News Notes —
I hope your summer is off to a great start—Happy 4th of July! I hope you get a well deserved break that every teacher needs—happy rest & relaxation!

Here are some updates from the NAD ECEC Advisory, held in Minneapolis, MN in May.

• **CREATION Kids—Infant, Toddlers & Twos Curriculum** is in the development stages. As with CREATION Kids, this I/T &T’s curriculum will be a collaboration with the NAD & Florida hospital. The collaboration team includes the primary writer, infant/toddler and twos teachers, two union ECEC Associates as well as the NAD ECE Director and Florida Hospital liaison. Piloting anticipated for 2019.

• **Cobblestones — PreK Companion to Stepping Stones** the NAD Kindergarten Curriculum. This companion piece will be a web-based resource for those PreK/K combo classrooms, offering age appropriate activity options for the PreK students. The goal is for this companion resource to be available by the NAD Teachers Convention in August.

• **NAD Teachers Convention** — The NPUC will have 25 ECEC Professionals in attendance at the Convention. Our ECEC Keynote speaker will be Wendy Witas (for those of you who attended the ECEC Workshop in June 2017, Wendy was our worship speaker & presenter). There will be several ECEC Breakout options—I look forward to seeing you in Chicago! Please see the Frequently Asked Questions about Convention included and also check the NAD Teachers Convention Website at: http://www.2018teachersconvention.com/

• **NPUC ECEC Liaisons** — we have three Conferences that have added new personal with a fourth one adding an Associate in the near future:
  - **NEW—Montana**—Renae Young, Education Superintendent
  - **NEW—Oregon**—Heidi Krueger, Associate ECE
  - **Upper Columbia** — TBD
  - **NEW—Washington** — Michelle Wachter, Associate Elem/ECE
  - **Alaska** — Rod Rau, Education Superintendent
  - **Idaho** — Patrick Frey, Education Superintendent

Each of these individuals are available to assist you with your questions and concerns and are a valuable resource for your center & ECEC program.

Blessings for today & everyday! 

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**“Let the little children come to Me and forbid them not, for of such is the Kingdom of heaven.”**

Luke 18:16

Enjoy your Summer!
Teaching Kids to Care for Others—Cultivating Empathy!
Compiled by Golda Pflugrad, MAEd

Parents and educators alike want to foster empathy in the hearts and minds of young children, by helping them to understand the importance that kindness matters, especially in this day and age in a society that seems to be filled with harshness and cruelty. Instilling kindness and empathy towards others ensures that our part as educators of young children has made a difference.

In order to foster empathy towards others children need to be taught how to identify their emotions and how to sort through their feelings and how their feelings impact others. Emotional intelligence is a set of skills associated with monitoring one’s own and others’ emotions, and the ability to use emotions to guide one’s thinking and actions (Salovey & Mayer 1990). Emotions impact our attention, memory, and learning; our ability to build relationships with others; and our physical and mental health (Salovey & Mayer 1990). Developing emotional intelligence enables us to manage emotions effectively and avoid being derailed, for example, by a flash of anger.

The importance of cultivating empathy was addressed recently by an article in the Huffington Post by Caroline Bologna entitled, How To Teach Your Kids To Care for Other People. The information gleaned was from psychologists, parents and various other experts about how to instill empathy in children.

To do so there are specific areas to address with children:

♦ **Talk About Feelings**—promote face-to-face communication and identify feelings; I’m happy, I’m sad...children will only be able to empathize with others feelings if they understand what they are feeling.

♦ **Use Media To Your Advantage**—if you are reading a book or watching a movie take the opportunity to identify a character that is showing kindness towards others.

♦ **Set An Example**—Parents and teachers can share with children their emotions in an appropriate manner by stating “I’m really disappointed”, “I’m happy because” or “I’m feeling frustrated”.

♦ **Acknowledge Children’s Acts Of Kindness**—when you see a child doing something for someone else let the child know by saying something like “I see you helped….., did you see how happy that made them?”

♦ **Expose Them To Differences**—take the time to expose children to other cultures and the diversity of the world through books, watching certain TV shows or movies, different cuisines, museums, events, etc.

♦ **Own Up To Your Mistakes**—be willing to acknowledge perhaps your own laps in judgement when it comes to empathy. Children see and hear everything so take the opportunity to own your mistakes.

♦ **Make Kindness A Family Activity**—a great way to instill kindness and empathy is by volunteering in your community through service projects. Giving back to others is a way to make a lasting impact on your child or children in your classroom. Take them time—it’s worth it!

As Early Childhood Educators we want to make a difference in the lives of those children in our care and we can do that in part by fostering empathy. Take the time to address feelings as they arise so children can properly identify their own feelings and the feelings of others. The child will then be well on their way to cultivating empathy towards others. Share kindness today and everyday!

References:
Has any of your center information changed?

**UPDATED information NEEDED for the 2018-2019**

**NPUC EARLY CHILDHOOD DIRECTORY**

*Please fill out and return A.S.A.P.*

(Email: golda.pflugrad@nw.npuc.org or Mail: Golda Pflugrad, NPUC, 5709 N 20th St, Ridgefield, WA 98642)

1. **NAME of your center (or school in which PRE-K is located):**

2. **If the center is located on a school or church campus please note this.**
   (Example: “on the campus of Lake City Jr Academy”)

3. **Please check whether you are:**
   ___ Church based  ___school based  ___independently incorporated, with denominational status

4. **ADDRESS of center/school:**

5. **Mailing address if different from #4.**

6. **Phone number of center/school.**

7. **Website of center/school.**

8. **Director of center or Head teacher of class:**

9. **Director’s (Head Teacher’s) email address & phone number:**

10. **Other teacher(s) & staff you want listed – include ages they serve.**

11. **Teacher’s (& staff) email address & phone number:**

12. **Any other information you would like to include about your center/Pre-K.**
   (Example: “serving infants through pre-K” or “NAEYC accredited”, etc.)
FAQ: Frequently Asked Questions

For those of you attending Convention in August, here are some Frequently Asked Questions regarding Convention that our VP for Education, Dennis Plubell, Ph.D., compiled for a reference:

We have 25 of our NPUC ECEC Professionals attending Convention—I so wish everyone could attend but am thankful that we have been blessed with 25 able to go. If you have any further questions please don’t hesitate to contact the NPUC Office of Education, ECEC.

