



DECEMBER- JANUARY-
FEBRUARY 2022

RAISING RILEY NEWSLETTER

Screening and Assessment in Early Childhood Settings

There can be some confusion about screening and assessment in early childhood settings. Below are key characteristics for each type of tool.

Characteristics of Screening Tools:

- Quick and easy to use
- Accurate, both in sensitivity and specificity
- Completed by parents, doctors, teachers, childcare providers, home visitors, or other early childhood professionals.

“ Screening answers the question, Does a child need an in-depth assessment?”

Screening Can...

- identify children who are developing on schedule.
- identify children who would benefit from practice or support in specific areas.
- Identify children who are at risk for developmental delays who should be referred for further evaluation.

Screening cannot...

- diagnose delays or disabilities
- identify specific child goals to target. Screening only provides information on general areas of development.

There are two types of assessment:

- Diagnostic assessment (professional evaluation)
- Ongoing assessment(programmatic, curriculum- based, criterion based)

Diagnostic assessment answers the question, "Is the child eligible for early intervention services?"

Diagnostic assessments...

- are complex processes that may identify specific developmental disabilities.
- are administered by evaluation specialists
- determine if there is a delay and the extent of the delay

Ongoing assessment answers the question, "What skills does the child have?" and "What skills should be goals?"

Ongoing assessments...

- provide a complete child profile
- identify targeted goals and objectives
- Help with program planning
- Can be used for child or program evaluation.

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Check-in With Yourself and Take Some 'Me' Time

CUE THE confetti

So how do you take care of yourself, especially during the holiday season? For a lot of people, this time of year is magical and refueling. For the rest of us, it is difficult and stressful. It is up to you to identify your limits. You've probably heard the expression you can't fill from an empty cup. How full is your cup right now? Most of us try to be superheroes and power through the challenges of the day. Sometimes, you have to put yourself first so you can be a better caregiver.

Keep it simple

In the classroom or your home space, keep seasonal activities simple. You already know that each of your children comes from unique households with different traditions, so make it easy on yourself: focus on what is developmentally relevant rather than trying to cover every angle. Consider using sensory aspects (lights, smells, sounds) rather than exploring every holiday, especially if you work with younger toddlers or a mixed age group.

Establish routines, good habits, and boundaries

That idea might help with your lesson planning, but what about you? How are you? Establish some routines into your day so that your answer can be a positive one. Practice breathing exercises when you feel out of control. Including the children in these exercises can teach them about self-soothing, and this might be a great chance to laugh together.

Other things, like eating well (holiday cookies are not a good lunch choice) and targeting the reason for your stress will help you be mindful of your mood. And above all, ask for help when you need it. Five minutes by yourself can be an incredible recharge!

Practice saying "no"

On the topic of the holidays, it's OK to say no. Don't feel that you have to commit to every invite for fear of offending anyone or for fear of missing out. Rushing from place to place to try to squeeze in every event can be more stressful than fun. Suggest an alternate, less hectic time to get together with friends and family in the new year. Your visit will be more relaxed, and your time with loved ones will be more intentional.

Check-in with yourself and take some 'me' time

With children at work and with family during the holidays, remember to take a minute to check in on your feelings. Make time for yourself to meditate, read a book, spend time in nature, relax in a warm bath, listen to music, go out with friends, or whatever it is that you enjoy and that helps you relax and recharge! When you are happier and enjoying yourself more, you'll be able to share the joy. Practicing self-care is the most important gift you can give yourself this holiday season.



UPCOMING TRAINING

01/27/2022 - 6 to 8pm

Routines, Schedules, and Transitions

Routines help your program run smoothly and allow children to feel safe. This training will teach about the importance of building routines with children.

To register call or email at: 785-776-4779 ext. 7638

tkeene@rileycountyks.gov

**Participants will receive 2 KDHE clock hours

02/17/2022 - 6 to 8pm

Classroom Assessment Scoring System Training

Come learn all about the CLASS observation tool! This is a great opportunity to ask questions, learn about the observation process, and receive some helpful tips that will help increase your CLASS scores and improve the quality of care you provide.

To register call or email at:

785-776-4779 ext. 7610

rberish@rileycountyks.gov

**Participants will receive 2 KDHE clock hours

Early Childhood Community Screenings

PLEASE CALL AHEAD AT 785-776-6363 TO RESERVE A TIME.

January 14th, 2022
Peace Lutheran 9:00 to 11:00am

February 10th, 2022
College Hill Preschool 4:30 to 6:00pm

March 4th, 2022
Peace Lutheran 9:00 to 11:00am

April 21st, 2022
College Hill Preschool 4:30 to 6:00pm

