

# 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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## Message from Lynn



In keeping with the African proverb that says, “it takes a village to raise a child,” parents frequently seek the insight and counsel of relatives, friends, and professionals in raising their children. But many families who come to our campuses

often have one common denominator: distance from their loved ones and support systems.

How many of us serve large populations of international families who have left spouses and/or children behind in their native country? What about the young families who are starting their careers at the same time that they are starting their families, or military families whose presence on campus continues to increase? Who addresses all the cultural, developmental, and relationship issues that these families face? I believe that it is our network of campus children's centers: directors, faculty, and teachers.

To be sure, the talent within our system of centers ensures that learning takes place through high-quality programs and that caring relationships are at the core of what we do as a community.

We are able to be successful in our mission thanks to our rich support network: UW administration, student government, families, our great teachers, and YOU—you are our village. All of you played a role in the addition of care for infants and toddlers at Bernie's Place. And, we are currently launching another 22 FTE expansion of infant care at Little Chicks. These additions move us closer to our goal of increased infant care provision on campus. Speaking of champions for campus child care, you'll see a photo of Chancellor Blank in this issue. She has enthusiastically endorsed our cause and will be visiting our campus centers soon. From our perspective, it just doesn't get any better.

*Lynn Edlefson, Director*

## Children's Center News

Bernie's Place board and staff successfully opened two classrooms for infant/toddlers in September and Little Chicks will be the site of expanded programming in February 2014. Eagle's Wing is piloting a software program that will eventually enable all campus parents to “get on the list” at each campus center through one website. The Waisman teachers, along with Laura Pinger, will be presenting the “Kindness Curriculum” to all campus teachers in October at our professional development day. The Pre-school Lab's Paula Evenson and Jillian Clemens will also present “Technology with Children and Nature Curriculum” at the same event. In our office, Jen Dittrich received exciting news about a 4-year federal grant to support child care costs for student parents, leveraged with CCTAP funds.





## Off the Cushion and Into the Classroom: Using Mindfulness as a Teaching Tool

We appreciate your generous support!\*

### Classified Staff Child Care Grant

AFSCME Local 2413  
Ms. Mary Czyszczak-Lyne  
Mr. Gary Mitchell

### New Campus Child Care Initiatives

Ms. Lynn Edlefsen & Mr. Dale R. Edlefsen  
Evjue Foundation Inc.  
Dr. Marlene T. Hartzman & Dr. Robert J. Hartzman  
Mr. Douglas N. Rose  
Professor Gary D. Sandefur & Ms. Kathy Sandefur  
Mr. John P. Stott

### Student Child Care Scholarship Grants

Ms. Lynn Edlefsen & Mr. Dale R. Edlefsen  
Dr. Shiyu Song

### Connie L. Wilson Child Care Center

Ms. Anne M. Conner & Mr. Timothy J. Conner  
Ms. Lucy J. Mathiak  
Ms. Lynn Edlefsen & Mr. Dale R. Edlefsen  
Mr. David P. Turner  
Mr. William von Rohr & Ms. Nancy von Rohr  
Ms. Connie L. Wilson

\* Donations received January-August 2013



As early childhood teachers, we need many tools to connect with children. Every year brings a discussion about the latest teaching methodology that will revolutionize our classrooms. After 20 years of working with young children, I may have found the magic technique that works for all kids (and adults!).

Through a grant from the OCCFR, campus teachers were offered mindfulness training with Mare Chapman of Lives Unlimited to decrease stress and increase resiliency. Mindfulness focuses attention on what one is experiencing in the present moment. In practice, students of mindfulness are asked to become aware of their experiences and discover the wisest and kindest way to respond to each unfolding moment.

Formal sitting meditation practice is only part of the picture. Incorporating mindfulness into our daily lives is the real life-changing piece for many. By “dropping in” to the present moment, we are asked to breathe mindfully and notice with curiosity and kindness what is happening. This simple “dropping in” process can be performed while waiting at a red light or even while surrounded by 20 preschoolers at circle time.

Preschool classrooms can be very animated: many children, many voices, and a lot of energy. As a teacher, I have felt scattered in the classroom more than once. One teacher who experienced Mare’s class said, “When things are not running smoothly and I start to feel stressed in the room, I stop, take three breaths, and bring myself back to this



moment. Sometimes, that is all I have to do to dial down the energy in a room. Sometimes action is necessary, but after I find calm within, it is much easier to communicate and help my students.”

The more I learn about mindfulness, the more I want to share it with my young students. This practice does not call for elaborate props or prep time. Talk to kids about noticing their breath and then set up a “breathing corner” where they can “drop in.” Do a mindful eating exercise where you ask children to describe what they experience with all their senses when chewing on a piece of fruit. Do a mindful listening exercise by ringing a bell and asking children to raise their hand when the resonance stops. After the bell activity, one student told me, “While I wait and listen, everything inside starts to feel happier.”

*Jenny Lee, Preschool Lab Mineral Point*

### At the Service of our Parents

As a community, we recognize the value of campus-based early childhood and education programs. On a fundamental level, our programs provide care for students, staff, and faculty. This service enables students to achieve their educational goals, and allows staff and faculty to focus on their professional objectives.

