

HELP ME GROW



Supporting My **SOCIAL-** **EMOTIONAL** Development

A Resource Guide for Caregivers
and Parents of Young Children



**SMART
BEGINNINGS™**

Virginia Peninsula

Ready for School. Ready for Life.





Using this guide to help me thrive

Help Me Grow is a guide for caregivers, teachers and parents working together to optimize children's social-emotional growth. The ability to get along with others, share, take turns and communicate about feelings are necessary for success in life. The good news is that these social-emotional skills can be cultivated just like any other skill. This learning begins at birth and forms the foundation for all future learning.

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Children benefit when the adults in their lives communicate well. Whether you are a parent, grandparent, family child care provider, teacher or program director, we hope you will find this information useful as you work to help children build a happy and healthy life.





What do my parents need to know about getting me ready for school?

Social-emotional skills are the key for school readiness. Many say they are even more important than the ABCs and 123s.

If children are not socially and emotionally ready, they may have trouble adjusting to school and making friends. If they are not comfortable expressing their feelings, they may be more likely to behave aggressively or socially withdraw. When children don't feel good about school or about themselves, school may become a struggle and learning could be difficult.

The ability to follow directions and finish tasks will help children easily adjust to school. Good social skills will help them build relationships with peers and teachers. Confident and secure children tend to like school and are eager to learn.

Children do well in school if they can:

- Get along with others
- Make friends
- Share and take turns
- Care about how other people feel
- Communicate feelings
- Calm themselves when upset
- Ask for what they need

Children with the skills at left are better able to:

- Pay attention to the teacher
- Follow simple instructions
- Stick with the task at hand
- Try new things
- Solve problems



My mommy and daddy are so busy. Do they have time to help me?

Many parents think that kids just naturally know how to get along with others and manage their emotions. Not true. Parents and caregivers must guide children as they learn to self-regulate and communicate their feelings. Social-emotional learning begins at birth, and parents are the most important teachers. The good news is that many of the things you do daily are perfect opportunities for teaching these skills without taking extra time, effort or money. Here are some activities you can start as soon as your baby is born:

Gently hold and cuddle your child as often as you can.

Why? This will help your young child to bond with you, forming the attachment that is the foundation of social-emotional health. Also, physical touch can generate brain connections that will support your child's physical development and help with learning language.

Respond to your child's efforts to communicate with you.

Why? Immediate responses tell your child that his communications are important and effective. When your infant coos, you coo back. When he looks at you, make eye contact and talk to him. When he lifts his arms up to you, pick him up and let him know you are happy to hold him. When your toddler or preschooler wants to tell you something, get down to her level and take time to listen. You are helping your child to develop the skills of a good listener and communicator with the people in her life.

Enrich your child's daily routines (like meal, bath and nap times) by making eye contact and sharing smiles, conversations, stories and books.

Why? These day-to-day interactions are the best way for you and your child to continue building strong ties to each other. Your child's good relationship with you paves the way for good relationships with others throughout life. Telling stories and reading books while you are snuggling together will help your child learn to read later on.

Take time to follow your child's lead. Join her in floor-time play and talk with her about her activities whenever possible.

Why? When you are on the floor playing with your child, she feels safe in taking the initiative to explore. Really listening to your child makes her feel understood and tells her that she's important to you.

Gently guide your child through social situations.

Why? Babies love to look at other babies. Toddlers and preschoolers learn to socialize by practicing with help from caring adults. If you support your child in social situations, he will learn how to make friends and get along with others. As you acknowledge the range of feelings he experiences during peer interactions, he learns to recognize and successfully use those feelings. This is an important first step in teaching children to handle conflicts.

Be sure expectations match what your child is socially-emotionally ready for.

Why? When a parent expects a child to do something that he is not socially-emotionally ready to do, it's frustrating for both. For example, a dad may expect his 2-year-old son to share his toys. When the child refuses, Dad gets angry. If Dad keeps insisting that the child share, both might become very upset. Some adults don't understand that most 2-year-olds aren't ready to share their toys. It's important that parents and caregivers understand the stages of social-emotional development so they won't have unrealistic expectations for the child's behavior.

When your child acts up, try to uncover the real reason for her behavior.

Why? A young child doesn't act up because she's "bad." She acts up because there is something going on with her that she can't handle or put into words yet. She might be scared, frustrated, hungry, sick, tired or sad—there are many possibilities. If you can find out what's causing these feelings, you can help meet her needs and reduce the troubling behavior.

