

# INSIDE YvY

## Yeled v'Yalda Parent Newsletter



### IN THIS ISSUE

How to Give Clear Directions, Food Planning



Head Start

Early Head Start

Home-Based Early Head Start

Expectant Moms' Program

Special Education

Early Intervention

Title I

ABA Insurance

WIC Program

NY State of Health Marketplace

Research Institute

Project Reach

Fitness Center



Children at the YvY Learning Center enjoy tracing each other's hands. Tracing can help a child practice the skills necessary for writing.



NATIONAL HEAD START ASSOCIATION



*CDC Report highlights Head Start's success in providing high quality service during Covid.*

**12/20 WASHINGTON, DC** – The Centers for Disease Control and Prevention (CDC) released a report highlighting Head Start's effective response in managing the spread of COVID-19. The report detailed Head Start's success in implementing CDC-recommended guidance and other mitigation strategies that could serve as a model for the early care and education system across the country. The report also validated the critical role that increased funding, provided through the CARES Act, played in enabling Head Start programs to support families in a safe, healthy manner.

The study noted several factors contributing to successful implementation of CDC-recommended guidelines that helped to prevent COVID-19 transmission among children and staff members, including:

- Following the lead of experts and their recommendations;
- Funding programs through the CARES Act to enable necessary adaptations;
- Providing flexibility and support for Head Start staff
- Taking a nimble, multi-pronged approach that evolves as circumstances change; and



**Yasmina Vinci, NNSA Executive Director**



- Conducting multi-faceted, ongoing communication with consistent messaging among program administrators, parents and caregivers, teachers, and other staff members, as well as continuous engagement with community partners.

National Head Start Association Executive Director Yasmina Vinci issued the following statement:

“Over the course of the COVID-19 pandemic, Head Start has once again set the standard for delivering high-quality early care and education, taking every possible precaution to protect the health of Head Start children, families, and staff and the communities in which they live,” said Vinci. “Head Start and Early Head Start programs have led the way in responding to COVID-19, successfully continuing services to families and implementing guidance to reopen and remain open for in-person services. Head Start’s ability to be nimble, while simultaneously following research-based guidelines and maintaining its longstanding parent engagement practices, enabled programs to adjust rapidly to local circumstances and continue providing the high-quality services it is known for.”

The full report is available here: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6949e3.htm>

## Head Start/Early Head Start News

YvY Head Start/Early Head Start is putting forth herculean efforts in its goal to maintain a level of normalcy in these difficult times.

Since the start of in-person sessions, some classes were temporarily closed or quarantines enforced as per DOH recommendations, when students, parents or a teacher tested positive for Covid. Despite these challenges, the YvY workforce has held down the fort by steadfastly delivering the quality care that YvY families rely on.

YvY’s Farragut Road center is currently coping with an extra challenge due to a fire that destroyed a large part of the building while the center was closed in October. Management and employees are doing all they can to tenaciously continue services while dealing with both Corona regulations and the loss of space and classrooms.

A virtual workshop on “How to Identify Stress in Children” by Massiel A. Frias, LMHC, was offered to parents. Parents learned how to distinguish between normal development and concerning behavior in their children, as well, as ways to support their children through stressful situations such as beginning in-person school after many months at home, the importance of routines, some relaxation and meditation techniques to do with children, and when to get additional help. In addition, Education Directors were given a “booster” trauma training where Alyssa Alexander, YvY’s Director of Mental Health, reviewed the main points of Massiel’s training and intervention strategies. Teachers were encouraged to utilize these activities in their respective classrooms.

A Parents as Teachers curriculum handout was distributed by Libby Chein, YvY’s Parent Family & Community Engagement Coordinator to all sites for



Head Start



Early Head Start



A HS child at the 2166 Coney Island Ave. site hugs a furry friend. “Transitional objects” like teddy bears help children handle emotions and limit stress.

sharing with parents. This informative handout informs parents how they can teach scientific concepts to children in a simple and fun way.

