



Illinois Parents as Teachers

Parents as Teachers

Illinois PAT E-News

November, 2007

Illinois PAT Training Opportunities

- *Born to Learn™, Prenatal-3*, November 12-16, Governors State, University Park, January 28-February 1, 2008, Chicago
March 3-7, 2008, Springfield
June 2-6, 2008, Chicago area
- *P-3 Follow-Up Days*, February 29, 2008, Chicago
June 13, 2008, Springfield
- *Advanced Supervision*, November 8, Chicago
- *Ages & Stages Questionnaires & ASQ (Social-Emotional)*, November 30, Springfield

Parents as Teachers Plays Role in Sen. Clinton's Hispanic Agenda

Senator Hillary Clinton's (D-NY) recently announced Hispanic agenda, *Una Vida Mejor Para Todos* (A Better Life for All) includes an expansion of parent support programs such as Parents as Teachers, investment in quality pre-K, and expansion of Head Start and Early Head Start. Early education has been an important issue for the New York senator, who co-sponsored the Education Begins At Home Act with Senator Christopher "Kit" Bond (R-MO) earlier this year. Her news release cites the positive outcomes for Spanish-speaking Latino families in Northern California Parents as Teachers programs that included improved cognitive, social, and emotional skills.

Do you know a Parent Educator of the Year?

Nomination deadline has been extended to **December 1**. Get the nomination form at www.parentsasteachers.org.

Attend The Parents as Teachers International 2008 Conference for Free!

Apply now for a Conference Scholarship to receive a free registration at the 2008 Parents as Teachers Conference. The application deadline has been extended to **December 1**. The application form is available at www.parentsasteachers.org.

New Report: ECE Most Efficient Way to Strengthen Future Workforce

Nobel laureate James Heckman and distinguished researchers in other fields have released a new paper examining research in economics, developmental psychology, and neurobiology as they relate to developing workforce skills. They found that early experiences have a uniquely powerful influence on the development of cognitive and social skills as well as brain development. Their policy conclusion: the most efficient strategy for strengthening our future workforce

both economically and neurobiologically and for improving quality of life is to invest in high-quality early care and education. Report available at <http://www.pnas.org/cgi/reprint/0600888103v1.pdf>.

Family-Based Intervention in Preschoolers Can Alter Their Response to Stress

A study in which preschool-aged children at risk of anti-social behavior learned to socialize with peers, identify feelings, and follow rules found that doing so through family-based intervention alters their response in anticipation of social challenges from peers. A randomized trial conducted by New York University early childhood psychiatry professor Laurie Miller Brotman and colleagues, the study has implications for preventing juvenile delinquency. The study sample included 92 families in which there was a preschooler and an older child who had been in trouble with the law. Some of the families participated in the intervention and some did not. Levels of the hormone cortisol were checked in the children's saliva to determine their levels of stress. Children in the intervention group had cortisol levels that parallel patterns found in normally developing children considered at low risk for anti-social behavior. Brotman said the findings suggest that antisocial behavior isn't "hard-wired." The study appears in the October issue of the journal *Archives of General Psychiatry*. It's available at <http://arch-psyc.ama-assn.org/cgi/content/full/64/10/1172>.

There's No Evidence Children's Cold Remedies Work

The recent voluntary recall by manufacturers of cold remedies for children under two years old shines a light on a number of issues regarding medicines for kids. Experts cited in a number of media outlets have said that not only is there no evidence the remedies work in young children, but that they are also not tested in young children. While many parents believed the medicines were safe in children under two, the small print on labels said to consult a physician first. Some doctors and consumer advocates say the industry's decision to discontinue marketing cold remedies for children under two may be a pro-active move to prevent a ban being contemplated by the Food and Drug Administration that would prohibit them being sold for children under six.

National Children's Study Comes Closer to Launch

The largest study ever of the impact of environment and genetics on the health of America's children came closer to launch when the first 22 centers selected to conduct it were recently named. When in full swing, the study will follow a sample of 100,000 children from before birth to age 21. Researchers will gather and analyze data on children's genetic make-up as well as numerous biological, chemical, environmental, physical, and psycho-social factors. Sample selection could begin as early as next year. The effort is a collaboration by the U.S. National Institutes of Health, the Centers for Disease Control, and the Environmental Protection Agency. St. Louis University School of Public Health is the lead research institution. Children from Illinois will participate in the study.

How Illinois Neighborhoods are Growing Their Own Teachers

An article in *U.S. News and World Report* details a program in Illinois that's enabling neighborhoods — especially those with large ethnic concentrations — to lend a helping hand to individuals desiring to be teachers. Grow Your Own Illinois is enabling candidates without college diplomas to obtain degrees through forgivable college loans, in exchange for a minimum 5-year commitment to teach in under-served schools. Among the advantages: teachers are familiar with the native language of many students, and they're more likely to stay in the neighborhoods rather than migrate to the suburbs. Read it at <http://www.usnews.com/articles/education/2007/10/12/grow-your-own-teachers.html>.

Tool to Aid Early Identification and Intervention for Autism

Autism Speaks, a non-profit organization dedicated to increasing awareness of autism and raising money to fund autism research, together with First Signs, the leader in early identification and intervention of children with developmental delays and disorders, and Florida State University, announced the October launch of a first-of-its-kind web-based video glossary to help parents and professionals learn more about the early warning signs of autism spectrum disorders (ASD). The glossary, available to the public free of charge at www.autismspeaks.org, www.firstsigns.org, and firstwords.fsu.edu, contains more than a hundred video clips that illustrate both typical and atypical development. The goal of the project is to help parents of children suspected of or recently diagnosed with autism better understand some of the words and terms they might hear used in association with ASD. Video clips that give parents short windows into the different types of therapies will be added to the site next year.

Childhood Obesity: A Super-Sized Problem That You Can Help Reduce

The September issue of the *Zero to Three* Journal is devoted to empowering early childhood professionals working in early care and education programs to take a proactive role in decreasing the prevalence of childhood obesity, which affects more than 12.5 million children and adolescents age 2-19 years in the United States alone. Early childhood professionals, parents, health care providers, community agencies, and government officials have a powerful influence on the eating patterns, nutritional knowledge, and activity level of the children in your care. After reading this issue, you'll glean practical advice and resources to help children become more active and develop healthy eating habits. This issue is available for \$1 by calling toll free (703) 661-1557.

Please Note: Some items in this e-newsletter were copied with permission from the NIEER online newsletter (see website at <http://nieer.org/>), the Connect for Kids newsletter, or the ExchangeEveryDay newsletter.

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