Don't let your child witness violence. Don't let anyone physically abuse or hurt your child with hateful language.

Why? This type of trauma is very painful for young children. Violence and abuse can cause long-term behavioral health problems.

Take care of your own social-emotional health.

Why? If you are always at the end of your emotional rope, you and your family will pay a price. Parenting is stressful. You have so many responsibilities to juggle. If you are going through a difficult time and need help coping, seek the support you need from family members or professionals. Taking care of your kids also means taking care of yourself.



How do I learn to behave?

All children need to learn how to behave and get along with others. There are different kinds of discipline, however. Punishment is a well-known kind of discipline. It involves doing something that the child won't like after he misbehaves so he won't do it again. But punishment doesn't teach the child what he should be doing instead of the "bad" behavior. Positive discipline is different. It involves guiding a child to learn the "good" behavior we want him to use to replace the undesirable behavior. Positive discipline (positive behavioral support) fosters social-emotional health.

Positive behavior support for infants:

Disciplining infants is really about protecting them from harm. Infants are "wired" to touch and explore things. They are too young to understand what danger is or how dangerous something might be. All they know is that an object looks attractive and they've just got to touch, taste or try it. So, if you don't want your baby to stick her fingers or toys into electrical outlets, you put up outlet covers. If you don't want her to crawl upstairs, you put up a baby gate. If you don't want her to explore a dangerous place, you gently remove her and let her know that you don't want her to get hurt.

Positive behavior support for toddlers and preschoolers:

Toddlers are busy exploring the world, trying new things on their own and saying "no!" This stage can be fun and rewarding as well as challenging. It's not easy to deal with toddlers having temper tantrums—screaming, kicking, hitting, biting.

Preschoolers are learning to separate from their parents. They have wild imaginations and enjoy acting silly. They often develop fears and struggle to gain inner control over their emotions.

Toddlers and preschoolers will test the patience of their parents and caregivers over and over again. There's no getting around it. It's very important for an adult to remain calm. When a parent is angry and frustrated, it's just too easy to cross the line and say or do things that might harm a child physically or emotionally.

4 recommended steps to positive behavior support with toddlers and preschoolers:

THE PARENT:

- Calms self
- Sets clear, firm limits
- Gently enforces the limits and teaches positive behavior
- Follows through consistently

For example, when a toddler climbs on the table, the parent:

- Takes a deep breath and counts to three
- Says, “You may not climb on the table—it’s not safe”
- Goes to the child, gently guides her down and helps her start another activity, like going outside to climb
- Does the same thing every time the child climbs on the table

Many parents have found the following books helpful:

Discipline: The Brazelton Way by T. Berry Brazelton & Joshua D. Sparrow

Positive Discipline: The First Three Years: From Infant to Toddler—Laying the Foundation for Raising a Capable, Confident Child by Jane Nelson, Cheryl Erwin & Roslyn Ann Duffy

The bottom line on discipline:

If a parent doesn’t set any limits (lets the child do whatever he wants), the child doesn’t learn how to get along with others. This is not good for the child’s social-emotional health.

If a parent enforces limits by spanking or calling the child hurtful names, the child focuses on his pain and humiliation, not on how to behave differently. He also learns that it is okay for adults to hurt children. This is not good for the child’s social-emotional health.

If a parent enforces limits gently, firmly and consistently, the child knows he is loved and is expected to do better next time. This is good for the child’s social-emotional health. It also leads to a healthy parent-child relationship of mutual respect throughout life.





How can my parents tell if everything is okay with me?

Parents and caregivers sometimes need help in deciding whether certain behaviors are appropriate for a child's age. It is never a bad idea to do a simple screening for social and emotional problem areas. Parents and caregivers can identify areas of concern and work together to foster the child's development.

Social-emotional screening:

Ages and Stages Questionnaire: Social Emotional (ASQ: SE) is widely used as a reliable, low-cost and easy way to look at a child's progress in developing good communication skills and self-control. Designed to be completed by the person who knows the child best (the parent or primary caregiver), the questions are simply worded and only take a few minutes to answer.