My Parents, My Teachers is a video featured on the Early Childhood Learning & Knowledge Center website that highlights the importance of enriching the everyday experiences of children through reading, communication, and playing music from birth. Watch it here: <https://eclkc.ohs.acf.hhs.gov/video/my-parents-my-teachers>

YvY's 24/7 free parenting telephone conference line at 718-305-5310 offers informative presentations by experts on relationships and parenting. Parents are encouraged to utilize this excellent resource.

Outstanding Best Practices teacher trainings were provided by Henny Krasnianski-Kohn and Rochel Shpritzer throughout November to January. In order to prevent or mitigate Covid spread, the groups of teachers attending were kept very small. Some of the topics covered included Setting Behavior Expectation, Routines and Rules, Transition, Problem Solving and Meaningful Bulletin Boards.

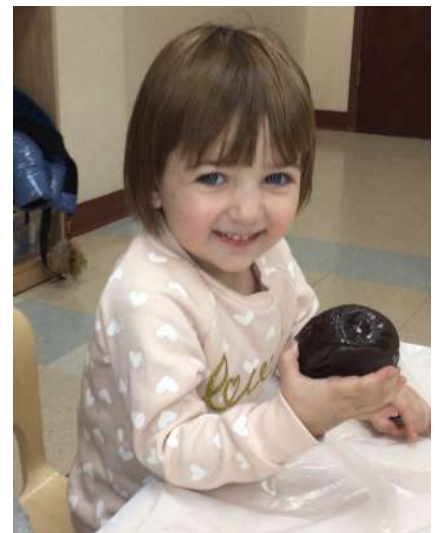
16 assistant teachers in Head Start and Early Head Start are working on attaining the CDA credential. The Child Development Associate (CDA) Credential™ is the most widely recognized credential in early childhood education (ECE) and is a key steppingstone on the path of career advancement in ECE. The CDA Credential™ is based on a core set of competency standards, which guide early care professionals as they work toward becoming qualified teachers of young children. Assistant Teachers at YvY are fortunate as they are coached by in-house educators until they achieve their certification.

Despite the concern about Covid-19, every effort is being made to keep things running as smoothly as possible at YvY's We Care Early Head Start, in order to service families in the most meaningful ways possible. The site is functioning with full staff in attendance. The addition of a Covid Greeter has been very helpful in implementing the Covid protocols. The same is true for Home Visits, an integral part of the Early HS program, which are continuing with safety measures implemented. The Home-Based children and toddlers have received books for literacy enhancement, and various toys and supplies, which are used in the home under the guidance of the Home Visitors and teachers to reinforce the learning goals.

Mommy and Me Socializations are still held twice a month, with only small groups, and all safeguards taken. In addition, programs are augmented with alternate solutions, such as phone Mommy and Me sessions with Teacher Malky, and Quick Takes with Chaya Winkler.

Childbirth Classes are ongoing for the EMP Mothers and enhancement funds have enabled distribution of childbirth education books to participants. Monthly Parenting Workshops with Chaya Winkler, MSW, have continued, also with appropriate precautions.

A Nutrition Zoom Workshop for moms, given by Tanya Rosen, RD., is upcoming!



A YvY EHS child enjoys a snack at a Mommy & Me socialization

## HS Health Services

Yeled's Director of Health and Safety, Malky Rosin, RN welcomed a new nurse Aura Slovin to the team! Aura is already proving to be a tremendous asset and



Head Start  
Health Services

doing wonderful work to help keep the sites safe. The Health & Safety team has been working tirelessly keeping up with any and all new information and regulations that will allow YvY sites to run safely for the children and staff. Good news is surely on the horizon and everyone is urged to continue to take proper precautions so YvY can continue to operate in compliance and safety.

The Flu Vaccine deadline was December 31st. Communications were sent out to all parents to ensure that all Head Start children would be vaccinated in time so that they would be able to continue to attend in-person classes.