Access to quality child care on campus is critical to the success of student-parents, one of the fastest growing populations in higher education. While academic leadership acknowledges the demand for campus child care and early education, a recent report from the American Association of University Women (AAUW,13) indicates that only 57 percent of public four-year colleges and universities have on-campus child care. Clearly, our UW model is exemplary; our

graduation and retention rates for student-parents are comparable to those of non-parent students.

Funding from the major national funding source for campus child care, the Child Care Access Means Parents in School, has decreased by about \$10 million dollars over the past decade. This decline in funding often puts the student-parent in a financial bind that involves choosing to pay tuition or to pay for child care. In this regard, we are very fortunate that the University of Wisconsin provides CCTAP, a tuition assistance program funded by student segregated fees, to its student-parents. CCTAP helps to defray the cost of child care and hopefully keeps the cost of living manageable for families.

Given the climate of funding uncertainty and the rising expenses associated with a university

education, it is critical to secure additional fiscal resources for child care. In fact, many of you do so through our Student Child Care Scholarship Grant (which assists when discretionary funds are needed to support unexpected barriers) or through the New Initiatives Fund (providing classroom equipment for infant expansion is this year's focus). Former UW students such as Dr. David Castro and Ivy Williams and many others have all made commitments to "pay it forward" with gifts to our campus funds.

We are proud that the academic achievement of our student parents translates into an educated workforce, higher wages, greater productivity, and most critically, improved quality of life. Likewise, studies show time and again that access to quality care for faculty and staff serve to attract and retain our talented families.



## Jazzin' Teacher Scholarship Support

- Darrell Bazzell
- Maureen A. Noonan Bischof
- Chris Bruhn
- Martha Casey
- Paul M. DeLuca
- Lynn Edlefsen
- Marlene Hartzman
- William Richner
- Lindsey Stoddard Cameron
- John D. Wiley & Georgia Blanchfield
- Damon Williams
- Connie L. Wilson
- Dave & Paula Zipperer

## Development Update



Jazzin' 2013

As of September 1, Teri Stratton will serve as the development specialist in our office. She takes over for colleague Connie L. Wilson, a passionate advocate for campus child care. Connie and her family have made significant contributions over the years and connected many of you to our mission. Teri is excited to help advance the many initiatives that support our child care system and looks forward to meeting you personally.

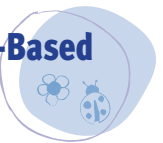
Our annual fundraiser, Jazzin', raised close to \$20,000 in revenue due to support from some very special teachers and friends, including Kathy and Gary Sandefur and John and Georgia Wiley. Jazzin' proceeds directly benefit the campus system through the Connie L. Wilson Grant and the New Campus Child Care Initiatives funds. Thanks to all staff and volunteers who created another successful event.

What's next for campus child care? Our most pressing needs continue to be the expansion of infant care and securing salaries for our workforce. Since 1999, the OCCFR has developed nearly 150 "slots" to serve this young age group. The desire for services on campus and proximity to workplace, classrooms and offices is an ongoing request of UW-Madison parents. Many indicate that high-quality care is the deciding factor in choosing a campus program. The wait list for infant and toddler care has never dropped below 100, a huge indicator that supply falls woefully short of demand for this service.

Your gifts make it possible to continue to expand and improve our facilities and programming. Just this fall, we engaged in a new expansion project to add 22 more slots for infants by February 2014. If you have reaped the benefits of student funding and/or campus child care, or wish to ensure access to programming, please join our efforts to support high-quality early care and education. Please know that any contributions received moving forward will be targeted in the short term to provide classroom equipment for this expansion. The UW Foundation account that assists this endeavor is called the "New Campus Child Care Initiatives" (12-902426).

Donations can be made anytime during the year by simply clicking on the UW Foundation's website: "Making a Gift," "Give to a Campus Area or Program," and "Campus Child Care/ Early Education."

## Why Campus-Based Care?



It is incumbent on university-based child care programs to provide leadership in the area of quality early education and care. At UW-Madison, this vision drives our work on a daily basis and hopefully creates positive experiences for the families who use our programs. Here's a parent's experience that was shared with us recently: On a visit to "check out" the early childhood program at the Waisman Center, a new faculty parent happened to spot a nationally-known researcher in neuroscience in the hallway prior to the center tour. He stopped the director, Joan Ershler, and simply stated, "We will sign up now. This is where we want our child to be." No tour needed!





We are excited to announce that the Office of Child Care and Family Resources can be a recipient of donations to the University of Wisconsin–Madison Share the Wonderful annual fundraising campaign if you designate “Campus Child Care/Early Education” in the “Other Designation” on the “Make a Gift” page of the UW Foundation website. Our focus fund for the purchase of classroom equipment for infant expansion is the “New Campus Child Care Initiatives” (12902426). Please consider a gift to support the youngest Badgers on campus!



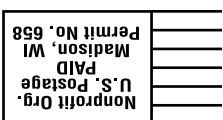
## Together, We Make a Difference

Your gift to the Share the Wonderful Annual Campaign ensures that a new generation of Badgers experiences a world-class intellectual and creative environment.

Just like you did.

Give today and help us continue to provide and expand infant and toddler care for campus families and our youngest scholars. Visit [sharethewonderful.org](http://sharethewonderful.org) or contact Eric Greiling at the UW Foundation, 608-890-1223 or [eric.greiling@supportuw.org](mailto:eric.greiling@supportuw.org).

**SHARE THE WONDERFUL**  
UNIVERSITY OF WISCONSIN ANNUAL CAMPAIGN



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