

Building Resilience:

Libraries Promote Social Emotional Well-Being

December 15, 2021
Ready At Five

- Pamela Hamlin, Prince George's County Memorial Library System
- Beverly Izzi, Calvert Library
- Katelyn McLimans, Cecil County Public Library
- Carrie Sanders, Maryland State Library
- Dorothy Stoltz, Carroll County Public Library

Poll:
Who is in the
Room?

Poll:
How often do
you interact
with your library
in support of
your early
learning work
and family
engagement?

True-False Whip Around

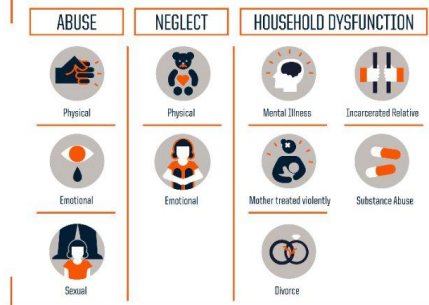


THE TRUTH ABOUT ACEs

WHAT ARE THEY?

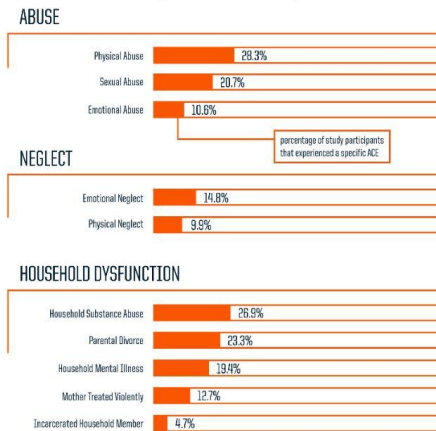
ACEs *are*
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include



HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

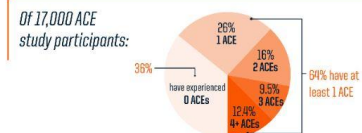
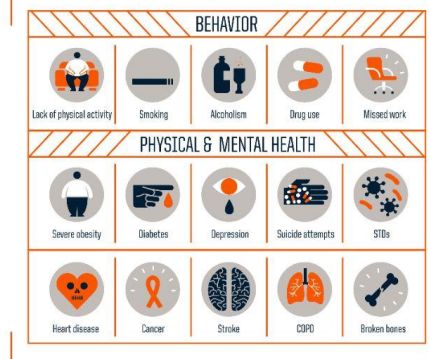


WHAT IMPACT DO ACEs HAVE?

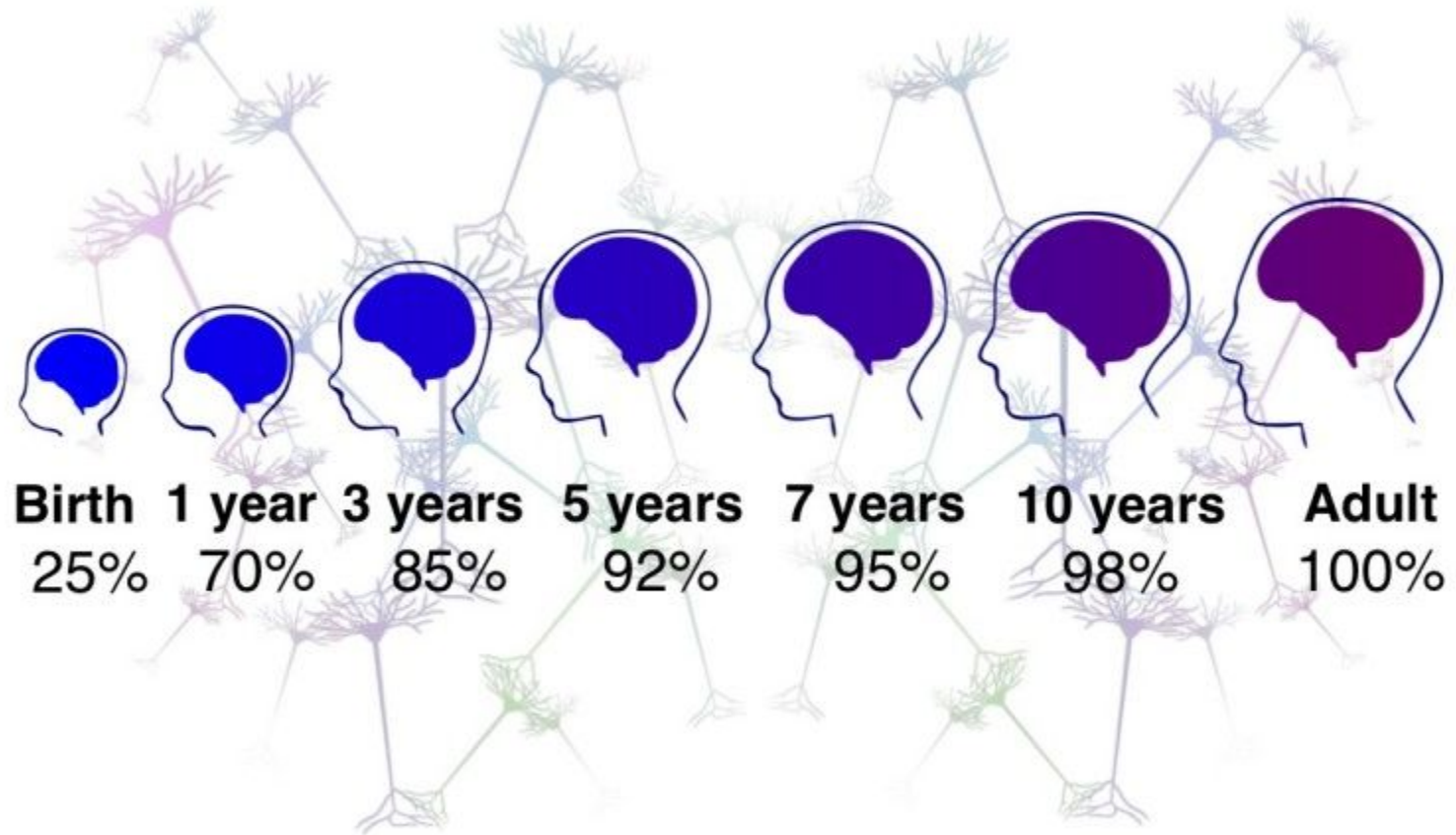
As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:



| Adverse Childhood Experiences (ACEs) | Counter-ACEs |
|---|--|
| Physical abuse | Liking school |
| Verbal abuse | Teachers who care |
| Sexual abuse | Opportunities to have fun |
| Physical neglect | A predictable home routine |
| Emotional neglect | Feeling comfortable with yourself |
| An alcoholic parent | Having a caregiver whom you feel safe with |
| A family member in jail | Beliefs that provide comfort |
| The disappearance of a parent through divorce, death or abandonment | Having good friends and neighbors |
| A family member diagnosed with a mental illness | |
| A mother who's a victim of domestic violence | |



INSTITUTE FOR LEARNING & BRAIN SCIENCES

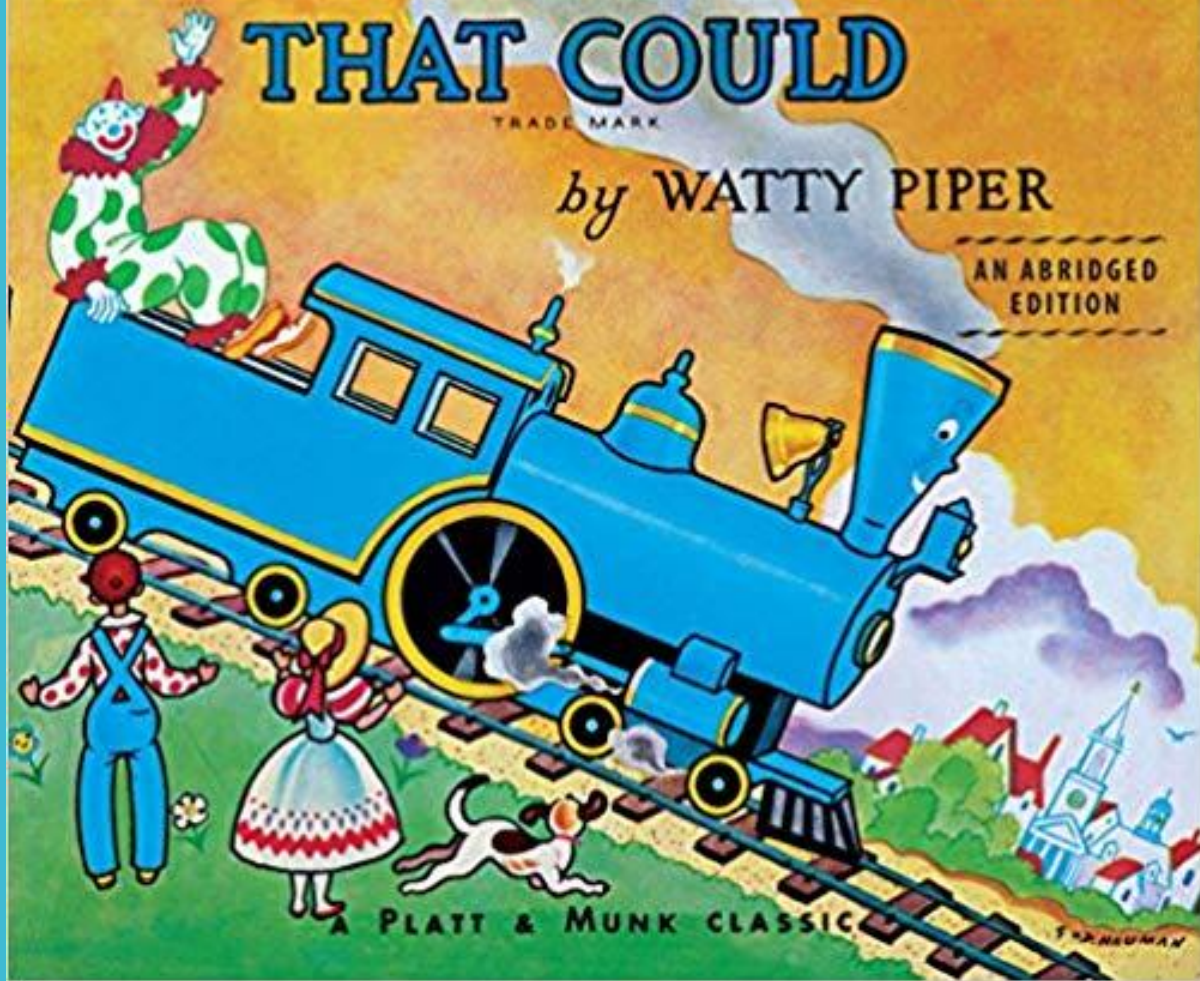
UNIVERSITY of WASHINGTON

THE LITTLE ENGINE THAT COULD

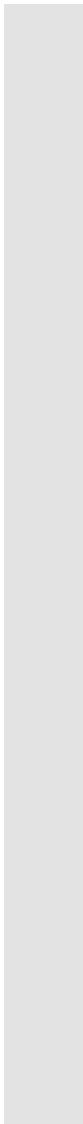
TRADE MARK

by WATTY PIPER

AN ABRIDGED
EDITION



A PLATT & MUNK CLASSIC



eResources for Children





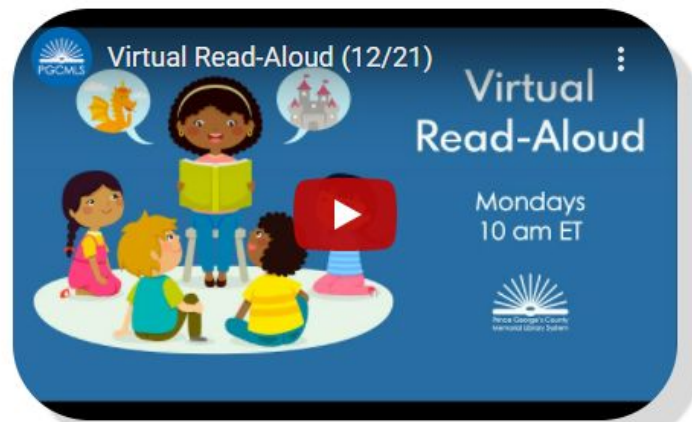
Mobile Outreach- Delivering books and services to communities



Mobile Outreach- Delivering books and services to communities



Early Literacy Outreach



The Continuing Adventures of Captain Corky: Episode 3

Library Outreach to Childcare Providers



Embedded Outreach in Communities





Answer in the chat:

How else does your local library provide outreach to childcare providers, educators, and families?