L-R Malky Rosin, Dina Lipkind, Chaya Isaacs, Aura Slovin

## HS Nutrition Services



Dina Lipkind MS, RDN, CDN, Director of Nutrition Services, presented to the YvY PC on Yeled v'Yalda's effort to provide food and nutrition support during the Covid 19 pandemic to YvY families. YvY began to assess families' food resource needs immediately upon Covid 19 closures of all YvY Head Start and Early Head Start programs in March 2020.

When school is open regularly, YvY serves children 3 nutritious meals every day, which is approximated to be 2/3 of what each child needs nutritionally every day. YvY families come from very diverse backgrounds with specific cultural beliefs that include very detailed dietary criteria both personally and religiously. YvY Nutrition services recognizes that it is essential to meet our diverse communities needs in a respectful and supportive way. Family Workers were in touch with the parents on a weekly basis to ensure that they had enough food for their family. Many of the host programs for YvY embedded programs were distributing meals daily and food pantry bags weekly to help support parents in feeding their families. Many families in these schools were most comfortable with these resources that specifically utilized culturally appropriate foods that met their kashruth needs. In addition, there was emergency meals and food supply available through community-based organizations that specialize in emergency food resources. The local community councils, such as COJO, CHJCC, Masbia had emergency hotlines and community outreach workers providing food itself as well as resources, referrals and assistance in applying for SNAP and additional entitlements when needed, due to changes in economic status due to Covid 19 pandemic. YvY staff gave parents referrals to addresses to their community locations where food was being distributed during the pandemic.

## Project REACH



In December, Project REACH conducted its first HEALTHY ME event. The objective was to provide the required hearing and vision screenings, flu vaccines and dental checkups on the Ezra Dental Van - all in one venue. COVID testing and Antibody Testing for families and staff were also provided for good measure!

The HEALTHY ME event was motivating and enjoyable for families. There were healthy, pre-packaged take-out lunches and an easy holiday craft for the children to do while they waited. After the screenings, the children had a short opportunity to play on the gross motor equipment on site. The highlight of the event was the personal supplies knapsack which were offered to all of the adorable Project REACHers! The supplies Backpack was provided thanks to a generous COVID grant the program received to reduce cross contamination between clients, many of whom are immunocompromised due to preexisting medical concerns. Many thanks to all the staff and families for making this event an overwhelming success!

In January, Project Reach invited Jenny Hoi Yan Fu MA, LCAT, MT-BC, Nordoff-Robbins Music Therapist, Austin Vocal Psychotherapist, to conduct an extraordinary workshop that trains staff on reaching and engaging children through musical improvisation.



**THE healthy me event**  
Yeled V Yalda

Introducing our HEALTHY ME event! Your one-stop for all the required Project REACH Head Start health screenings.

For your convenience, we will be providing:

- ♥ Hearing & vision screenings
- ♥ Flu shot
- ♥ Dental checkups

Choose an appointment for either one of our HEALTHY ME events:

- Sunday November 22 from 10:30-2:00
- Sunday December 6 from 12:00-4:00

Event will take place at 1265 38th st. Bring the whole family to enjoy a gourmet lunch, craft, prizes, and more!

CALL NOW TO SET UP YOUR APPOINTMENT  
347.585.2141

Make sure to pick up your child's personalized supplies backpack which includes a full array of crafting supplies, science, and musical instruments - a \$50 value! (For Project REACH screening attendees only).

We are offering optional covid and antibody testing at the event as well!

## Marketplace

Marketplace navigators are back in the office, but due to the pandemic, the DOH has approved over the phone applications. Any important documents needed can be faxed or emailed. If a client prefers to visit the office, an appointment can be scheduled to meet with a navigator by calling 718-686-2189. Special enrollment period for Qualified Health Plans has been extended. Reminder: Enrollment for Medicaid and essential plans is open all year round.



## NYS Marketplace Navigation

Yeled V Yalda

OPEN ENROLLMENT PERIOD EXTENDED THROUGH 11/2021

FREE OF CHARGE!

During these unprecedented times, Yeled V Yalda is here to help you apply for coverage through NY State of Health!

Applications, renewals and changes are now done over the phone.

