



From the Playroom

A New Year Brings a Chance to Begin Again

Recently, I attended a yoga class—I hadn't been to one in quite some time and while I found it challenging, there was also some familiarity, a grounding of sorts! While in the class, the instructor continued to use the phrase “begin again.” It resonated with me at many levels. Just like I had after many months of being absent from yoga practice, I was beginning again. As the practice got tough and I became more distracted with my own thoughts, noises around me, etc., this phrase helped me to ignore the distractions and “get to the work.”



A new year also brings a new space and a brand refresh! CI completed its move this past December. You also might notice an updated look in this newsletter, thanks to our brand refresh. To learn more on the move and the refresh, [read this blog post](#).

Read more on beginning again from the Co-Director of Primary Project



BRINGING THE LESSONS HOME
for Families and Caregivers

Valuable Principles for Effective Parenting

Effective parenting comes from what you do as a parent and understanding why you do it. Jodi Mullen, a therapist, trainer, professor, and most importantly a parent, published a book titled “Raising Freakishly Well-Behaved Kids”. In this book she highlights that children have been her teachers; she has learned valuable principles from the relationships she has with her own children and the children she has provided counseling to. *In our “Bringing the Lessons*

Home” section for parents this year we will highlight a few of these principles in each edition.

This edition, in both English and Spanish, features "Practice Empathy," and "Let Me Try."

[Bringing the Lessons Home - English](#)
[Bringing the Lessons Home - Spanish](#)

Call for National Certification Reviewers

We are looking to expand our pool of Primary Project National Certification reviewers. If you have a desire to have a deeper understanding and knowledge of program implementation outside of your own district, then this may be for you!

For more information, or to be added to our pool of reviewers for this spring 2024, please reach out to Arlene Bobin at abobin@childrensinstitute.net by January 31st, 2024!



[Learn more and apply today](#)

What's Great in Our State? Featuring Washington, D.C.



Say hello to our lovely D.C. team! From left to right: Crystal White, Gloria Palmer, J'Wan Griffin, Shauneka Levett, Bianca Callahan!

Looking for some inspiration in your work with young children? Read these wonderful 'recipes' by child associates from Washington, D.C.!

We have recipes for "Nurturing Pie," "Supporting Children Soup," and "Glo's Recipe for the Perfect Introduction."

[Read the recipes here](#)

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