Library Storytimes-Movement and Social/Emotional Development



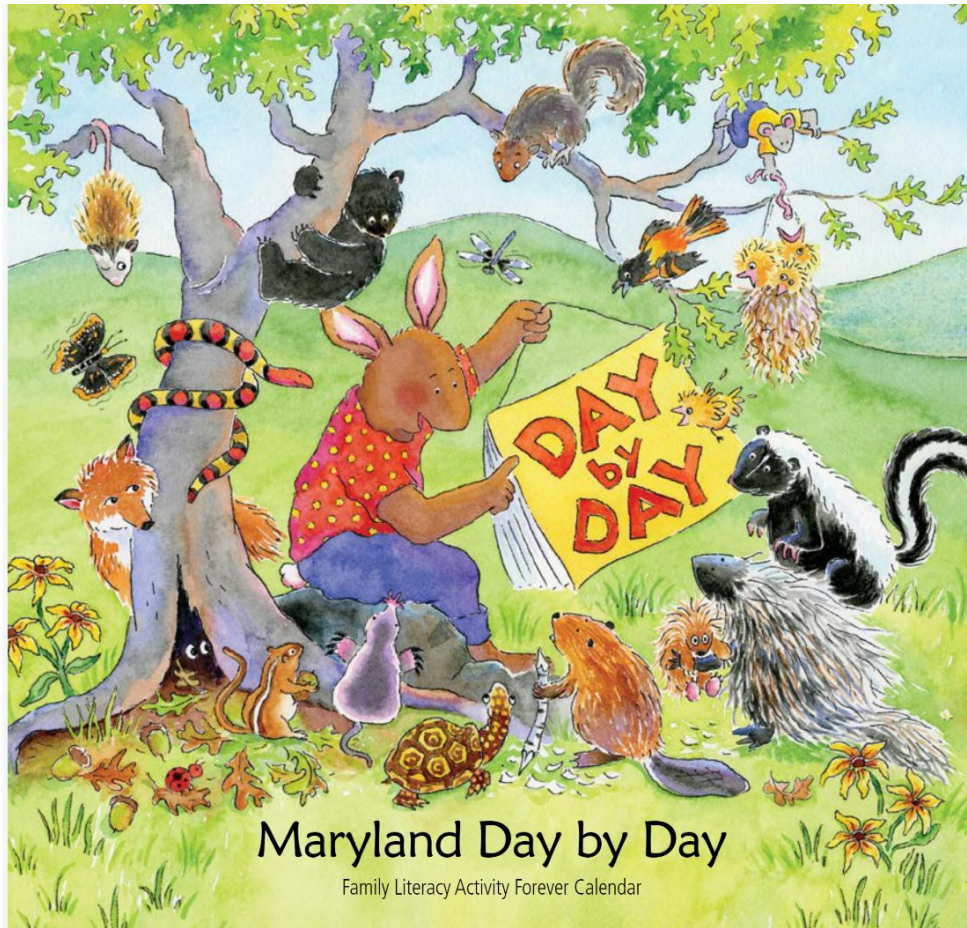






Prince George's County Memorial Library System

Maryland Day By Day Early Literacy Calendar



Books to Read

Book Title by *Author*

Summary

Eating Healthy

Activity

Seek & Find

- 1. Find the rabbit.
- 2. Find the bathtub.
- 3. Find the soap.
- 4. Find the toothbrush.
- 5. Find the hairbrush.
- 6. Find the towel.
- 7. Find the soap suds.
- 8. Find the bubbles.
- 9. Find the water.
- 10. Find the faucet.
- 11. Find the mirror.
- 12. Find the vanity.
- 13. Find the chair.
- 14. Find the rug.
- 15. Find the floor.
- 16. Find the wall.
- 17. Find the ceiling.
- 18. Find the window.
- 19. Find the door.
- 20. Find the handle.


January: Health and Safety

The calendar is designed to be a "resource" calendar. It can be used as a guide for the month. Parents can use the calendar to help their children learn about health and safety. The calendar is designed to be a "resource" calendar. It can be used as a guide for the month. Parents can use the calendar to help their children learn about health and safety.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|-----------------------------------|--------------------------------------|------------------------------------|--|
| Read Time Read a book about health and safety. | Eat Healthy Eat a healthy meal. | Exercise Go for a walk. | Safety Learn about safety. | Hygiene Wash your hands. | First Aid Learn about first aid. |
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Hatchlings: Early Literacy Program

“Ready to Hatch”
“In the Nest”




www.mgol.org

Verizon 8:11 PM 33%

ESMART
5h

Time to hatch? Hatchlings In the Nest library programs for expectant parents is a great chance to learn an... See More



Ready to Hatch

prenda en su bebé!

Fecha y hora: 10 de junio de 2021 a las 10am

Lugar: [Virtual]

El programa es virtual y, por eso, se le enviará un enlace de Zoom a todas las participantes inscritas previamente al programa.

Para inscribirse, por favor comuníquese con: Kirsten Grunberg, kirsten.grunberg@pgcmls.info, (301) 985-4690

FUN FACTS

- Reading and singing helps your baby's brain and language.
- Babies exposed to books and reading grow up to be children who perform better in school.