Medicaid, Child Health Plus, Essential Plan, & Qualified Health Plans

CALL TODAY TO SCHEDULE AN APPOINTMENT FOR OPEN ENROLLMENT!  
OUR MANY NUMBERS TO CONTACT ARE: 718.686.2189  
OR CALL ONE OF THE NUMBERS LISTED ABOVE FOR A LOCATION NEAREST YOU!



## WIC

YELED VYALDA WIC Farragut Road may be closed temporarily, but YELED VYALDA WIC Boro Park is open and remotely servicing all participants (including Farragut Road participants). New staff has been hired to help service the many participants in need. Participants can submit required documents via Fax 718-686-2196 or email [WIC@yeled.org](mailto:WIC@yeled.org) and all questions can be directed to the WIC program's main number at 718-686-3799.



## Policy Council

Policy Council elections took place in November and were immediately followed with the first meeting of the year. Participants were zealous about maintaining social distancing. Attendants each received a boxed luncheon in lieu of the usual buffet lunch spread. There was excellent parent representation from all sites.

Head Start has always viewed parents as critical partners in its work to educate young children. YvY gratefully welcomes and thanks the new 2020-21 Policy Council members who volunteer their time to be part of this vital partnership.



**Chairperson:**  
Shifra Miriam Graus

**Co-chairperson:**  
Coral Sfaradi

**Members:** Chava Reichard    Devorah Schapiro  
Malky Krausz    Chaya Weiss  
Chumi Faibish    Brandel Perlstein  
Hannah Sutton    Zissy Fixler  
Aranzasu Lopez

**Secretary:**  
Etosha Kornagay

**Treasurer:**  
Tillie Glauber

**Chairperson Personnel Practices Committee:**  
Rachel Gross

**Community Liaison:**  
Linda Balanka

**Community Reps:** Henny Rosenfeld    Esther Heszkel  
Fraidy Schwimmer

## YvY Fitness

As soon as the NYC DOH gave the go ahead, the YvY Fitness Center had a 'soft' opening by welcoming back existing members to use the gym (pool was still closed initially). Property Management utilized the downtime to spiffy up areas of the center in need of touch ups. The striking impact of the newly painted doors and moldings give a fresh look to the center. In November, once the pool was able to be reopened, members happily flocked back to the center. Sauna and steam room use and indoor classes are not yet allowed, however members are thrilled to be able to start up their fitness regimen again, despite the modified operating hours. In December, the Fitness Center was required to submit an audit of existing operations, documentations and safety business plan



via email in place of an in-person inspection. A comprehensive package was prepared and sent off in a timely manner. Nevertheless, in January a DOH inspector showed up for inspection. Everything was presented to the inspector to his satisfaction and the Fitness Center hopes to expand hours further as soon as is reasonably possible. Fitness Management appreciates the patience of members as it deals with ever-changing Covid regulations and beseeches everyone to exercise caution as long as Covid cases are still ensuing.



## Special Ed & Related Services

Yeled v'Yalda's Special Education Department has grown significantly over the years. We now boast multiple successful programs aimed at delivering the best support of our students' educational and social needs. Throughout COVID, YvY SPED not only continued its top notch service to our precious clients, but continually improved and expanded its services, setting new standards of care. Below are a recent highlights from a few of our programs.

The Special Education Department is currently servicing thousands of children, both in person and via teletherapy. The SpEd Professional Development Department is in full swing, maximizing virtual conferencing options to continue to offer high quality educational trainings to YvY providers.

While KCM Therapy, a popular Boro Park OT/PT Center has closed their doors, their very talented team has joined YvY to provide center-based OT/PT services to accommodate the overflowing needs of the community.