The questions relate to:

- **Self-Regulation:** the ability to calm down in a given environment
- **Compliance:** the ability to follow directions and comply with rules
- **Communication:** the ability to give verbal and nonverbal signals to indicate feelings or internal states
- **Autonomy:** the ability to move toward independence
- **Adaptive Functioning:** the ability to cope with physical needs such as sleeping, eating and safety
- **Affect:** the ability to demonstrate feelings and empathy for others
- **Interaction with people:** the ability to initiate appropriate responses to parents, other adults and peers

Preschools, child care centers and family child care homes can get free assistance and staff training in incorporating the ASQ: SE into their early childhood programs. Call Smart Beginnings Virginia Peninsula at (757) 240-2731.

Parents should talk to their child's teacher, caregiver or physician to request a social-emotional screening.



Who can help my teacher and my parents?

Working with very young children can be fun and rewarding, but how do we deal with those times when challenging behaviors try our patience? Some examples:

- Overly aggressive behavior
- Hitting
- Socially withdrawing
- Frequent tantrums
- Biting
- Inconsolable crying

Behavioral Consultation (the BITSE team)

A trained early childhood behavioral consultant, such as a member of our Behavior Intervention Team: Social-Emotional, may be helpful when the teacher or care provider is unsure how to manage a specific challenging behavior. Their services may include:

- Observation of the child in the preschool or child care setting with peers and staff, sometimes using validated screening and assessment instruments.
- Consultation with staff to assess behavior and provide feedback and strategies for interacting with the child.
- Parental interview to determine where challenging behavior is occurring and explore possible environmental stressors.
- Interaction with the child to observe and determine child's level of understanding.
- Sharing information about community resources for behavioral health.

Our local early childhood coalition, Smart Beginnings Virginia Peninsula, provides the type of counseling described above to early childhood programs. The BITSE service is free to child care centers, preschool programs and family day care homes in Hampton and Newport News.



When to seek help

When a child exhibits behavior causing serious concerns among parents and caregivers, follow your instincts and consider seeking professional evaluation and help from: the Infant Toddler Connection; the local school system; Smart Beginnings' BITSE team; a developmental pediatrician; or a private professional specializing in child behavioral health (see pages 11-16).

Caregivers may notice some of the following causes for concern:

Expected behaviors not present

- Does not smile or share enjoyment
- Does not answer when name is called
- Does not make eye contact
- Does not respond to requests like bringing toy
- Does not talk or make sounds
- Does not feel connection to caregiver

Presence of unusual behavior

- Moves body parts over and over again (for example, flaps hands/arms)
- Moves objects over and over again (for example, repeatedly putting hands under faucet)

Presence of negative moods/behaviors

- Acts overly sad, tearful, anxious or angry—frequently and in different places
- Behaves aggressively toward caregivers, including frequent hitting, biting and punching
- Is very unpredictable and explosive
- Is very sad or depressed and does not seem to enjoy things that used to be enjoyable
- Is extremely overactive and impulsive, seeking constant contact with people or

objects. Seems daring and restless.

Child experiences significant neglect, abuse, and/or domestic violence

- Exhibits symptoms of post-traumatic stress, which may include: play / acting out traumatic situation, nightmares, anxiety, seeming spaced out, lacking emotion, lacking interest.
- Has problem connecting with or seeking comfort from adults; shows limited emotion; is overly friendly or familiar with strangers.

Sleep problems occurring regularly (5-7 times per week) over four or more weeks

- Takes a very long time to fall asleep or must have parents in the room
- Sleepwalks

At age 24 months and beyond, displays ongoing and significant anxiety

- Refuses to stop crying or becomes aggressive when removed from home or caregiver
- Is extremely anxious when exposed to a specific object or situation
- Is extremely anxious in social situations, only comfortable with very familiar people and unable to warm up to other people



Preparing for the call

Be prepared with the following information when calling for an appointment:

- Child's name _____
- Child's date of birth _____
- Child's Social Security number _____
- Referred by _____
- Name of insurance and policy number _____
- If no insurance, name of person responsible for bill _____
- Parent/guardian name and phone number _____
- Date of child's last medical check-up _____
- Reason for concern _____
- Has child been seen by another provider for this concern _____
- Current medications, including dosages, frequency, length of time taken
and prescribing physician _____
- Expectations for treatment _____
- Additional comments or concerns _____
- Name of social worker, if applicable _____
- _____
- _____
- _____

(Copy this page for person making the call)



Where to get help

Statewide Intervention Network provides help for children with developmental delays

Under federal law, the Individuals with Disabilities Education Act (IDEA) requires that early intervention services be available to every child with significant developmental delays. There is no charge for the evaluation process to determine eligibility for early intervention or special education services.

