

# The Children's Journal

News from Campus Child Care for parents, advocates and all who work to provide quality early care and education for children and their families.

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### OUR MISSION

The Office of Child Care and Family Resources promotes the academic and professional goals of the University of Wisconsin community through the administration of early education and family support programs.

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School of Education  
UNIVERSITY OF WISCONSIN-MADISON

## Message from Cigdem



Every August, the excitement of a new academic year takes over our campus. I love this feeling; it is an energizing time at UW-Madison! As I goal plan for the upcoming year, I've also been reflecting on our accomplishments, especially the success of Jazzin'. This annual fundraiser brings together our campus early educators, administrators, supporters, and community partners for an elegant evening of live jazz and thoughtful remarks from campus and community leaders. It is clear that we all share one common vision: to build a brighter future for children, one educator at a time.

We often consider the best way to honor our early educators and to encourage their growth and commitment to their profession. As is the case with any career path, it is beneficial to belong to professional organizations such as the National Association for the Education of Young Children (NAEYC) and Wisconsin Early Childhood Association (WECA). With Jazzin' proceeds, we were able to purchase a NAEYC/WECA membership for each of our early childhood educators to recognize their dedication to excellence in the field of early childhood.

Every April, we participate in a nationally dedicated week to honor young children. The Week of the Young Child™, hosted by NAEYC, celebrates early learning, young children, their teachers and families. After consulting with directors, University Child Care Committee members and other colleagues, we have decided to move Jazzin' to this special week, so please mark your calendars for Wednesday, April 17, 2019.

We have more exciting news to announce as we get ready for the fall semester! As a means to increase accessibility and affordability to child care for campus families, we have added new providers to our list of campus-affiliated centers. In addition to Little Chicks Learning Academy and Bernie's Place, four new centers joined the UW-Madison Child Care Network after a Request for Proposal (RFP) and review process this spring. Centers joining the UW-Madison Child Care Network are The Playing Field, Preschool of the Arts, Creative Learning, and Meeting House. I believe that when we establish strong collaborations, so many wonderful things happen to benefit everyone on our campus and in our community. We have a lot of momentum and are more inspired than ever to achieve more for children and families at UW-Madison.

## Child Care Network Snapshot: Preschool of the Arts

We are pleased to welcome the Preschool of the Arts to our new UW-Madison Child Care Network. The Preschool of the Arts (PSA) was incorporated in 1971 and has grown to serve over 200 preschool-aged children with half-day and full-day options, along with summer programming for "alumni" in grades K-2. The art and music studios are hubs of creativity at PSA. Music, movement, mindfulness, and creative expression are fully integrated into daily life.

Here is what director, Ann Gadzikowski, has to say about the preschool's philosophy: "At PSA, we believe passionately that learning should be an adventure. A child's experience is bounded only by his or her imagination and dreams. Our mission is to

offer a vibrant and innovative learning community committed to child-focused exploration, creativity, and collaboration.

"We are inspired by the schools of Reggio Emilia, emphasizing the belief that children are capable researchers who thrive in a negotiated curriculum. We value children's ability to take part in the learning process. Children are creative communicators who express and develop their thinking in a variety of ways, including artistic media. We value children's many languages. Children are social beings embedded within a community, so we value opportunities for meaningful collaboration with members of the community."



## Jazzin' Sponsorship

### UW-Madison

- Office of the Chancellor
- Infant, Early Childhood, and Family Mental Health Capstone Certificate Program
- Infant/Early Childhood Mental Health Consultation Team
- School of Business
- School of Education
- School of Human Ecology
- College of Letters & Science
- School of Pharmacy
- School of Veterinary Medicine
- University Housing
- University Relations

### Individual Donors

- Lynn Edlefson
- Marlene Hartzman
- Pat Lasky
- Jackee Leckwee
- Chris & Jennifer Mandel
- Kathy Martin
- Bill & Joan Richner
- Ruth Saecker
- Lindsey Stoddard Cameron
- Orhan Unal
- Paula Zipperer

### Community Partners

- American Players Theater
- Asenna Kittina
- Barbara Farley
- Bernie's Place
- Brasserie V
- Brewhouse Inn & Suites
- Captain Bill's
- Chicago Field Museum
- Chicago South Loop Hotel
- Chocolaterian
- DelecTable
- Dentistry for Madison
- Driftless Studio
- Eagle's Wing
- Festival Foods