Early Intervention



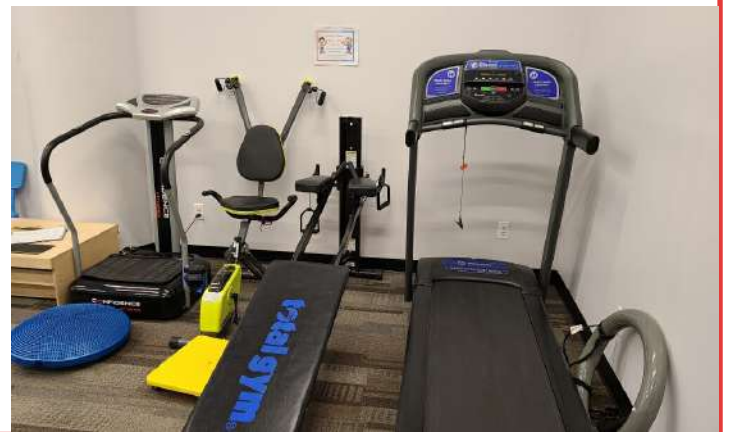
ABA  
Insurance Services



Therapy Services  
SEIT, Speech, OT, PT and Counselling



Student Success Services  
Title I





As such, YvY has expanded to a second location in Boro Park. The first center continues to provide services at YvY's Learning Center at 1257-38th Street while the second therapy center/gym is located at a state-of-the-art 4000 square feet space at Brooklyn Square on 14th Avenue and 37th street.

Yeled v'Yalda's Title I program is growing exponentially which precipitated a move of its offices to Brooklyn Square this past December. Yeled's Title I program which provides supplemental instruction in LA, Math and STEAM subjects is currently servicing diverse student populations in Boro Park, Williamsburg, Flatbush, Crown Heights, downtown Brooklyn and the Upper West Side in Manhattan. Additionally, Title I offers supplemental tutoring, mentoring and counseling to support students' academic progress. The dedicated team of providers are supported and guided by Yeled v'Yalda's outstanding educational supervisors. The Title I program has seamlessly adapted to the evolving COVID pandemic to provide virtual learning opportunities that are culturally sensitive and suit the needs of each school.

YvY's ABA Insurance is running full blast! The program which provides additional support to children in need of ABA with an ASD diagnosis, is consistently growing and expanding and has evolved as a leading force in the ABA insurance field, addressing individuals with behavioral and social deficits. The devoted clinicians are consistently investing an enormous amount of time and effort to tailor make and update each individual's behavior plan and work along with the child and family, which has been resulting in highly positive outcomes for children of all ages receiving our services. To launch an exciting year of programming, Mr. Meir Licht led ABA social groups in woodworking and science experiments to many of the children's delight. ABA's intake coordinator can be reached at 718-686-2305 and at [insintake@yeled.org](mailto:insintake@yeled.org) and is available to assist throughout the enrollment process. The YELED VYALDA ABA insurance program continues to be your proud partner in witnessing the success of "our" children.



Head Start children at the various sites unleash their imaginations to form different types of Menorahs.

