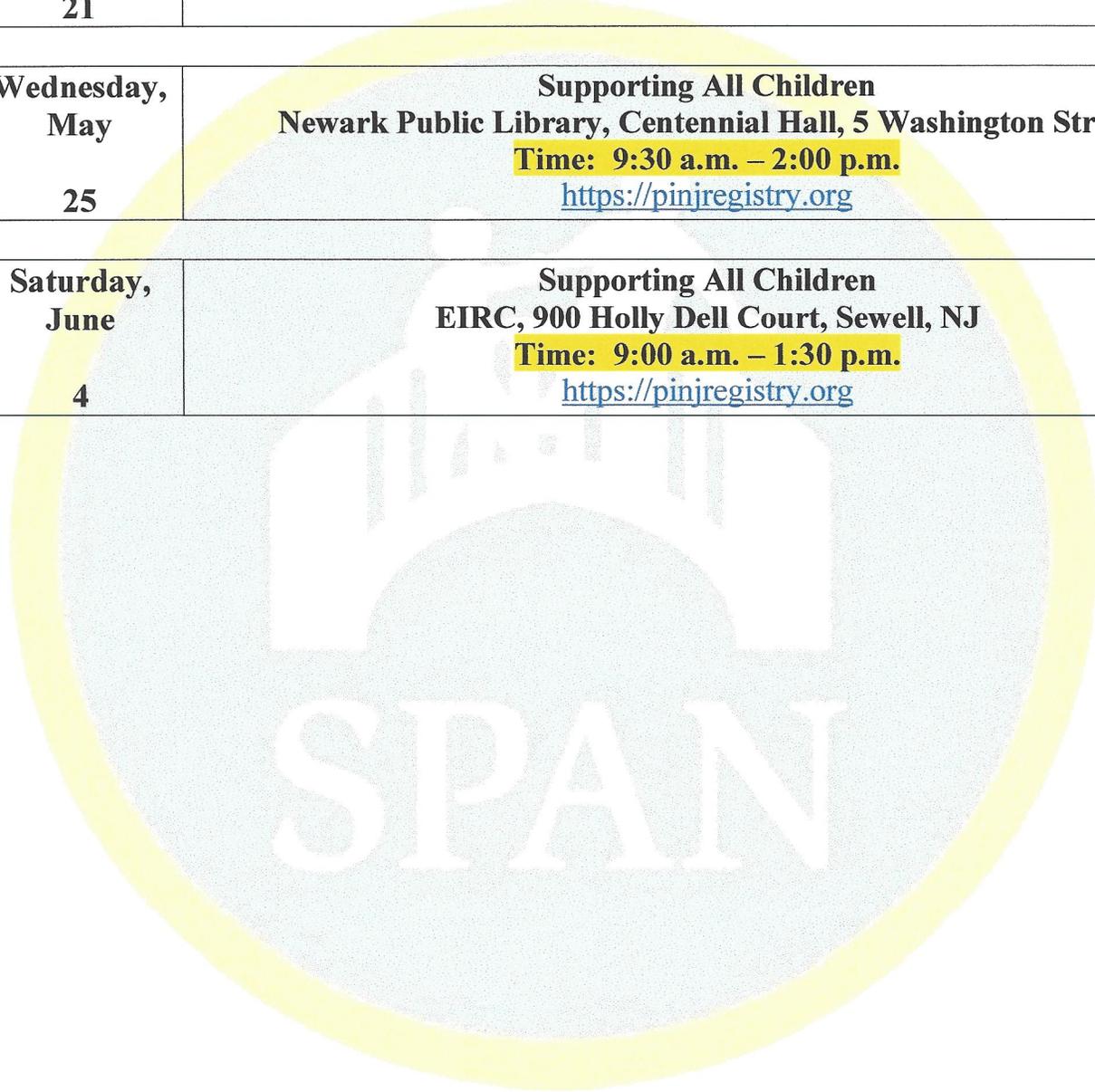
All programs are sponsored by Statewide Parent Advocacy Network (SPAN)

