



# *Promising, Promoting, and Preparing our Youngest with Project ACT*

*Infant and Toddler Newsletter*

## Inside this issue:

<i>How Touch Develops Empathy</i>	1
<i>Upcoming Events</i>	1
<i>Advocating for Young Children and Child Care</i>	2
<i>Teaching Spanish in Your Program</i>	2

## *How Touch Develops Empathy*

Recent research from the Institute for Learning & Brain Sciences (I-LABS) says that infants have the ability to recognize a feeling that another person may have just through observation. The study was done by watching the infants' brains to see how they responded to touch that was done to them, as well as, touch that was done to another person. I-LABS knew that there is a specific part of our brain that responds to touch. They watched how this part of the brain responded when the infant's hand and foot were touched. Of course, the part of the brain that responds to touch lit up. They then had the infant watch as another

person's hand and foot were touched. They found that the part of the brain that responds to touch lit up in the infant's brain again! Now, it did not light up as significantly as it did when they were being touched. However, there was definitely some brain activity! What this shows is that even before our little ones can communicate through language, they have the ability to understand and communicate through a different channel. Infants can understand and relate to what someone else may be feeling just through observation

What does this mean for you as a caregiver? I wonder how this is amplified within a child care setting when infants are



watching others being taken care of all throughout the day? I hope that the take-away from this amazing research is that it is not only important to the infant that they are cared for in a responsive way but it is important for the other little ones to see you care for their peers in a responsive way!

If you would like to read more about this, you can find the information at [https://www.futurity.org/infant-brain-touch-1656392-2\](https://www.futurity.org/infant-brain-touch-1656392-2/)

Feel free to contact me at:

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Sign up for any of our events or follow us to stay up-to-date through our website or social media pages!

[ANPROJECTACT.ORG](http://ANPROJECTACT.ORG)

<https://www.facebook.com/ChildResourceCenter/>

## *Special Needs Training*

We are currently offering training discounts for our Special Needs trainings. We will come to your program and provide a two or three hour training along with 2 additional hours of technical assistance. You will receive Core of Knowledge hours for both the training as well as the technical

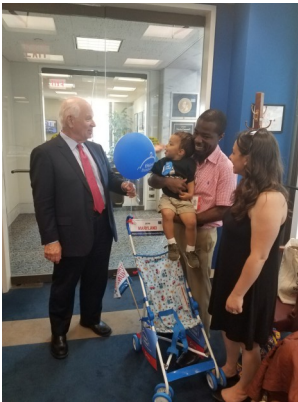
assistance! The only requirement? You must provide care for children under 3. To learn more about this wonderful opportunity follow the link below.

<http://ccrcbc.com/programs/special-needs-technical-assistance-and-training/>

If you would like to give us a call to sign up for a training, contact the number below!

410-828-7700 x1274





## Advocating for Young Children and Child Care

I recently had the privilege of visiting Capitol Hill in Washington D.C. to talk with Senators and members of Congress about the importance of prioritizing babies! It was a busy day, but also very rewarding. I would encourage you all to call, email, or visit your representatives and tell them your stories! Advocate for higher pay, more resources for families with infants and toddlers, or all about the importance of our babies' brain development and that they deserve more funding to support their growth! I have listed some of our

representatives and their contact information below.

Happy advocating!!

### Senators

Benjamin Cardin  
509 Hart Senate Office Building, Washington, DC 20510

(202) 224-4524

[www.cardin.senate.gov](http://www.cardin.senate.gov)

Christopher Van Hollen  
110 Hart Senate Office Building, Washington, DC 20510

(202) 224-4654

[www.vanhollen.senate.gov/](http://www.vanhollen.senate.gov/)

### U.S House of Representatives

To find your specific Representative go to the link below and type in your home address!

<https://www.govtrack.us/congress/members>



## Teaching Spanish in Your Program

Thank you to Josefina Bush from Creative Journeys in Edgewood, Maryland! Josefina wrote about how she integrates her natural language into routines that she has created to support her young children in growing and developing!

Todos los martes, miércoles, jueves, doy clases de español a niños de 2 a 5 años de edad. Empiezo cantando una canción llamada "Hola-Hello," y también cantamos "Itsy Bitsy Spider" en español. Ellos les gusta mucho esa canción y la han

aprendido muy rápido. Enseguida, les enseño el calendario de esta manera. Ellos aprenden los meses del año y los días de la semana. También, aprenden a contar del 1 al 30. Les hablo del clima y de la estación del año. En la mañana, ellos practican la letra de la semana y también tienen un tema a seguir de esta manera. En la clase de español, yo les hablo del mismo tema y les enseño dibujos que empiezan con la letra que ellos practican en inglés. También, les enseño el abecedario, los colores, y

las figuras. También, ellos practican coloreando después de terminar la clase.

Los niños de 2 años les gusta repetir las canciones y ya empiezan a decir una o dos palabras. Los niños de 3 a 5 ya saben el abecedario, los colores, las figuras, los números, los días de la semana, los meses del año, y cantan dos canciones en español. Ellos me dicen que es divertido aprender español. Ya empiezan a decir frases como "Buenos días," "Buenas noches," "Adiós," "Gracias," y "Hola."



This publication was produced as a work for hire for the benefit of and with funds from the Maryland State Department of Education