## Yeled v'Yalda Early Childhood Center, Inc.

1312 38th Street  
Brooklyn, Ny 11218  
www.yeled.org

**Chairman Of The Board**  
Jacob Ungar

**Chief Executive Officer**  
Solomon Igel

**Chief Operating Officer**  
Zvi Pinter

**Policy Council Chairperson**  
Shifra M. Graus

**Executive Director**  
Naomi Auerbach, Msed

**Chief Financial Officer**  
Rebecca Gutman, Cpa

**Director, Federal Programs**  
Wayne Goldberg, Ma, Mpa

**Director, Special Services**  
Chaim Szanzer, Edd, Sas, Sds

**Director of Operations,  
Disabilities Program**  
Mina Sputz, Ms, Sas

**Coordinator, Title I**  
Eti Moskovits, Msed

**Director, Human Resources**  
Gitty Lichtenstein, Msed

**Director of Personnel**  
Henny Kohn

**Director of Compliance and Legal Affairs**  
Ruth Akerman, Esq.

**WIC Coordinator**  
Nechama Stolzenberg, Mpa

**Director, NY State of Health Official Health  
Plan Market Place and Healthy Families**  
Nava Sivan, Ma, Bcba

**Director of Nutrition Services**  
Dina Lipkind, Ms, Rd, Cdn

**Director, Mental Health**  
Alyssa Alexander, Lcsw

**Director, Policy and Research for  
Education**  
Isabelle Barriere, Phd

**Program Coordinator, EHS**  
Devora Barnett, Maed

**Health Coordinator**  
Janie Friedman, Rn

**Director of Fitness**  
Chaim Sabel

**Coordinator, ABA Program**  
Kreindy Myers, Msed, Sas

**Policy Council Liaison**  
Esther Knoll

**Senior Clinical Director, ABA Services**  
Devorah Ackerman,  
Msed, Bcba, Lba

**Program Director, ABA Insurance**  
Emly Chernoff

Professional Development Trainings at Yeled v'Yalda continue to promote personal and professional growth for YvY employees and therapists. Many lectures and trainings continue to take place via teleconferencing and webinars.

Sensory-Relfex  
Foundational Approach  
OT/PT Workshop  
*Ricki Dembitzer*

Emotion Regulation SEIT  
Teleconference  
*Bruchie Fisher*

Building Motivation-  
Building A Relationship  
SEIT Teleconference  
*Tani Prero, MA*  
*Wilderness Adventure  
Therapist*

An Overview of Language  
Development in Children  
Teacher Training  
*Mr. Yossi Graus, SEIT  
Supervision Leader*

Dynamic & Engaging  
Therapeutic Approaches  
SLP Webinar  
OT Training  
*Maayan Nacach OTR/L*

The Nurtured Heart  
Approach  
ABA Insurance LBAs  
*Naftali and Yael Walfish  
LMSW, LCSW*

5-cohort Comprehensive  
Kriah Course  
*Gitty Rosenfeld, MS Ed*

Power of You Support  
staff (training series)  
*Nechama Dina  
Silberstrom*

Why Is Play Crucial for  
Building Skill? SPeD  
Webinar  
*Faigy Zicherman,  
Transition Supervisor*

Best Practices, Head  
Start Teachers (training  
series)  
*Henny Krasnianski-Kohn,  
Rochel Shpritzer*

Management and  
Leadership skills, EHS

Supporting the  
Traumatized and  
Dysregulated Child,  
Managerial Staff  
*Andrea DeSantis, an OT,  
PT, PhD*

Mandated Reporter  
Training, all staff  
*Alyssa Alexander, Dir. of  
Mental Health*

Scholastic Success Inc.  
*Devorah Perel Schechter*

Let's Get Real, SpEd  
Webinar  
*Sarah Ward, M.S., CCC/SLP*

Choosing Optimism, EHS  
staff  
*Debbie Silver, PhD*

Square Pegs Round  
Holes, EHS staff  
*Debbie Silver, PhD*

Fred Pryor Institute  
Webinar: Crucial Skill  
building, SpEd  
*Maude Le Roux OTR/L*

Recognizing and  
Addressing Stress in  
Children and Adults, EHS  
Staff  
*Rabbi Y.Y. Sputz*

Fostering Resilience in  
Children\* SLPs and SpEd  
Providers  
*Perri Hecht, M.S. CCC-SLP/A  
Cert. AVT, LSLs & Mindy  
Rosenthal, M.S., BCBA*

Art: from the Perspective of  
a Toddler, EHS staff  
training  
(upcoming in February)

Supporting the  
Dysregulated Child, SEIT  
managerial staff  
*Andrea DeSantis, an OT, PT, PhD.*  
(upcoming)

\* The "Unlocking the  
Potential: Fostering Resilience  
in Children" workshop  
was livestreamed for all  
YvY PD and served as a  
testing ground for further  
livestreamed events.



Best Practices



Power of You

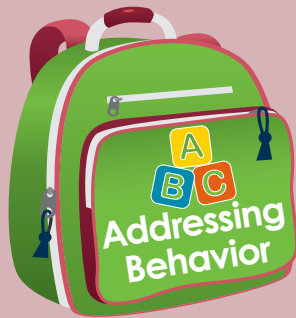


Unlocking the Potential



Program Managers/Ed Directors  
meet via Zoom





## Backpack Connection Series

### About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

### The Pyramid Model

The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).



