



Updates

Volume 9, Issue 3

September 2006

In This Issue

Togetherness Through Music..... 2

Early Intervention Workshops...[Insert]

NM 2nd Annual Interdisciplinary Early Care and Intervention Conference 3

The Division Welcomes..... 3

New Mexico School for the Blind Training Announcement 3



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Taking Care of Yourself: A Daily Practice *by Debra Billings*

Those of you have taken the workshop “Taking Care of Yourself: Creating Opportunities for Joy,” have experienced how to create moments of joy for yourself in your work with young children and their families. This work of daily “nurturing the nurturer” takes practice and conscious effort. I have spent some time fine tuning the art of taking care of myself and have found that the benefits are well worth the attention it takes to recognize and experience positive moments in my everyday life.

For those of you who took the workshop, this is a reminder to continue noting in your journal or taking the time at the end of your day to remember the positive things that you noticed in your day. Ultimately, nurturing yourself becomes a daily practice like eating, sleeping or brushing your teeth, not just periodically or when you have time. The following are a few ways to help us practice.

- **Recognize** daily the positive things that are going on in your day. The things that make you smile. The things that are happening regardless of your mood or stress level.



- **Look** for the things that you know bring a smile to your face and warm your heart - flowers in bloom, kids playing in a park, puffy clouds in a brilliant New Mexico sky, or a baby’s smile.
- Consciously create a **ritual** that makes you feel good and enhances your well being.
- Or, use your **memory** of an event or **anticipation** of one to make you feel good, if only for a moment.

During my conversations with people who are journaling or consciously remembering their joyful moments at the end of the day, I learn that they are sleeping better at night and feeling less stressed the following day.



Several months ago, I asked people who typically do not journal to keep “joy journals.” In “joy journals” they jot down five moments that brought them joy at the end of every day. The following are some of their discoveries:

- “I noticed that I would experience something joyful and would take a moment to make a mental note to capture it later on paper. I think this helped me ‘be in the moment’ that the joy was actually taking place.”
- “So here’s a little secret: after a week or two of writing in a joy journal you begin to recognize those joy filled moments as they are happening.”

(Continued on Page 2)

(Continued from Page 1)

- “As a result of the journaling experience I am able to recognize joy in my life as it happens and feel it in my heart. The joy in my life is honored.”
- “Overall I think it was a good experience because it helps you remember ‘good’ moments from the day rather than the ‘negative’ or less pleasant ones. We typically recall the situations, conversations that are not the happiest.”
- “No matter how bad I thought my day had been, stopping to consciously reflect on the joys, no matter how small, at the end of the day helped me realize that no day is ever completely bad.

Many joyful moments combined together can make for one very joyful day. I encourage all of you to take time to create opportunities for joy in your life. This has made all the difference in my work and in my relationships with others. And, as an added bonus, I am sleeping better at night!

Togetherness Through Music

by *Mary Zaremba*

Music, movement, moms, dads, and babies are the ingredients of a delightful group experience for families offered by New Vistas in Santa Fe. The groups are facilitated by the talented Devi Borton for each 50 minute session, where experimentation and improvisation rule within a gently, structured setting. Having fun is the goal!



The program is based upon sound principles from Music Together[®] an 18 year research-based program out of Princeton, New Jersey. The purpose of the program is to encourage “musical competence” with the added benefits of a child’s ability to experience movement, communication, and socialization in the context of relationship.

Devi Borton, who has a master’s degree in counseling, operates FAM JAM! Music Together[®] in the Santa

Fe area, along with three other certified instructors. All instructors are trained and certified in the Music Together[®] method. They are not only knowledgeable about music, but child development as well. Positive parenting strategies are readily demonstrated. Restless toddlers are allowed to move as needed, and if they are tired and need a break – that’s OK! Participation is never forced. The children are coaxed to join in, but sitting off to the side or in mom’s lap for a while is quite acceptable.

Magi Gerety, the Early Childhood Director with New Vistas has found the program to be “a great way to work on the parent-child relationship” and to “see changes over time.” A home carryover component is built into the program. Participating parents are given CD’s of the music used in the sessions to play at home. There is no requirement to do specific assignments. Rather, the idea is for parents to play the CD at home and encourage their child to respond with interest – maybe doing some free dancing!