- ¡Hablar, cantar, jugar y compartir los libros ayudan al desarrollo del cerebro de su bebé, incluso antes de nacer.
- Mis adelante, ¡los niños y las niñas se despiertan mejor a la escuela!

El programa gratuito se ha hecho en colaboración con las siguientes organizaciones:

- CARROLL COUNTY PUBLIC LIBRARY
- CARROLL COUNTY PUBLIC LIBRARY
- Maryland State Library







SELf Discovery!

An Interactive Social Emotional Learning (SEL) Storytime

The Collaborative for Academic, Social, and Emotional Learning (CASEL)

Program Schedule Example

1. Introduction
2. Mindfulness Practice
3. Discussion: Emotions
4. Activity: Exploring Different Emotions
5. Book #1: Big Feelings by Alexandra Penfold and Suzanne Kaufman
6. Flannel Board Activity: How Do I Feel?
7. Book #2: Pete the Cat and His Magic Sunglasses by Kimberly and James Dean
8. Group Activity: Emotions Jar
9. Music & Movement: Music That Moves You
10. Closing
11. At-home handouts

Lauren Sands, Children's Librarian, Carroll County Public Library lsands@carr.org



Carroll County Public Library





Baltimore County Public Library



Carroll County Public Library



Cecil County Public Library







READ MORE!



OCEANS OF POSSIBILITIES

© CSLP 2021

Take-Home Activity Kits for Families

Emotions Chart

Best for ages 3-6, with adult assistance.

Description:
Together, you and your preschooler can create hundreds of facial expressions and learn about emotions! This is a project children can do as a learning exercise or just for fun!

Instructions:



1. Color in the pieces of the face and color you like.
2. Put the metal connecting pieces into the cardboard face pieces.
3. Connect the pieces to the large circle. This will create your face! Try to have your face match the example below:
4. Ta-da! Your face is complete! Try to create different emotions with your cardboard face by rotating the pieces and using the paper teardrops.

Development and Learning Benefits:

- **Social-emotional** – Exploring feelings through play, creating emotions on the project and mimicking them.
- **Language & Literacy** – Describing the shapes which make up the face, talking about emotions, following directions.
- **Mathematics** – Counting the eyes, nose, mouth, and eyebrows on the face.