[ChallengingBehavior.org](http://ChallengingBehavior.org)

## How to Give Clear Directions

Brooke Brogle, Alyson Jiron & Jill Giacomini

"Why do I have to repeat myself time and again?" "Why won't she listen to me?" Listening and following directions are important skills young children must learn. There are many reasons why children do not follow directions.

- **The child does not hear the direction.** Parents often give directions from a distance or in passing. "Lauren, get your shoes on." Did your child actually hear what you said? Just as adults often don't hear what their partner has said to them because they are focused on reading, email or talking on the phone, children too often don't hear what a parent has said because they are focused on a task such as building a tower or drawing a picture.
- **The parent gives too many directions at one time.** When you give your child too many directions at one time, it reduces the chance that she will follow the directions and increases the chance that she will be confused. "Lauren, please go upstairs, brush your teeth and pick up your blocks while I finish the dishes." This multi-step direction is too long and complicated for your child to easily understand. Instead, try giving one direction at a time.
- **The child doesn't understand the direction or the direction is too vague.** Directions such as "Settle down," "stop," or "be nice" might be too vague and difficult for your child to understand. If she is throwing toys out of the bathtub and you simply say, "Lauren," you have not actually told her what you want her to do. If you say, "stop it," it may temporarily stop the behavior, but she still may not know what you want her to do. If what you mean is, "Lauren, toys stay in the tub," then you need to explicitly tell her so.
- **The direction does not tell the child what to do.** Parents often tell children what not to do, rather than what they should do. It is important to state directions positively in order to teach your child the expectation. Instead of saying, "Stop running!", state the direction positively by saying, "Use walking feet."
- **The direction sounds like a suggestion or question.** Daily conversation is filled with questions, suggestions and directions. When you say, "Will you put your shoes away?" you are not giving your child a direction—you are asking her a question. When you give your child a direction that needs to be followed, it is essential that you tell your child what to do rather than ask. For example, "Lauren, put your shoes by the door."

### Try This at Home

- It is important to follow through when you give your child a direction. A technique you can use to make sure you do follow through when your child has difficulty complying, or following directions is Do-WAWP.
  - » Do—State the "do" direction.
  - » W—Wait for compliance (silently count to 5).
  - » A—Ask the child to restate the direction.
  - » W—Wait for compliance (silently count to 5).
  - » P—Provide encouragement or help (helping will ensure success).

- **Make sure that you have your child's attention.** Eye contact is a great indicator! When you state the "do" direction you



are teaching your child the desired behavior. For instance, "Lauren, go brush your teeth." When you count to five, you are giving her the opportunity to hear and process the direction. Parents often repeat the same direction over and over in that five second period. When you repeat the same direction to your child time and again, it teaches her that she does not have to follow the direction the first time. Instead, state the direction once and then have your child restate the direction back to you. This way you can confirm that she heard you and understood what you were saying. Finally, offering help may simply mean that you take her hand and lead her to the bathroom. Don't forget to encourage your child by saying something like, "Wow, Lauren, what great listening ears! Thank you for brushing your teeth."

### Practice at School

In addition to verbal instructions, teachers use many methods to give directions and help children understand expectations. These methods may include using symbols or pictures, sign language or gestures, songs, puppets, instruments, sand timers, or other tools. The more opportunities children are given to see or hear the instructions, the more likely they are to complete the task. For example, when teachers need to tell the class that it is time to go inside from the playground, in addition to words they may use a sound (e.g., ring a bell) to alert the children about this event. Children know that the sound means that it is time to line up at the door, even if they do not hear the verbal instructions. When teachers pair words with other signals, they help children to confidently and successfully participate in activities.

### The Bottom Line

Listening and following directions are skills that children learn through their daily interactions. When children do not follow directions, for any reason, it can be extremely frustrating for parents. You can increase the chances that your child will listen and successfully follow your directions when you make sure that your direction is clearly stated and you follow through.