When does the Convention begin and end?
BEGINs: Monday, August 6 (Registration: 1pm-6pm) Opening Session at 6:30pm
ENDS: Thursday, August 9 (by 12:30pm)

Where is the Convention and where is the hotel?
CONVENTION: McCormick Place, 2301 S Lake Shore Dr, Chicago, IL
NPUC HOTEL: Hilton Chicago, 720 S Michigan Ave, Chicago, IL (housing 96% of all NPUC educators.)

How do we get to Chicago for the NAD Convention?
That is up to you and your conference employer. Travel for most educators is a conference reimbursed expense. I hope you have already made your travel arrangements to/from Chicago. Contact your conference Office of Education if you still have questions.

How do we get to the Hilton Chicago hotel from the airport?
BY TRAIN: ($2.25) From OHARE—Take CTA Blue Line to the Jackson stop and walk 0.6 miles south and east to 720 S Michigan Avenue. From MIDWAY—Take CTA Orange Line to the Roosevelt stop and walk 0.5 miles north to the hotel. Note: There are stairs to navigate at train stops!
BY SHUTTLE VAN: ($26—$32 per person plus tips)—Make a reservation online ahead for the GO Airport Express shuttle van service (www.airportexpress.com).
BY TAXI: ($38—$50 plus tips)
Are you driving to Chicago? We’re sorry! Please be informed that overnight parking at the Hilton is $62/per night (no in/out privileges). Parking at the convention center is a little less expensive.

When and how do we check in to the hotel on Monday (Aug 6)?
Check-in begins at 3pm. Early arrivals may have access if rooms are available. But a huge event is leaving ahead of us so don’t count on early check-in. Luggage can be held by the hotel while you wait.
You should have received a confirmation number from Orchid Events. That information with ID and credit card is all you need to get into a guest room. The credit card is only for personal charges.

Do we need to register separately at the convention center?
YES—to get a name badge that will be your admission ticket to the exhibit hall and six meals. At registration, you’ll also receive a convention bag/materials, a NPUC gift, and per diem. Look for the NPUC Registration Booth at McCormick Place convention center.

Check NAD Teachers Convention Website often at: http://www.2018teachersconvention.com/
How do we get to/from the hotels and the convention center?
Shuttles will run regularly between the HILTON Chicago and McCormick Place convention center. Boarding Location is Curbside on 8th (Route #1)
The schedule is:

**MONDAY/Aug 6**  – Depart Hotel at 12:30pm, 1:00pm, 1:30pm
  – 2:00 to 10:00pm  – Depart every 20 minutes
**TUESDAY/Aug 7**  – 6:30am - 9:30am (every 20 minutes)
  – 9:30am - 4:30pm (every 25-30 minutes)
  – 4:30pm - 10:00pm (every 20 minutes)
**WEDNESDAY/Aug 8**  – 6:30am - 9:30am (every 20 minutes)
  – 9:30am - 1:30pm (every 25-30 minutes)
  – 1:30pm - 6:30pm (every 20 minutes)
**THURSDAY/Aug 9**  – 6:30am - 1:30Pm (every 20 minutes)

What meal arrangements have been made for educators?
Six pre-paid meals will be served at McCormick Place convention center (see below). You will be provided $100 per diem for up to six meals missed on travel days to/from Chicago.

**TUESDAY/Aug 7**
  Breakfast  6:30—8:00am
  Lunch  12:30—2:00pm
  Dinner  5:15—6:45pm
  (Dinner—On Your Own)

**WEDNESDAY/Aug 8**
  Breakfast  6:30—8:00am
  Lunch  12:30—2:00pm

**THURSDAY/Aug 9**
  Breakfast  6:30—8:00am

Will we have access to WiFi technology for our mobile devices?
Yes—in public areas of McCormick Place and the hotel.
A 2018 NAD Convention APP will be available. This will give you access to a digital materials, real-time communications, and connectivity to exhibitors and presenters.

How do I get professional development CEUs, or academic credit?
Every NPUC educator will automatically be granted 2.0 CEUs if your certification qualifies you. Academic credit is also available for an extra fee and with some additional implementation assignments. Contact: Debbie Hendrickson for further information (debbie.hendrickson@nw.npuc.org).

When do we have to check out of our hotel room on Thursday (Aug 9)?
Check-out time is 11:00am. Check out before coming to the convention center. Luggage can be held by the bell hop at the hotel. McCormick Place will have a luggage storage space on Thursday for those needing to leave directly by shuttle to the airports.

What are the customary tips when traveling?
AIRPORT: Skycap ($1-$2 per bag), Wheelchair Attendant ($5)
GROUND TRANSPORTATION: Shuttle Driver ($1-$2 per bag at drop off) Taxi Driver (15-20% of fare).
HOTEL: Bell Hop ($2-$5 per bag), Room Service/Maid ($2-$5 per day, per person).

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Life is beautiful not because of the things we see or the things we do.
Life is beautiful because of the people we meet.