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New York Zero-to-Three Network

Fostering collaboration among those who work with infants, toddlers and their families

December 2014

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CALENDAR HIGHLIGHTS

FULL CALENDAR [CLICK HERE](#)

Mon.-Tues., Jan. 12-13. [Statewide Infant & Toddler Conference: Relationships are Key: Examination of Prevention Measures & Factors that Disrupt Development.](#) Poughkeepsie Grand Hotel, 40 Civic Center Plaza, Poughkeepsie, NY. Scholarships available.

Wed., Jan. 21. [Webinar: It's Not Like I'm Poor: How Working Families Make Ends Meet in a Post-Welfare World.](#) 2-3 pm. Book talk from Institute for Research on Poverty.

Tues., Feb. 3. Early Childhood Advocacy Day. Legislative Office Bldg, 3rd Floor Landing, 198 State St., Albany, NY. [Contact: Jasmine Gripper for transportation.](#)

Want to add your event to our calendar? Email newsletter@nyzt.org

Supporting Positive Behavior and Taming Toddler Tantrums: Learning Techniques to Promote Self-Regulation Using the Happiest Toddler on the Block Program

Editor's Note: Cathy Collyer, OTR, LMT is a pediatric occupational therapist and licensed massage therapist in private practice in southern Westchester county. She is a nationally certified Happiest Baby on the Block educator and a certified infant massage instructor. She presented this topic on October 30th at a NYZTT Roundtable. She can be reached at: tranquilbabiesny@gmail.com

Toddlerhood can be a joyous time as young children rapidly gain cognitive and motor skills. This developmental period is also characterized by an increase in the intensity and frequency of tantrums, biting, and other challenging behaviors (Wakschlag et al, 2012). Research indicates that the brain's frontal cortex, necessary to achieve impulse control, negotiation, and problem-solving, is undeveloped in toddlers and remains so throughout the stage when they are experiencing significant life events (Marcdante, Kliegman, 2010). These can include gaining a new sibling, toilet training, and separating from the family to attend preschool. Dissonance between a parent's and a child's temperament can create further frustration in both parties, and strong emotional responses of caregivers to aggression or rejection by the child in anger can occur. Parents and caregivers can feel like they are awash in the same emotional waves as their toddlers!

Pediatrician Dr. Harvey Karp developed The Happiest Toddler on the Block program through clinical experience and his desire to support families and caregivers as they navigate these early stages of development. The essential elements of his approach are: understanding toddler behavior through a developmental filter, using a style of paraphrasing during conflicts that engages toddlers at their level, and enriching play and routines with specific interactions that build patience, self-control and cooperation. This strategy can be used effectively with special-needs children who demonstrate language and cognitive skills in the 18 month to 4 year-old range.

Dr. Karp has dubbed his paraphrasing strategy "The Fast Food Rule," and recommends that adults use developmentally appropriate language with agitated toddlers. In practice, this results in repetition of short phrases that imitate toddler speech. He recommends that gestures and facial expression, and even the adult's speech volume, should reach sufficient intensity to convey to toddlers that their complaints are clearly understood before attempting negotiation. This is the most controversial aspect of his approach for most caregivers and clinicians. Although a



MEDIA HIGHLIGHTS:

[NYS receives federal funding for early childhood education](#)

[Child Care and Development Block Grant Act](#)

[Current knowledge on children's mental health](#)

ILC SELECTED RESOURCES

- [ILC 2011-2013: Building on Our Success](#)
- [ILC How to Guidelines](#)
- [ILC Brochure](#)
- [Niagara County](#)
- [Resource Directory for New Parents](#)
- [Recipes for Playbook](#)
- [I Taught My Child Today messages](#)

Click [here](#) for additional resources.

Early Head Start Partnership Grants Announced for New York State

These grants were meant to encourage collaboration between new or existing Early Head Start grantees and child care providers to improve the quality of existing child care programs and expand access to high-quality care for infants and toddlers. New York Zero-to-Three Network congratulates the awardees and will reach out to them through its Infancy Leadership

departure from the more traditional image of modeling a quiet and mature negotiation, this approach has the effect of fully connecting emotionally with an agitated or demanding toddler. Combined with strategies to build patience, respect and tolerance of limits, the Happiest Toddler on the Block approach supports self-regulation skills in toddlers of all ages.