Materials Needed:


- 6 fasteners
- Cardboard face pieces
 - two eyes, two eyebrows, one mouth, one nose
- Paper tear drops
- "Our Feelings" Emotion Paper

Feelings Song

("Tune of Twinkle, Twinkle Little Star")


I have feelings, so do you
Let's all sing about a few!
I am happy (make a big smile)
I am sad (frown)
I get scared (make scared face)
and I get mad (stomp feet)
I am proud of being me,
that's a feeling too you see!




Additional Activities:

- While watching TV or a movie, talk with your child about the emotions they see on the screen and why the characters may have these feelings.
- Write different emotions on slips of paper, placing them into a bag or a hat. Pull one out at a time and act out each emotion.
- Ask children to draw themselves in different situations, showing what emotion they may feel. Even if they aren't in the drawing stage yet, adding the element of art is beneficial to their development.


Read All About It!
Click on the covers below to place these titles on hold.



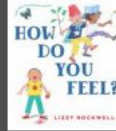
How Do I feel?
by DK Books



Can I Play Too?
by Samantha Cotterill




Mad, Mad, MAD
by Leslie Patricelli




How do you feel?
by Lizzy Rockwell

Go Further!
Watch this Sesame Street video about putting a name to different emotions!

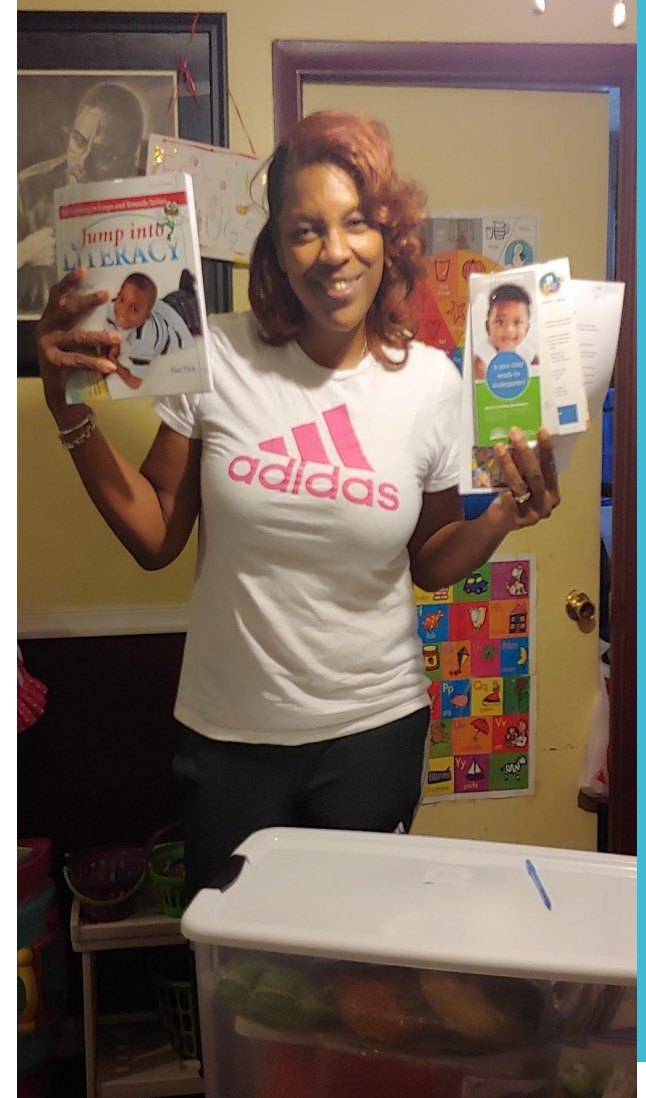


Sesame Street:
Name That Emotion with Murray!
<https://youtu.be/Zxfj1cfvCdg>

SCAN ME




Childcare Activity Kits



Special Collections- Early Learning Materials



Make & Learn Kits AT CARROLL COUNTY PUBLIC LIBRARY

FOR AGES 3 MONTHS+

Owl Babies Storytelling Puppet

DRAMATIC PLAY
Read the board book *Owl Babies* and then use the puppets to retell the story and bring the characters to life.



FOR AGES 12 MONTHS+

Toddler Movement Scarves

MUSIC • PHYSICAL ACTIVITY
Help young children develop gross and fine motor skills.



FOR AGES 18 MONTHS+

Better Builders Grippies™

ENGINEERING • MATH • SCIENCE
Combine tactile exploration and magnetic play as well as introduce the basic principles of engineering and geometry.



Start-Up Circuits

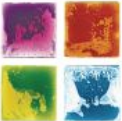
SCIENCE • TECHNOLOGY
A fun way to teach children the abstract concept of circuitry. Through a light that glows, a fan that spins, and a siren that whistles, children will delight in learning how a circuit is a circle that can make exciting things happen.



