

Office of Early Learning Newsletter

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DeSylvia Dwyer Retires

Dee Dwyer had been with the Office of Early Learning at NYSED since its inception in 1998. Dee's profound commitment to early childhood education was known throughout New York State. Dee will be remembered for her deep knowledge of early childhood and her direct and supportive approach as teacher and mentor. She will be missed. Her last day with NYSED was June 24, 2020. If you would like to send well-wishes to Dee at oe1@nysed.gov we will be happy to send them along to her. We're sure she'll love reading them this summer from her deck that overlooks the beautiful pastures and hills of Schoharie County.

Teaching Kindness: Prosocial Behaviors Such as Empathy, Appreciation, and Cooperation Can Be Taught



Researchers are finding that kindness is in fact a skill that can be taught. "It's fundamentally no different than learning how to play the violin or learning to do sports," detailed Richard Davidson, PhD, the director and founder of the Center for Healthy Minds at the University of Wisconsin, Madison. Davidson developed the mindfulness-based kindness curriculum for preschoolers to help them pay closer attention to their emotions. The mindfulness based kindness curriculum is free to download from the Center for Healthy Minds' website, and it's available in both English and Spanish. [Link to curriculum and full interview with Dr. Richard Davidson](#)

For many families, remote work may be a relatively novel concept — if parents and caretakers have been operating within standard workplace walls for years, the notion of carrying on your 95 from the comfort of your home may take time to adjust to. And, at the onslaught of Covid-19, many families are not only adjusting to remote work, but also transitioning their childcare and schooling to the home as well.

What families have been experiencing over the last few months is a complete upheaval to the typical work and school day, and thus with that comes a completely new process of adjustment and reorienting to a routine — this includes learning new technology systems to maintain work productivity, taking on new roles as your child's school facilitator, and balancing parenting roles and responsibilities, such as managing your child's screen time.

As many education systems turn to remote learning to accommodate their classrooms, this means that children are surpassing typical screen time. Staff writer at Child Mind Institute Hannah Sheldon says, “right now, limits on screen time will probably look a lot different than they once did. Start by acknowledging —

Raising Race Conscious Children

New York State Education Department

[Office of Early Learning](#)

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