An important consideration for parents when teaching their child to follow directions is to "pick your battles". You want to avoid insisting that your child follow directions that are not important or can escalate to a major struggle when the direction is not critical. Pick a few, very important directions that you will follow-through with your child.



Reproduction of this document is encouraged. Permission to copy is not required.

This publication was produced by the Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H3268070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H3268170003). The views expressed do not necessarily represent the positions or policies of the Department of Education. July 2013/January, 2018.







**1312 38th Street  
Brooklyn, NY 11218**  
Phone: 718.686.3700  
www.yeled.org

NON PROFIT ORG.  
U.S. POSTAGE PAID  
BROOKLYN, NY  
PERMIT No. 45

**PRIMARY FUNDING BY:**

- U.S. Department of Health and Human Services
- U.S. Department of Agriculture/NYS Department of Health
- NYC Department of Education
- NYC Department of Health and Mental Hygiene
- New York City Department of Youth and Community Development

**APPROVED BY:**

New York State Department of Education

**LICENSED BY:**

The New York City Department of Health and Mental Hygiene

If you no longer wish to receive this publication, please email **info@yeled.org**

**Attention All YvY Head Start and Early Head Start Parents!**  
When the YvY Fitness Center resumes regular operations, register with your Family Worker for your free pass.



**Tips on food planning—including what to buy, how much to buy, and meal prep**

- **First check your refrigerator, freezer, and pantry**—and expiration dates and best by dates. This can help you plan meals using what you have, and help you limit trips to the grocery store.
- **Make a shopping list** to stay focused in the store. List general items like “fruit” or “bread” since stores may not have some specific items.
- **Explore your shopping options**, such as pickup or delivery, as well as third-party delivery options. If you’re older, check if your store has early shopping hours just for older Americans.
- **Buy what you and your family need at this time**, and resist the urge to buy in much larger quantities. Prepare a shopping list that will cover everyone in your household for 2 weeks.
- **Choose a mix of shelf-stable, frozen, and fresh foods.** Shelf-stable examples: pastas, rice, beans, nut butters, and dried and canned goods. Frozen examples: breads, meats, vegetables, fruits, even milk. With fresh foods, buy a variety in quantities that you usually buy.
- **Eat your fresh food first.** Stock your freezer and pantry with items you can eat in the second week and beyond.
- **What should I make?** While everyone is home together, consider trying a new recipe or try new flavors to keep things interesting. For others, sticking to simple or familiar foods and tastes provides comfort.
- **Access food while school is closed.** Many school districts continue to provide meals to students in need during closures. Contact your school to see if meals may be available through pop-up food systems, grab-and-go meal pickups, or school bus routes.

For an expanded version of this tip card, including resources on food planning and activities for families at home, go to [MYPLATE.GOV/CORONAVIRUS](https://myplate.gov/coronavirus).  
For more information on COVID-19, please visit [CORONAVIRUS.GOV](https://coronavirus.gov).

USDA is an equal opportunity provider, employer, and lender.



**For more information on any of Yeled v’Yalda’s services, please call:**

Headstart.....	<b>718.686.3700 *3</b>	ABA Program .....	<b>718.514.8600 *3</b>	<b>YELED V’YALDA STATEN ISLAND:</b>
Early Headstart .....	<b>718.514.8600 *1</b>	ABA Insurance .....	<b>718.686.2305</b>	<b>Silver Lake Headstart I</b>
Project REACH .....	<b>718.514.8600</b>	Ezra Medical Center.....	<b>718.686.7600</b>	10 Gregg Place .....
Special Education .....	<b>718.686.3700 *1</b>	WIC Program.....	<b>718.686.3799</b>	<b>718.815.4488</b>
Early Intervention .....	<b>718.686.3700 *2</b>	NYS Health Marketplace..	<b>718.686.2189</b>	<b>Silver Lake Headstart II</b>
Title I.....	<b>718.686.2320</b>	Fitness Center .....	<b>718.686.3700 *7</b>	20 Park Hill Circle.....
				<b>718.720.0090</b>