During the sessions I visited, Devi utilized a variety of non-pitched instruments, such as drums, triangles, shakers, and rhythm sticks. Non-pitched instruments are used so that children don’t ever feel they are playing a “wrong note.” She led some sing-a-longs, as well as dancing with scarves activities. Throughout the sessions, Devi gave gentle guidance to parents about how to position their child or ways to gain the baby’s attention to maximize their togetherness and fun!

This group experience New Vistas is offering to families seems like an inspiring way to facilitate the parent-child relationship while having fun with music.

For more information on this marvelous program, visit: <http://famjam.net> or call: (505) 466-6999.





New Mexico's 2nd Annual Interdisciplinary Early Care and Intervention Conference: Promise, Practice and Policy October 26 - 27, 2006

The New Mexico's 2nd Annual Interdisciplinary Early Care and Intervention Conference: Promise, Practice and Policy is an opportunity to advance our knowledge and vision in infant and toddler development, their well being, and that of their families.

The focus of the conference continues to reflect social-emotional development as the basis for all later learning. This year the conference will feature Victor Bernstein, PhD, who will deliver the keynote address and conduct two workshops around the theme of developing positive relationships with families who are living in difficult circumstances.

In addition, eight other workshops are planned on related topics, as well as a panel discussion to round out the day.

The conference is intended for all service providers in the fields of early care and intervention including: child care providers, early childhood educators, early intervention practitioners, family members, case

managers, social workers, nurses, therapists, mental health clinicians, administrators, policymakers, and advocates.

In addition, on Thursday, October 26th, a workshop is being offered and facilitated by Victor Bernstein on reflective practices and supervision. This day-long workshop, Care for the Caregivers: Supporting the Well-Being of Parents with Children who Are At-Risk through Supporting the Well-Being of the Programs that Serve Them, is geared to support program managers or those who have supervisory responsibilities.

The conference will take place at the Albuquerque Marriott Pyramid North Hotel in Albuquerque, NM. The conference program and registration information will be distributed widely by mail or website <http://cdd.unm.edu/CalendarPro2/EventViewer.asp> and click on "View Upcoming Events."

Early bird registration ends on September 28, 2006. For more information about the conference, contact Joette Baity: (505) 272-3011.

The Division Welcomes



Leslie Sandoval joined the Pre-school Network staff earlier this year as the Training Support Analyst. Prior to coming to the CDD, she worked as a technical writer for the Department of Defense and Department of Energy at White

Sands. Leslie is the parent of three step-daughters. She has a background in English and computer science and in her free time, she is an avid artist and video gamer.



Training

The New Mexico School for the Blind and Visually Impaired (NMSBVI) is planning a 2-day vision training for early intervention providers. This will be on October 26 and November 29. CEUs for PTs, OTs, SLPs, social workers, and nurses will be available, and certificates for Developmental Specialists.

This is the shorter format that we adapted with fewer hours of training and less homework. To register or if you have questions, please contact Cindy Faris at (505) 859-0427 or faris1@comcast.net.



Please Post

Calendar 2006

Early Intervention Workshops

OCTOBER 2006

October 17

Orientation to Part C
Albuquerque
Sherri Davidman – sdavidman@earthlink.net
FIT Regional Coordinator

October 26, 27

*New Mexico 2nd Annual Interdisciplinary Early Care
and Intervention Conference*
Albuquerque
Joette Baity – jbaity@salud.unm.edu
ECN Training Support Analyst

DECEMBER 2006

December 8

Service Coordination: Transition
Roswell
Suzanne Pope – supope@msn.com
FIT Regional Coordinator

SERVICE COORDINATION modules are required for all new service coordinators working in early intervention programs.

It is highly recommended that these modules be taken in order, if at all possible.

NOVEMBER 2006

November 3

It's Only Natural
Las Cruces
Debra Billings – dbillings@salud.unm.edu
ECN Program Consultant

November 9, 10

Service Coordination: Eligibility to IFSP
Roswell
Suzanne Pope – supope@msn.com
FIT Regional Coordinator

November 15

Early Childhood Transition Training
Albuquerque
Nicole Romero – (505) 827-2578
FIT Administrative Assistant

November 15

*The Developmental Evaluation:
An Ebb & Flow Process*
Santa Fe
Julie Bachechi – jbachechi@salud.unm.edu
ECEP Training Support Analyst

November 17

Orientation to Part C
Roswell
Suzanne Pope – supope@msn.com
FIT Regional Coordinator

*Please make reservations
for all workshops.*

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1-800-827-6380 or 272-0281

Visit our website at <http://cdd.unm.edu/ec>



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