## The Kindness Curriculum: From the Inside Out

Jon Kabat-Zinn describes mindfulness as a means of paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally. In 2009, the Waisman Early Childhood Program (WECP) began introducing preschoolers to the concept of mindfulness by participating in a pilot study of The Kindness Curriculum, developed by the UW Center for Healthy Minds (CHM). The question that researchers Laura Pinger, Lisa Flook, and Richie Davidson were investigating was whether preschool children could benefit from a planned sequence of mindfulness activities that had been shown to be effective for reducing anxiety and increasing attention in adolescents with autism and attention-deficit disorder.

Beginning with an 8-week training for WECP staff in mindfulness-based stress reduction from the UW Department of Integrative Medicine, teachers learned activities and practices from the curriculum they would soon be facilitating with their children. In fact, the CHM recommends that those using the curriculum practice mindfulness themselves in order to understand and use the practices with children.

Consisting of three 20-minute lessons per week, The Kindness Curriculum has identified the new ABCs: Attention, Breath and Caring, and includes lessons and children's literature to facilitate children's development in these areas. Using an inside-out perspective, children participate in activities that begin



Kindness Curriculum in action



with focusing on their breathing, where it occurs, and how it feels in their bodies. From there they progress to learning about their emotions and where they feel various emotions in their bodies. For example, excitement can be accompanied by a rapid heartbeat—so can fear; anger can be accompanied by pressure in the stomach or chest. In addition, it is possible to “see” emotions on the faces of other children, and once children recognize their own feelings it's a short step to recognizing others' feelings and a hop to practicing empathy. Along the way, children are learning how to regulate their own emotions and develop resilience. Research findings from this pilot show that children who participated in the training were more aware of others' feelings and more generous than those who had not. In other words, they were kinder.

*Joan Ershler  
WECP director*

## OCCFR Receives Lactation Award

Last April, our office received the Breastfeeding Friendly Business Award sponsored by the Breastfeeding Coalition of South Central Wisconsin. This award recognizes community organizations that demonstrate a strong commitment to the promotion, protection, and support of the practice of breastfeeding. Jen Dittrich and Cigdem Unal attended the presentation ceremony to accept the award.

Over the past year, our office has been working in partnership with the Committee on Women in the University to offer additional resources and private spaces to breastfeeding mothers on campus. Our efforts include increasing the number of lactation rooms available on campus, developing

a lactation room resource page with an interactive map to all locations, and offering free access to an International Board Certified Lactation Consultant (IBCLC). According to the Department of Health and Human Services, supporting breastfeeding employees offers many benefits to the employer including, but not limited to: breastfeeding employees miss work less often because breastfed infants are healthier; breastfeeding lowers health care costs; and breastfeeding support helps workforce retention as less money is spent on hiring and training new employees.

We will continue to focus on expanding the number of lactation rooms on campus!

*Jen Dittrich*



Help us celebrate campus child care and early education.  
Join us at **Jazzin'** on **April 17th!**



## OCCFR and the Odyssey Project: A Powerful Partnership

On a typical Wednesday night, 30 adults and around 50 kids ages two to 18 are working in separate, nearby locations on literacy, art, self-expression, and music as part of UW's Odyssey Project. Underneath the surface, racial disparities and inequities are being broken down as the adults involved start to believe in themselves as college students and the kids reframe "if" they'll go to college to "when" and "where."

The Odyssey Project has been operating through UW-Madison under the direction of Emily Auerbach for the past fifteen years. Students who wouldn't normally have access to higher education are given the opportunity to take two three-credit humanities courses over two semesters; tuition, books, and child care are fully covered.

The hope is that, in giving them a taste of college, they will be inspired to continue on; nearly 75% do. Auerbach knows from personal experience that "free access to higher education is the best way to break the cycle of generational poverty."

To date, the Odyssey Project has served over 450 alumni, many of whom have gone from homelessness to earning their master's degree. Auerbach has seen countless families uplifted into better



Auerbach and her Odyssey students

circumstances, creating a better outlook for future generations—which is exactly what she hoped for in creating the program.