Parents and care providers may request a child evaluation and be connected with services in the areas of:

- Speech and language skills
- Social-emotional development
- Physical and cognitive abilities
- Hearing and vision

For children birth through age 2:

Living in Newport News or Hampton:

Call Infant Toddler Connection (757) 726-4012

Living in York County, Williamsburg, Poquoson or James City County:

Call Child Development Resources (757) 566-8687

For children living in Gloucester, Mathews, or Middlesex Counties:

Infant Toddler Connection of the Middle Peninsula–Northern Neck (804) 758-5250

For children 2 and older:

Contact the early intervention specialists of the local school system:

Newport News Public Schools (757) 283-7850

Hampton City Schools (757) 727-2400

York County Schools (757) 898-0455

Poquoson City Schools (757) 868-3050

Williamsburg/James City Schools (757) 564-8721

Gloucester County Schools (804) 693-7880

Mathews County Schools (804) 725-3499

Middlesex County Schools (804) 758-2277

Notes



Helpful websites

Bright Futures

www.brightfutures.org

Find descriptions of good behavioral health, issues of concern and developmental tools.

CSEFEL

www.vanderbilt.edu/csefel

The **Center on the Social and Emotional Foundations for Early Learning (CSEFEL)** is focused on promoting the social-emotional development and school readiness of young children birth to age 5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau to disseminate research and evidence-based practices to early childhood programs across the country.

Smart Beginnings Virginia Peninsula

www.smartbeginningsvp.org

Use this site's personalized child care/preschool search to find the right program for your child. You can also check how many stars local centers have earned through the Virginia Star Quality Initiative. Smart Beginnings brings together parents, businesses, and community organizations for the goal of getting children "ready for school, ready for life." This coalition works to improve early care and education quality, family supports and health services for children birth to age 5.

SpecialQuest

www.specialquest.org

The SpecialQuest Multimedia Training Library supports inclusion of young children with disabilities in early care and education settings.

Zero to Three

www.zerotothree.org/child-development

The first three years of life are a period of incredible growth in all areas of development. On this site you will find information, interactive tools, parent handouts, charts, tip sheets, FAQs, articles and PowerPoint slideshows designed to help you support and nurture the health and development of babies and toddlers.

TACSEI

www.challengingbehavior.org

The **Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI)** takes the research that shows which practices improve the social-emotional outcomes for young children with, or at risk for, delays or disabilities, and creates free products and resources to help decision-makers, caregivers and service providers apply these best practices in the work they do every day. Most of these free products are available on the website for you to view, download and use.



Family resources for behavioral health

While the child's pediatrician is often the best resource for parents, this listing includes some other local resources that may be helpful to parents in need of counseling, evaluation or therapy related to social emotional development.

Associated Counselors of Tidewater

10 Basil Sawyer Drive, Suite A
Hampton, VA 23666
(757) 490-6960

Office hours: 9 a.m.–5 p.m., Mon.–Fri.

Specialties: Play therapy, treatment for trauma, depression, anxiety, ADHD, physical/emotional/sexual abuse, relationship/family issues

► Accepts most insurance, including FAMIS and Medicaid

Center for Child & Family Services

2021 Cunningham Drive, Suite 400
Hampton, VA 23666
Phone (757) 838-1960 Fax (757) 838-3280
Office hours: 9 a.m.–8 p.m., Mon.–Thurs.
9 a.m.–5 p.m., Fri.

Specialties: Child therapy, grief, divorce, adoption, anger control, attachment/bonding, defiance, depression, anxiety, trauma

► Accepts most insurance; will serve uninsured on a sliding scale; accredited nonprofit organization; Spanish-speaking counselor available

Help us keep this listing
current by calling
(757) 240-2731 to report
errors in the information or
new resources

Children's Specialty Group Children's Hospital of the King's Daughters

601 Children's Lane
Norfolk, VA 23507
(757) 668-7473

2021 Concert Drive, Suite 203
Virginia Beach, VA 23456
(757) 668-2840

Office hours: 8 a.m.–4:30 p.m. Mon.–Fri.

