



Start Small. Think Big.



Impact Monadnock (IM) Insider!

New Impact Monadnock Program Manager, Mandy Grenier

Please join us in welcoming Mandy Grenier to the MUW Team as the Program Manager, Impact Monadnock Early Childhood Initiative. She comes to us with experience in early childhood education, marketing, and communications. We can't wait to see all the great things she'll accomplish! **Read more.**



I am excited to be a part of this warm and welcoming family at Monadnock United Way. As I am learning about the many initiatives of Impact Monadnock, I am hearing a consistent message about community connection and creating a resource that unites all members of the region. My hope is that this newsletter will serve as a hub of information that will bring us all together and be a resource not to be missed! I look forward to meeting members of the community and serving as a point of contact in our region. Please feel free to reach out to me at mandy@muw.org.

Warmly,
Mandy Grenier

Pyramid Model Updates & Information

Are you curious about the Pyramid Model and how it is being implemented in our region?

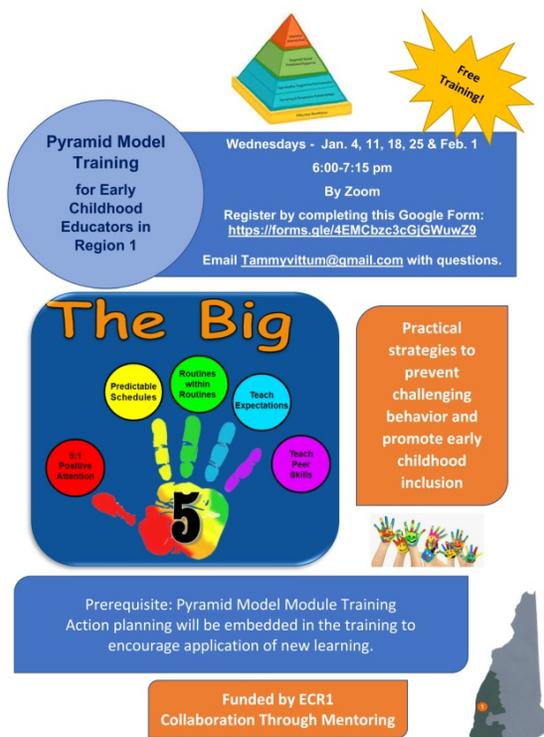
The Pyramid Model is an evidence-based framework for supporting early childhood professionals to promote young children's social emotional learning.



Currently, there are several programs in our region who are implementing Pyramid Model, including:

- Keene Day Care Center
- The Children's Learning Center at Cheshire Medical Center/DH
- Jonathan Daniels Preschool
- Keene Family YMCA
- The Child Development Center at Keene State College
- Walpole Village School
- Rise for baby and family

For more information on the Pyramid Model, visit our website [here](#).



The flyer features a pyramid icon at the top left, a yellow starburst with 'Free Training!' at the top right, and a central graphic of a hand with five fingers, each labeled with a strategy: 'Predictable Schedules', 'Routines within Routines', 'Teach Expectations', 'Teach Peer Skills', and '1:1 Positive Attention'. The number '5' is in the center of the hand. Text boxes provide training details, a registration link, and a prerequisite. A map of New Hampshire is at the bottom right.

Pyramid Model Training for Early Childhood Educators in Region 1

Wednesdays - Jan. 4, 11, 18, 25 & Feb. 1
6:00-7:15 pm
By Zoom

Register by completing this Google Form:
<https://forms.gle/4EMCbzc3cGjGWuWZ9>
Email Tammyvittum@gmail.com with questions.

The Big 5

Predictable Schedules
Routines within Routines
Teach Expectations
Teach Peer Skills
1:1 Positive Attention

Prerequisite: Pyramid Model Module Training
Action planning will be embedded in the training to encourage application of new learning.

Funded by ECR1
Collaboration Through Mentoring

Attention Early Childhood Professionals

Registration is now open for a **FREE** Training on the Pyramid Model!

Participants of this training will learn practical strategies to reduce or eliminate challenging behavior and intentionally support child acquisition of social and emotional skills and development.

To learn more, contact Tammy Vittum at tammyvittum@gmail.com.

[Register Here!](#)

[View the flyer here.](#)

Resources for Families

As a parent it can be hard to know exactly what to look for at each stage of your child's development. *Below are two resources to support families in raising their children:*



Zero to Three - Their mission is to ensure that all babies and toddlers have a strong start in life and underscore that the first three years of life are the most important for lifelong mental health and well-being. Their webpage is full of resources to help families navigate their child's development.

New Hampshire Connections - NH Connections is the consumer education website for the NH Department of Health and Human Services (DHHS) and it is filled with resources to strengthen families and

The organizations listed below provide assistance to families in our region including food, heating/fuel, referrals to additional resources.

- **Energy Assistance** - Southwestern Community Services
- **Hot Meals and Pantry Programs** - Community Kitchen
- **Referral Source for New Hampshire residents** - 2-1-1 NH & Servicelink

Community Café Update

What is a Community Café?

A key element in many states' and communities' implementation of Strengthening Families has been the use of café-style conversations among parents and caregivers. Cafés are a method of facilitating meaningful, reflective conversations that promote leadership and collaboration. These gatherings, derived from the World Café model, bring community members together for a series of structured conversations that either directly or indirectly address protective factors.

Topics at recent Community Café's in our region have been focused on parenting during the pandemic and other important issues that families are facing.

"For me, the Café experience was a safe, 'real' space to discuss fears, doubts, feelings, joys, and challenges of being a sibling (in my case) or parent (for many) of an individual with special needs." - Tanis Elliott, Community Café Participant

To learn more, click **here** to view our 2021 Impact Report

Community Cafés in our region will resume in 2023. Keep an eye out for updates!

Monadnock Alliance for Families

The Monadnock Alliance for Families (MAF) is a collaborative backed by Impact Monadnock. The Alliance is composed of five organizations (listed below) with the vision that all families in the Monadnock Region have access to high-quality services that strengthen parenting and promote optimal child development.

Support for Local Families

- Home visits for pregnant women and families
- Help accessing services, including health insurance, housing, and fuel assistance
- Play groups, classes, and more
- Services for children under 3 with developmental delays
- Offered at no or minimal cost



The Grapevine Family & Community Resource Center

603-588-2620

Home visits, family support, playgroups, classes, and teen center in Antrim serving:
Antrim, Frankestown, Hancock, Bennington, Hillsborough, and Deering

The River Center

603-924-6800

Home visits, family support, playgroups, and classes in Peterborough and serving nearby towns.

Rise for baby and family

603-357-1395

Services for children with possible or confirmed developmental delays around the Monadnock region.

Healthy Starts

603-352-2253

Support for Medicaid-eligible children and families, including nursing visits for children with chronic illness, around the Monadnock Region.

Monadnock Family Services

603-357-4400

Educational and enrichment programs for parents and children, on a variety of topics, around the Monadnock Region.

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