SPACE IS LIMITED - REGISTER EARLY

Saturday, March 12	Supporting All Children Raritan Valley Community College, 118 Lamington Road, Branchburg, NJ https://pinjregistry.org
Saturday, April 9	Supporting All Children Morris County Public Safety Training Academy, 500 West Hanover Avenue, Parsippany, NJ https://pinjregistry.org
Saturday, April 16	Supporting All Children St. Francis Community Center, 4700 Long Beach Blvd, Beach Haven, NJ https://pinjregistry.org
Saturday, May 7	Supporting All Children Trinity Learning Center, 7004 Ridge Avenue, Egg Harbor Township, NJ https://pinjregistry.org



Saturday, May 21	Supporting All Children Camden County College, 200 North Broadway, Camden, NJ https://pinjregistry.org
Wednesday, May 25	Supporting All Children Newark Public Library, Centennial Hall, 5 Washington Street Time: 9:30 a.m. – 2:00 p.m. https://pinjregistry.org
Saturday, June 4	Supporting All Children EIRC, 900 Holly Dell Court, Sewell, NJ Time: 9:00 a.m. – 1:30 p.m. https://pinjregistry.org



STATEWIDE PARENT ADVOCACY NETWORK (SPAN), New Jersey Inclusive Child Care Project (NJICCP)

*SUPPORTING ALL CHILDREN, Especially Children with
Disabilities and Special Needs*

AGENDA

8:00-8:30 a.m.

REGISTRATION and LIGHT REFRESHMENTS

8:30-9:15

WELCOME and INSTRUCTIONS

- General Overview CSEFEL Pyramid and Inclusion Awareness

9:30-11:00

WORKSHOPS

- NJICCP - Red Flags and Child Development
- NJICCP – Enhancing Social Emotional Development
- NJICCP –Using the Pyramid Approach to Support Inclusion of All Children

See Program for Workshop Details

11:15 a.m -12:45 p.m.

WORKSHOPS

- NJICCP - Strategies for Inclusion and Addressing Challenging Behavior
- NJICCP – Roles, Responsibilities and Resources
- NJICCP – Observing and Recording Behavior to Create Individualized Plans

See Program for Workshop Details

12:50-1:15

CLOSING REMARKS

1:15 - 1:30

NETWORKING AND SHARING

W1. Red Flags and Child Development

New Jersey Inclusive Child Care Project (NJICCP)

We will discuss warning signs in child development that may require evaluation and/or follow-up with a doctor. We will review typical and atypical development seen in young children. The workshop will also provide guidance on discussing these red flag indicators within the development continuum with parents and providing parents with resources.

W2. Enhancing Social Emotional Development

New Jersey Inclusive Child Care Project (NJICCP)

We will identify effective strategies to promote and enhance social emotional development, review environmental considerations, routines, schedules and transition factors that influence behavior in young children, and how to adapt and modify activities to support children with special needs.

W3. Using the CSEFEL Pyramid Approach to Support Inclusion for All Children

New Jersey Inclusive Child Care Project (NJICCP)

In this session, we will discuss the ideas of positive behavior supports to help children to participant in activities. Discussions will center around Inclusive and the Center for Social Emotional Foundation on Early Learning Pyramid and how it can support children with disabilities and special needs in child care program.

W4. Strategies for Inclusion and Addressing Challenging Behaviors

New Jersey Inclusive Child Care Project (NJICCP)

This workshop will help providers plan, implement, and adapt activities that will help children with special needs and disabilities participant in everyday routines and activities. The session will introduce topics and goals of theme teaching and offer suggestions from the CSEFEL Tools for Teachers.

W.5 Roles, Responsibilities, and Resources.

New Jersey Inclusive Child Care Project (NJICCP)

This workshop will discuss the roles and responsibilities of parents and childcare providers in accordance with the American with Disabilities Act in Child Care. We will provide guidance on including children with disabilities and special needs. We will also provide a handy resource list that can be used by parents and childcare providers.

W6. Observing and Recording Behavior to Create Individualized Plans

New Jersey Inclusive Child Care Project (NJICCP)

Every behavior has a function and it's important to determine the function of young children's behavior. Some behaviors warrant a referral to outside agencies for assistance, and other behaviors requires individualize plans to address behavior. This session will discuss the ongoing process of observing the progress of young children, and the importance of recording and documenting development in our discussions with parents and other professionals.