Specialties: Evaluation, diagnosis and management of children with developmental disabilities including developmental delay, speech and language disorders, autism, cerebral palsy, learning disabilities, birth defects

► Accepts most insurance; may be significant wait time for appointment

Clinical Associates of Tidewater

12965 McManus Blvd., Bldg. 8
Newport News, VA 23602
Phone (757) 877-7700 Fax (757) 872-7211
Office hours: 9 a.m.–7 p.m., Mon.–Thurs.
9 a.m.–5 p.m., Fri.

Specialties: Therapy with children, adolescents, adults; individual and family therapy; psychological testing with intellectual, educational and personality components; consultations with schools, physicians, courts and social service agencies

► Accepts most insurance

Connected Counseling Services

101 Nat Turner Blvd.
Newport News, VA 23606
Phone (757) 753-8401 Fax (757) 223-9783
Office hours: day and evening appointments

Specialties: Counseling and therapy work with couples and families; specializing in parenting, child and adolescent issues; help available for military families, foster care, blended and adoptive families

- ▶ Accepts most insurance

Creative Counseling Center, Inc.

751 Thimble Shoals Blvd, Suite K
Newport News, VA 23606
Phone (757) 706-3404 or 876-7194
Fax (757) 706-3408
Office hours: flexible; some evening/Sat. appts.

Specialties: Trauma, anxiety, depression, school issues, autism spectrum disorder

Practice utilizes “talk” therapy as well as art therapy, play and other creative techniques to work with kids.

- ▶ Accepts most insurance

Dr. Ronald David

716 Denbigh Blvd, Suite B
Newport News, VA 23608
Phone (757) 877-1188

Specialty: Neurodevelopmental pediatrician

Hampton/Newport News Community Services Board

300 Medical Drive
Hampton, VA 23666
Phone (757) 788-0300 Fax (757) 788-0973

Specialties: Intensive in-home services

Helps children and their families reduce emotional disturbance, resolve family problems and build more stable families.

- ▶ Emergency Services: (757) 788-0011
Professional crisis counselors provide 24-hour immediate intervention and counseling

Inneraction Unlimited

704 Thimble Shoals Blvd, Suite A-3
Newport News, VA 23606
Phone (757) 596-7938 Fax (757) 596-7939

Provides information and therapeutic support for children and families, including “Emotionally Focused Therapy” based on the attachment theory, and “The Nurtured Heart,” turning our focus on what’s wrong to the strengths children demonstrate.

Peninsula Pastoral Counseling Center

707 Gum Rock Court
Newport News, VA 23606
(757) 873-2273
Office hours: 8:30 a.m.–8 p.m., Mon.–Thurs.
8:30 a.m.–3 p.m., Fri.

Specialties: Parenting, anxiety, anger, depression, women’s issues, self-care, spirituality, loss and bereavement, forgiveness

- ▶ Accepts most insurance and offers client assistance for those who lack insurance or the means to pay

Rock Landing Psychological Group, PLC

The James Building, 11825 Rock Landing Drive
Newport News, VA 23606
Phone (757) 873-1736 Fax (757) 873-1028
Office hours: Day and evening appointments

Specialties: Private practice of psychiatrists, psychologists, clinical social workers, licensed marriage and family therapists and licensed professional counselors; provides services to children, adolescents, adults, couples and families

- ▶ Accepts most insurance

Transitions Family Violence Services

Hampton, VA
Children’s Services (757) 728-2639
24-hour Hotline (757) 723-7774

Specialties: Provides emergency, short-term, and transitional shelter; support groups; safety planning and legal advocacy; information and referral; art and play therapy; and outreach to underserved populations; all services available at no charge

- ▶ Nonprofit organization

VersAbility Resources **Early Prevention and Intervention** **for Children (E.P.I.C.)**

2520 58th Street
Hampton, VA 23661
Phone (757) 896-8464 Fax (757) 896-8470
Office hours: 8 a.m.–4:30 p.m., Mon.–Fri.

Specialties: Children under 3 developmental evaluation, speech-language therapy, occupational therapy, physical therapy, case management, service planning & coordination, parent support groups, school transition referrals.

- ▶ Will provide services in the child's home, child care or community center
- ▶ Accepts most insurance
- ▶ Nonprofit organization

SE HABLA ESPAÑOL

Center for Child and Family Services

2021 Cunningham Drive, Suite 400
Hampton, VA 23666
(757) 838-1960, Ext. 311
Office hours: 9 a.m.–8 p.m., Mon.–Thurs.
9 a.m.–5 p.m., Fri.