OCCFR has been supporting Odyssey Project since the start, providing quality child care which "has been critical to our success. It makes a difference when you've got families that are going home...feeling there's a university group that cares about them, that they're included," says Auerbach. "And it makes our students also feel like real college students to have campus child care involved."

*Candice Wagener*

## Jazzin' Sponsorship

### Community Partners

- Food Fight
- General Beverage
- Goodman's Jewelers
- Green Bay Packers
- Harbor Athletic Club
- Harvest
- Home Elements & Concepts Magazine
- Kelly Ignatoski
- Imperial Garden
- Knots Untied
- Little Chicks
- Madison Children's Museum
- Madison Concourse Hotel
- Madison Essentials Magazine
- Longtable
- Lynette Margulies
- Milwaukee Brewers
- Milwaukee Public Museum
- Morgan's Shoes
- Nature's Edge Photography
- The Old Fashioned
- Pasture and Plenty
- Paula Drew
- Pick n' Save
- PlayNWisconsin
- R.P. Adler's
- Bill Scheer
- Smoky's Club
- Stephanie Stratton
- Tinkergarten
- Trader Joe's
- UW Athletic Department
- UW Child Development Lab
- University Ridge Golf Course
- Waisman Early Childhood Program
- Willy Street Coop
- Woodman's

## Development News

Another fundraiser is in the books! Jazzin' was a tremendous success thanks to the loyal support of our campus and community partners. You are our village and we could not have done it without your commitment to high-quality early care for all children. On behalf of the hundreds of children and families who benefit from your generosity, a million thanks to you all! As Cigdem notes in her message on page 1, the date is set for Jazzin' 2019. Come and join us on Wednesday, April 17! We would love to see you!

In other development news, we are pleased to report that all of our UW Foundation accounts saw double-digit percentage increases over closing fund balances at the end of FY17. The greatest area of growth occurred in the **New Campus Child Care Initiatives Fund** where the Total Endowment Market Value increased from \$443,169.82 at the end of FY17 to \$523,082.07 at the close of FY18. Gift volume nearly doubled from calendar year 2016 to 2017 in the **Student Child Care Scholarships Grant Fund**.

Our office administers a mini-grant program for our campus child care centers. Directors and teachers from these centers fill

out a Request for Support application for funding to either a new child care initiative in their classroom or professional development training. Last year, our office disbursed over \$43,000 in grant request support to improve the quality of child care and early education on our campus.

Children are at the heart of everything we do and of all of our fundraising efforts, whether we are finding resources to support student parents, sending a deserving teacher to a professional development event, or helping with the cost of high-quality child care for a University Staff employee. At UW-Madison, children are our bottom line and your gifts enable us to make a profound difference in so many of their lives. We are grateful for all you do to strengthen our work.

Ongoing or one-time gifts can be made at any time during the year. The giving page on our website, <https://ocfr.wisc.edu/giving/>, provides descriptions and UW Foundation links to all of our five funds. As always, feel free to contact me with any questions about contributions, programs, or to discuss how you can help with major gifts.

*Teri Stratton*

## Back-to-School Event for UW Families

Our second annual Backpacks & Burritos event for student parents was a great success! Over 70 backpacks, chock full of school supplies, were given out to school age kids. A tie-dye activity was available compliments of Madison Top Company, and a build-your-own burrito station was provided by El Pastor. Many, many happy smiles were on both children's and parents' faces as they felt better prepared to start the new school year!



## How Your Dollars Make a Difference

- Over \$20,000 in professional development for our campus early educators: yoga training and wellness initiatives; Launching into Literacy and Math; 4K Summer Institute; pediatric first aid and CPR/AED; membership to state and national early childhood education organizations; and annual conference registration and attendance expenses
- Over \$15,000 in program support for our centers: technology upgrades in the form of new laptops and iPads for classrooms; preschool cubbies; kitchen equipment; outdoor learning tools; arts and crafts supplies; gym mats; books to stay current with the latest research and cutting-edge best practices in the early education field
- \$8,500 for assistant teacher salaries to ensure that children of all needs have the support to reach their full potential
- Continued funding for the Infant/Toddler Community of Practice to foster the growth of teachers' quality of practice and professionalism and to contribute to building leadership capabilities in our community