FOR AGES 2+

Liquid Tiles

ART • PHYSICAL ACTIVITY • SCIENCE
Easy to incorporate into music and movement activity games, these tiles are perfect for encouraging active play to develop gross motor skills. Liquid tiles feature an anti-slip backing. Funded by the Striving Readers Grant.



Road Stampers Activity Set

ART • ENGINEERING
Art meets civil engineering with these unique stampers! Choose a card or invite the child to design a card, then recreate the pattern shown with the stampers. Funded by the Striving Readers Grant.



FOR AGES 3 - 6

Code-a-Pillar

TECHNOLOGY
Encourage experimentation while developing important skills like problem solving, planning, sequencing, and critical thinking.



LENDING PERIOD: 4 WEEKS
REQUEST KITS THROUGH YOUR LIBRARIAN

The importance of diversity and inclusion and equity in positive Social-Emotional Development



CHILDREN NEED BOOKS THAT ARE

MIRRORS THAT ALLOW THEM TO SEE THEMSELVES AND THEIR OWN EXPERIENCES

WINDOWS THAT THEY CAN LOOK THROUGH TO SEE OTHER WORLDS THAT THEY CAN THEN COMPARE TO THEIR OWN

and

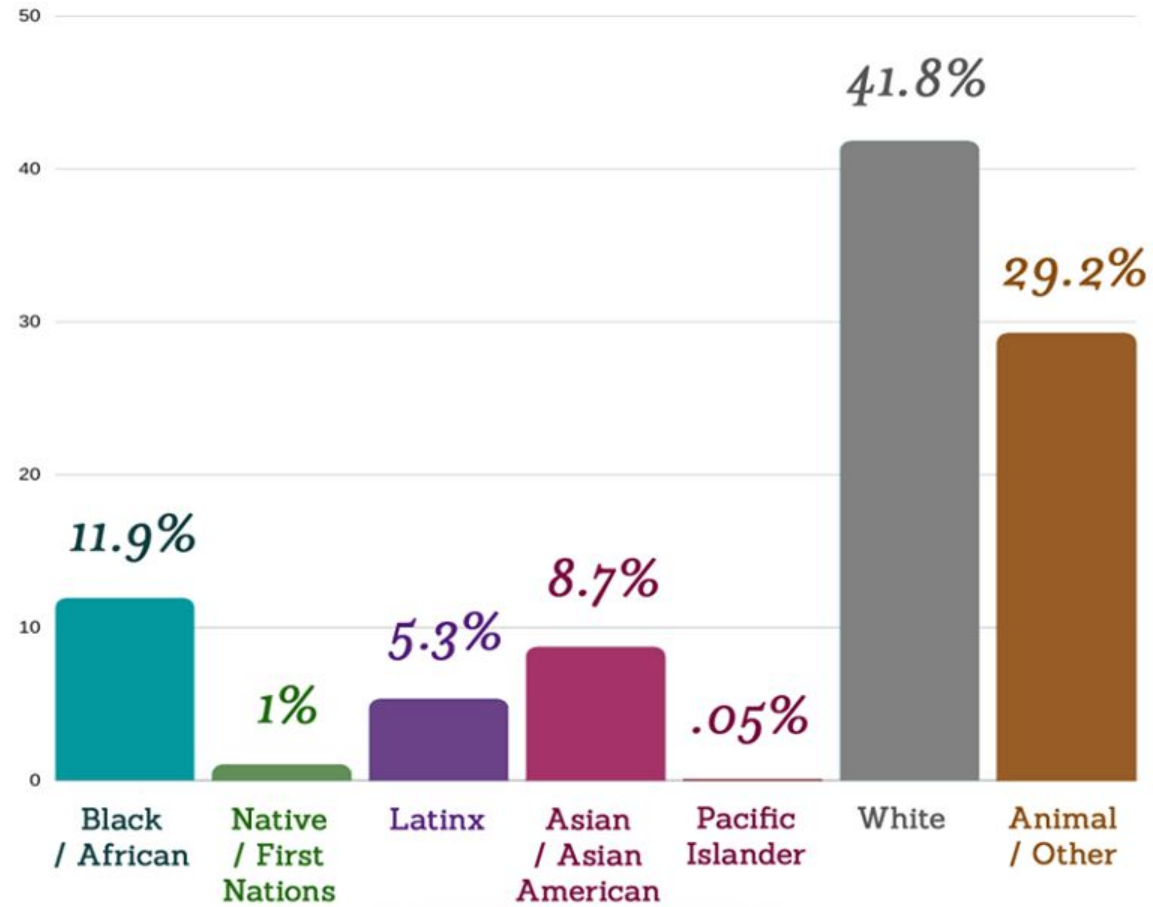
SLIDING GLASS DOORS THAT ALLOW THEM TO ENTER OTHER WORLDS

ElementaryADVENTURE

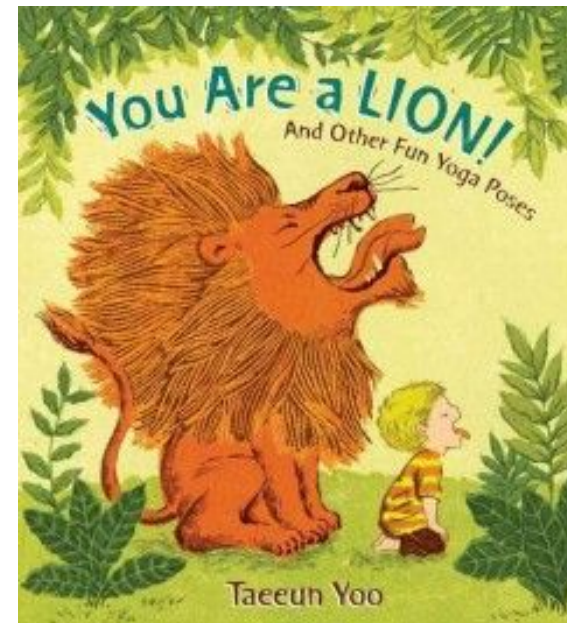
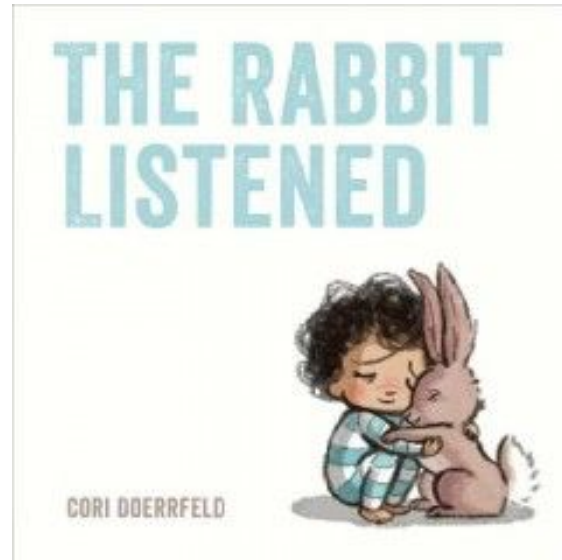
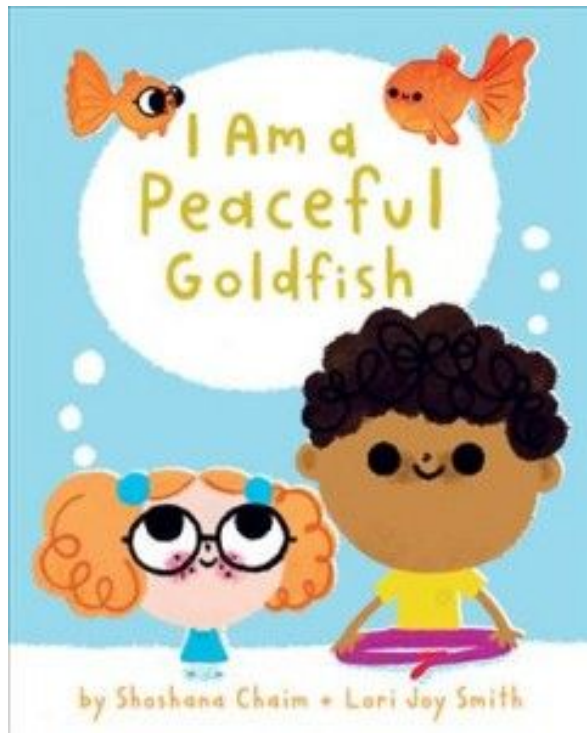
2019 by the Numbers:

MAIN CHARACTERS IN U.S. CHILDREN'S LITERATURE

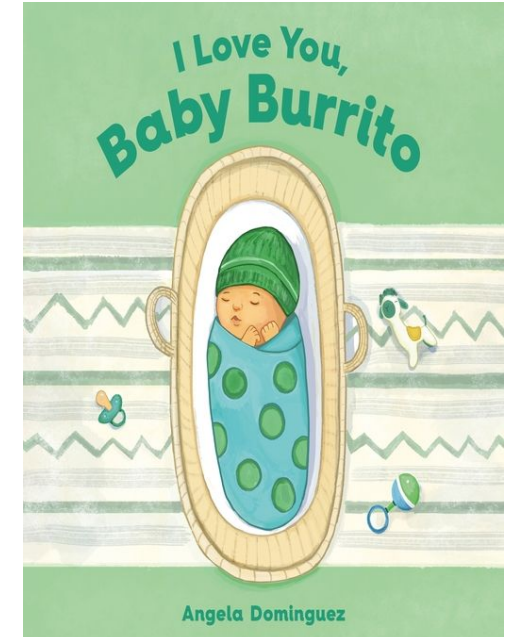
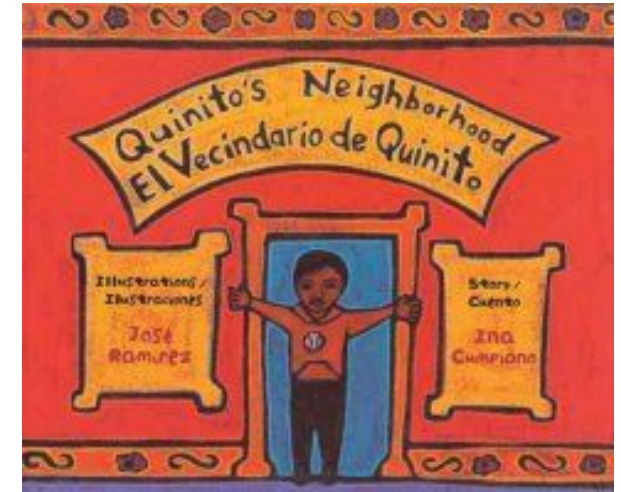
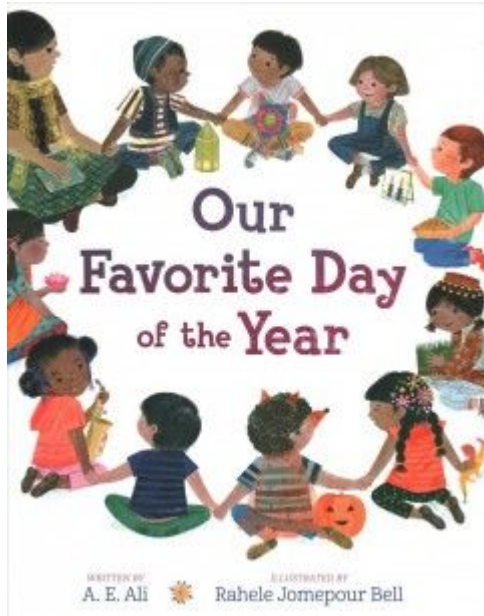
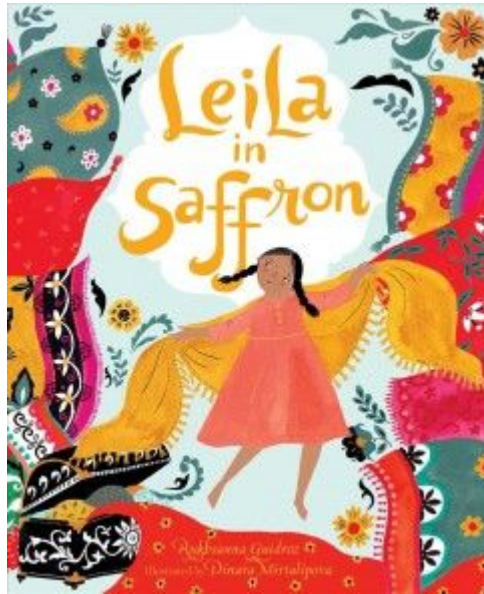
* statistics from the Cooperative Children's Book Center



Books



Books





Books from Birth



Prince George's County
Memorial Library System

Your ideas?

We'd like to learn from you?

Ideaboardz - link in chat

IdeaBoardz

Welcome D stoltz

My Boardz

Export

Logout

start typing to filter stickies

View Section All Sections

Sort By created time

Building Resilience: Libraries and Social Emotional Well-being

Big Take-Away +

How Can Libraries Support You and Your Families' Social Emotional Well-being? +

List of resources of what caregivers (and librarians) can find via libraries *“Selected Resources for Your Consideration”*

- [Maryland Day By Day](#) Early Literacy calendar
- *Booklists*
- ALSC resources - <https://www.ala.org/alsc/>
- Center on the Developing Child/Harvard - <https://developingchild.harvard.edu/>
- [The Truth About Aces infographic](#)
- [PGCMLS Early Literacy Site](#)
- [Diverse Book Finder](#)
- *Article about mask wearing and children*
<https://www.cnn.com/2021/08/11/health/masks-child-development-effects-covid-pandemic-wellness/index.html>
- <https://marylandfamiliesengage.org/> Maryland Families Engage website is designed to help build a community of support for those who care for and work with young children.
- <https://www.slrc.info/resources/guides/books-reading/guide-to-picture-books/> Maryland State Library Resource Center Enoch Pratt Free Library: Guide to Picture Books
- <http://csefel.vanderbilt.edu/> Center on the Social and Emotional Foundations for Early Learning (CSEFEL)
- <https://casel.org/> Collaborative for Academic, Social, and Emotional Learning (CASEL)
- <https://www.slj.com/?detailStory=Library-play-spaces-can-help-the-transition-back-to-in-person-learning-for-youngest-patrons> School Library Journal article about Cecil County Public Library North East Branch Family Engagement
- <https://calvertlibrary.info/kids-teens/kids/children-premium-digital-resources/> Calvert Library Children's Premium Digital Resources
- <https://library.carr.org/kids-teens/playandlearn.asp> Carroll County Public Library Play and Learn
- *Just Good Practice: Engaging Families with Young Children. A Public Libraries article.*
<http://publiclibrariesonline.org/2015/10/just-good-practice-engaging-families-with-young-children/>
- *Tender Topics: Picture Books About Childhood Challenges*

Thank you!

- Pamela Hamlin pamela.hamlin@pgcmls.info
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- Dorothy Stoltz stoltzcreative@gmail.com