Specialties: Spanish-speaking counselor available for child therapy, grief, divorce, adoption, anger control, attachment/bonding, defiance, depression, anxiety, trauma

- ▶ Accepts most insurance; serves uninsured on a sliding scale
- ▶ Accredited nonprofit organization

Child and Family Connection

348 McLaws Circle, Unit 3
Williamsburg, VA 23185
Phone (757) 229-7940, Ext. 201
Fax (757) 229-8081
Office hours: Flexible hours by appointment

Specialties: Spanish-speaking behavioral health specialist works with families and children of all ages

- ▶ Accepts most insurance

Colonial Psychiatric Associates LLC

708 Mobjack Place
Newport News, VA 23606
(757) 873-1958
Office hours: 8 a.m.–4 p.m.

Specialties: Spanish-speaking psychologist provides assessment and therapy for children, adolescents and adults; works with a range of issues including depression, anxiety, parenting issues, military families, ADHD

- ▶ Accepts most insurance

Williamsburg Psychiatry

1101 Professional Drive, Suite C
Williamsburg, VA 23185
Phone (757) 645-3795 Fax (757) 645-3796
Office hours: 8 a.m.–5 p.m., Mon.–Thurs.
8 a.m.–Noon, Sat.

Specialties: Spanish-speaking psychiatrist counsels parents, children and adolescents

- ▶ Accepts most insurance

CLASSES & RESOURCES TO SUPPORT PARENTS

Children's Hospital of the King's Daughters

Health & Surgery Center at Oyster Point
11783 Rock Landing Drive
Newport News, VA 23606
(757) 668-7500 or (800) 395-2453
www.chkd.org/Classes/Events.aspx

Classes for kids, teens, parents and grandparents. Most are free, but registration is required. You may not be able to register for all classes online; please call to register or for information.

Hampton Roads Care Connection for Children

Children's Hospital of the King's Daughters
601 Children's Lane
Norfolk, VA 23507
Phone (757) 668-7132 Fax (757) 668-9644
www.chkd.org/services/careconnection

Sponsored by the Virginia Department of Health, the regional program uses a team-based approach to provide coordination of health care services, community support and resources to children with special health care needs.

Healthy Families Newport News

6060 Jefferson Avenue
Newport News, VA 23605
(757) 926-6009
www.nngov.com/human-services/healthy-families/resources

Newport News Healthy Families Initiative is a part of the Healthy Families Virginia Network. The program offers home visiting, and parenting support for expectant families or families with newborns. Community partners help achieve the mission of child abuse and neglect prevention by providing resources, advocacy, public education and a connection to a variety of family support programs.

Healthy Families Partnership of Hampton

100 Old Hampton Lane
Hampton, VA 23669
(757) 727-1300
www.hampton.gov/healthyfamilies/

Offers numerous programs for parents and children, including playgroups, effective parenting, 123 Magic and programs for fathers.

Mary Immaculate Family Focus

2 Bernardine Drive
Newport News, VA 23602
Phone (757) 886-6000 Fax (757) 886-6881

Offers classes for parents, a nurturing fathers program and parent/child playgroups in both English and Spanish. Family Focus also provides on-site professional parent educators and special activities for families.

Newport News Department of Human Services, Parenting Courses & Services

6060 Jefferson Avenue
Newport News, VA 23605
(757) 926-6649

Birth to Five Parenting class helps parents recognize and understand the developmental stages and learn nurturing routines, behavior management and coping skills. Also available are classes for parenting older children, as well as court-approved classes in co-parenting and anger management.

Peninsula School for Autism

12749 Nettles Drive, Suite A
Newport News, Virginia 23606
Phone (757) 223-0558 Fax (757) 223-0559
www.peninsulaschoolforautism.com

Offers individualized educational and behavior support programming in the year-round day school program and after-school program.