REFERENCES

Marcdante, K., Kliegman, R., & Behrman, R.E. (2010) [Nelson Essentials of Pediatrics, 6th ed.](#) Saunders.

Wakschlag, et al. (2012). [Defining the developmental parameters of temper loss in early childhood: Implications for developmental psychopathology.](#) *Journal of Child Psychology and Psychiatry.* 55(11), 1099-1108.

RESOURCES

For more information regarding use of The Happiest Toddler on the Block strategies, see:

www.happiestbaby.com

[Dr. Karp and Toddlers - Good Morning America](#)

Marjane Selleck Given NYZTT Leadership Award at Capitol Region Brunch Hosted by Infant Mental Health Association

On behalf of the New York Zero-to-Three Network, board member Margaret Sampson presented the annual Emily Fenichel Memorial Leadership Award to [Marjane Selleck](#) on Dec. 5 in Albany, NY. Dr. Selleck, a physical therapist and associate professor at the Sage Colleges, was nominated by Karen Karker of the Schoharie County Dept. of Health for the award. Sampson praised the Infant Mental Health Association (IMHA) of the Greater Capital Region for opening their brunch meeting to NYZTT. "They were so gracious and welcoming," she reports, "and very much a part of honoring Marjane during the award ceremony."



This award is presented each year by NYZTT to an individual whose contributions to infants and toddlers through practice, research, leadership or advocacy are deemed exemplary by a panel of judges. The award honors the memory of [Emily Fenichel](#), who served as associate director of Zero to Three and was a pioneer in the field of "zero to three." Emily brought unheard voices to the field's notice and helped create a sense of community for professionals working with infants and toddlers across disciplines, systems and geographic boundaries.

Watch for NYZTT's announcement of nominations for the 2015 Emily Fenichel Memorial Leadership Award.

Circle Project. Programs and locations include:

Western New York:
Albion (Orleans County)
Community Action of Orleans and Genesee, Inc.
Buffalo
Community Action
Organization of Erie County Inc.

Capital Region:
Schenectady
Schenectady Community Action Program

Downstate

New York City:
Brooklyn
Project Social Care Head Start, Inc.
United Academy, Inc.
Yeshivath Kehilath Yakov, Inc.
Jamaica Estates-Queens County
All My Children Daycare, Inc.
Manhattan
Fort George Community Enrichment Center, Inc.
Grand Street Settlement, Inc.
University Settlement Society of New York, Inc.

Lower Hudson Valley:
Rockland County
West Nyack
The Salvation Army

Westchester County
Elmsford
Westchester Community Opportunity Program, Inc. (WestCOP)

INFANCY LEADERSHIP CIRCLE HIGHLIGHTS: NOVEMBER-DECEMBER

NYZTT has been building a network of Infancy Leadership Circles to be the communications pipeline for the infancy movement in New York State. We welcome new and related groups and participants to join in this venture. Infancy Leadership Circles can now **join NYZTT Network as an organizational member** and receive all the benefits of membership for all circle members for \$275/year. Contact [Pamela](#) to join your Circle to NYZTT today. Individual membership is now \$60.

News from the Groups:

- **The Rockland County Infancy Leadership Circle** Better Baby Care Initiative held a breakfast event on Nov. 18 at the BOCES Center in West Nyack attended by the County Executive Ed Day and Legislative Chair Alden Wolfe to announce the distribution of this new resource to help parents raise a happy, healthy baby.
- **The Central/North Harlem Infancy Leadership Circle** had a successful first breakfast meeting in December with over 25 people attending from many agencies and organizations in Harlem as well as individuals. The next meeting is set for **Thurs., Jan. 8, from 9-11 am at: Beulah Wesleyan Methodist Church, 219 West 136 Street (Between Adam Clayton Powell Jr & Frederick Douglass Blvds)**. Please RSVP to [Carole Oshinsky](#), ILC Co-Director.
- **Suffolk County ILC:** Next Meeting is **Tues., Jan. 6th 1:30-3:00 pm** Stony Brook University, RRAMP Lab.

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