

CNMI Brain Builders NEWSLETTER

February 2023/ Issue 02

February at a GLANCE

The CNMI Brain Builders Team is proud to announce that a total of 6 parents from Gana Daycare and the community, completed the Mind in the Making, Introduction last February 11, 2023.

MITM Cohort 3 and 4 for Child Care Providers are also set to complete the Mind in the Making Training Series on March 04, 2023.



MITM Parent and Community Cohort 1
February 11, 2023



MITM for Providers Cohort 3
February 11, 2023



MITM for Providers Cohort 4
February 11, 2023

"All children in the CNMI will be safe, healthy, and thriving members of a culturally diverse community. Their families will have access to the high quality supports they need to achieve their potential."





CNMI BRAIN
BUILDERS

Promoting Perspective Taking

Everyday Routines

Throughout the day, encourage children to talk about their thoughts and feelings and recognize how these differ from what others might think and feel—they are practicing perspective taking!

Playful Learning Activities

Encourage children to express thoughts and feelings through acting out stories, telling stories, making art or dancing.

Learning Strategies

Brainstorm ways to solve a conflict with another child, with the help of an adult.



MIND IN THE MAKING: THE 7 ESSENTIAL LIFE SKILLS

LIFE SKILL OF THE MONTH

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THE LIFE SKILL OF PERSPECTIVE TAKING

Perspective Taking goes far beyond empathy: it involves seeing things as others would see them: their likes, dislikes, feelings and thoughts. It involves executive function skills, including remembering how others might respond (working memory); inhibiting our thoughts to understand the perspectives of others (inhibitory control); viewing situations in different ways (cognitive flexibility); and considering the thoughts and feelings of others (reflection).



Perspective Taking emerges in children over time but needs to be encouraged. Children with perspective taking skills are more likely to adjust better to school, to understand what they are learning through reading and writing and to build positive relationships with less conflict.

Upcoming Events

Mind in the Making for Providers Cohort 5
- March 4, 11, 18, 25

Mind in the Making for Providers Cohort 6
and 7 - April 15, 22, 29; May 6, 13, 20, 27;
June 3

Mind in the Making for
Parent/Community Cohort 1 - February 11,
18, 25; March 4, 11, 25; April 1, 8

Mind in the Making for
Parent/Community Cohort 2 - April 22, 29;
May 6, 13, 20; June 3 & 10

Past Event Photos



Help Your Child Understand the Perspective of Others

Children learn best through direct experience and each day offers countless opportunities to promote Perspective Taking in your child. When you talk about feelings, whether they are your own, your child's or those of others, you help your child make sense of himself and his place in the world.

1. Acknowledge his feelings:

"You seem really angry right now. It's hard to wait your turn for a toy." This helps him make connections between his emotions and his actions.

2. Share your own feelings and how you deal with them:

"I've had a long day and I am tired, just like you're tired after playing all day." It's important to make sure he doesn't think your feelings are his fault and that you're sharing your strategies for dealing with your emotions: "You know how you like to sing when you feel upset? I'm going to listen to some music by myself and then I will feel better."

3. Encourage your child to think about the reasons behind people's responses to everyday situations:

"Why do you think your uncle got upset when his friend forgot his birthday?"

4. Look for moments when he's engaged in cooperative play with others, and support those interactions:

"You rolled the ball to your friend and he rolled it back!" These moments are the beginnings of sharing and taking turns.

Love You

Ages 0-3



As you get your child ready for bed, gently touch them on their head, ears, and hands. As you touch each part, tell them, "Love your head. Love your ears. Love your hands. Love you." Use a soft voice that helps relax both of you.

Get started today!
vroom.org



See what your child is learning

Brainy Background

When your child feels your touch and hears your voice, they're learning new sounds and words that will help them learn to communicate. Children learn best when they feel safe and secure. Your gentle touch and soft words will help give them these feelings.



For more activities like these, check out the free Vroom mobile app!

#VROOMTIP OF THE MONTH

Every time we connect with young children, it's not just their eyes that light up—it's their brains, too. Try this easy bedtime #VroomTip that builds your bond.

February 2023

Congratulations to the winners of CNMI Brain Builders January Contest!



Morena Khan



Mylene Macapagal



Yrine Angeles



Ma. Isabel D. Estanislao

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