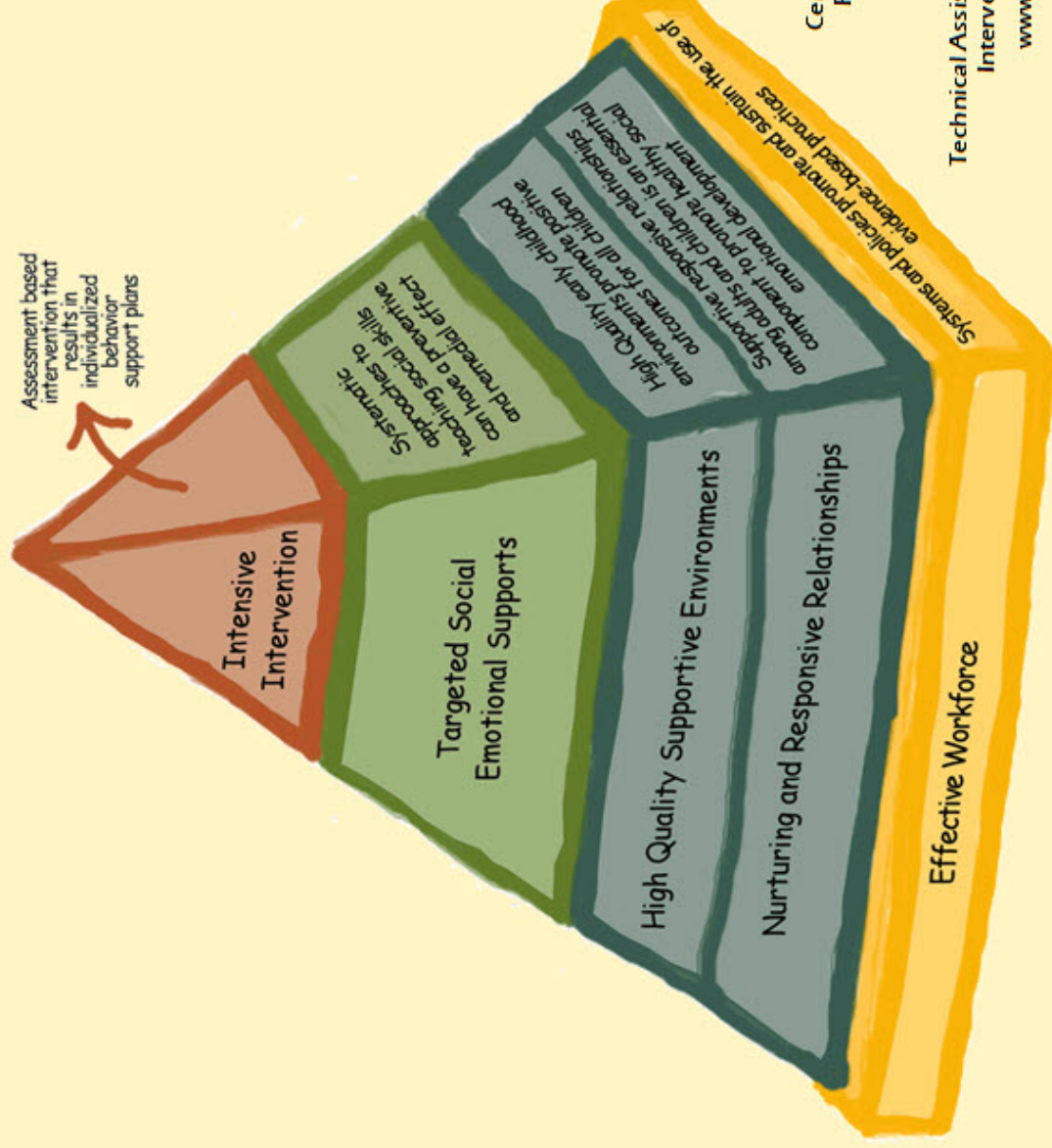
Public Libraries

Newport News: www.newportnewslib.org
Hampton: www.hampton.gov/index.aspx?NID=100
York County: www.yorkcounty.gov/Home/Libraries
Poquoson: www.ci.poquoson.va.us/library
Williamsburg/James City: www.wrl.org
Gloucester: www.gloucesterva.info/Library
Mathews: www.mathewslibrary.org
Middlesex: www.yourmiddlesexlibrary.org

Parents and caregivers help children learn to read by enjoying books together, beginning in infancy. The libraries offer story times for babies and toddlers, and free resources on child development.

Pyramid Model

for Promoting **Social Emotional** Competence in Infants and Young Children



Center on the Social and Emotional
Foundations for Early Learning
www.vanderbilt.edu/csefel

Technical Assistance Center on Social Emotional
Intervention for Young Children
www.challengingbehavior.org



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321 Main Street • Suite A • Newport News, VA 23601

(757) 240-2731 • www.smartbeginningsvp.org