

[P.E.A.C.E. News for January 2021](#)

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(P.E.A.C.E., Inc.)***

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***Please keep using your mask, with social distancing
& hand washing, until we're all safe again.***



ACTION ALERTS!

DEY Guidelines for Talking with Young Children About the Insurrection at the US Capitol

On January 6, the world witnessed an unprecedented assault on democracy when a violent mob, incited by President Trump, invaded the Capitol building in Washington, DC to disrupt the certification of Joe Biden and Kamala Harris as the next President and Vice-President of the United States. Threatening the safety of members of Congress, Hill staff, and the Capitol's everyday working people, all trapped inside and terrorized while this mob ransacked the People's Building.

Watching this unfold was shocking to many adults and, despite their best efforts to shield young children from this reality, they may have been exposed to this despicable event anyway, whether through the media, siblings, friends, or overhear-ing adults' conversations. This can undermine their sense of safety as well as their social and emotional well-being. While young children are not able to comprehend complicated concepts like an attack on our democracy or the meaning of an attempt-ed coup, they will undoubtedly be frightened and

confused by the violent images of the mob as well as the deep and obvious concerns of the adults around them.

Defending the Early Years (DEY) offers guidelines for implementing an age-appropriate, meaningful, and caring approach to help young children deal with this shocking event:

- **Protect young children from exposure to news on TV, radio, social media, or hearing adults talk about it as much as possible.** The more they see and hear, the more dangerous they will think the world is.
- **Children need to know you will be there to help them and to keep them safe.** Trusted adults can help children sort out what they see and hear and help them feel safe. How you react plays a big role in determining how they think, feel, and what they learn.
- **Start by finding out what children know.** This gives you more information about their real concerns, which might be different from yours. Ask open-ended questions like, “What have you heard about that?” or “What do you know about....?”
- **Base your responses on the child’s age and specific needs.** Keep your explanations developmentally appropriate. When young children see or hear about something scary, they often relate it to themselves and worry about their own safety. Younger children tend to focus on one thing at a time. Because they don’t yet have logical, causal thinking, it’s hard for them to figure out the logic of what happened and why or sort out what is real and what is not.
- **Let children know that, if they have any questions about this or anything else, you are happy to talk with them about it.**
- **Answer children’s specific questions, but don’t elaborate.** You don’t need to provide the full story. Just tell children what they want to know. Continue to reassure them about their safety.
- **Support children’s effort to use play, art, and writing to work out an understanding of what they have seen and heard.** Although some adults are uncomfortable when children bring violence into their play, this helps them work out ideas and feelings and, also, shows adults what they are worried about. Provide open-ended play materials such as blocks, emergency vehicles, miniature people, and a medical kit, as well as art materials like markers and paper.
- **Be on the lookout for signs of stress.** Changes in behavior such as increased aggression or withdrawal, difficulty sleeping, changes in appetite, regression in toileting, frequent crying, or trouble with

transitions are all signs that additional support may be needed. Protecting children from the media, maintaining routines, providing reassurance, and even extra hugs can help children regain their equilibrium.

- **Help children experience the power of solving their own conflicts without violence.** Children are often confused when we tell them to “use their words” to solve conflicts, but they see adults using violence to solve theirs. Show them how to deal with issues differently in their own lives. Help children learn by your example and interactions with them how to resolve conflicts in constructive ways.
- **Make sure children know that it is the job of adults to protect them.** Discuss what adults are doing to make the situation better, such as arresting the rioters and putting them in jail. Tell them that there will be a new President in just a few days and he will ensure that nothing like this happens again.

This resource was adapted from Teaching Young Children in Violent Times: Building a Peaceable Classroom (2nd Edition) by Diane E. Levin, Ph.D. Shared with permission of DEY. A printable PDF flyer of these guidelines is available [here](#).

Stimulus Package Helps Child Care a Little

The stimulus package passed by Congress on December 21 includes \$10 billion for child care, including \$250 million for Head Start. That’s much less than the \$57 billion talked about earlier, but it may help some programs stay in business. An article by CNBC, [“Congress proposes \\$10 billion in relief for the child-care industry, but advocates say it’s only a ‘down payment’”](#), indicates that the bulk of the new Federal child care funding will go to grants to child care providers, who can use the money for a variety of purposes, such as making payroll, paying rent, purchasing sanitation supplies & PPE, etc. In addition, child care providers will be eligible for loans through the \$284 billion Paycheck Protection Program, and the child tax credit will be more accessible to parents whose income fell during the pandemic. Even with this help, many in Congress worry that the \$10 billion won’t ensure child care’s survival of the pandemic.

At about the same time Congress authorized the funding for the remainder of Federal Fiscal year 2021, ending on September 30. The following increases in particular child care programs are to be distributed:

- Child Care and Development Block Grant (CCDBG)
 - \$5,911,000,000, an increase of \$85,000,000 over FY2020

- Head Start and Early Head Start
 - \$10,748,095, an increase of \$135,000,000 over FY2020
- Preschool Development Grant Birth through Five (PDG B-5)
 - \$275,000,000, level with FY2020
- IDEA Part B Preschool Grants
 - \$397,620,000, an increase of \$3,500,000 over FY2020
- IDEA Part C Grants for Infants and Families
 - \$481,850,000, an increase of \$4,850,000 over FY2020
- Child Care Access Means Parents in School Program (CCAMPIS)
 - \$55,000,000, an increase of \$2,000,000

An [NAEYC survey](#) released the following figures: 42% of child care providers still in business surveyed report going into debt or their savings for their programs, and 60% had to cut expenses through layoffs, furloughs, and/or pay cuts. Most of them are paying much more for cleaning supplies, PPE, and staff (who demand more pay because of the risk of infection), with fewer families served and paying. Almost half of the surveyed child care workers have to use public benefits to survive. $\frac{1}{4}$ of the centers and $\frac{1}{3}$ of the family home providers predict having to close in three months unless they get significant added support. Will the \$10 billion be enough?

The First Five Years Fund and Zero to Three have joined NAEYC in calling for more funding in the new Congress in January. We will need to keep the pressure on the new Congress, including **your** Senators and Representative, to supplement the Supplement for child care, for the benefit of the children who deserve good care, the families who need child care to be able to work productively, and the child care profession, one of America's largest small business industries. ***Please write, call, and talk to them with your own concerns, to give us the help we all need now.***

Child Care Workers Are “Essential” for Vaccine Priorities

The Federal Center for Disease Control (CDC) has established recommended priorities for COVID-19 vaccine administration. It recommends that school and child care workers in any capacity should be at the top of the Category 2 priorities, behind Category 1's emergency responders, health care workers, and nursing home residents and staff. Even so, individual States establish their own priorities, and may disregard the CDC's recommendations. It would be worthwhile for early childhood organizations in your State to band together and urge the Governor to give child care providers a high priority so that they, and the families in their care, can have some assurance of continuity of care.

Resources

DEY Guidelines for Talking with Young Children About the Insurrection at the US Capitol

Defending the Early Years offers ideas for an age-appropriate and caring approach to help young children deal with the shocking events of January 6, when a violent mob, incited by President Trump, invaded the Capitol building in Washington, DC to terrorize those inside and disrupt the certification of the next President and Vice-President of the United States. [Read their guidelines here.](#)

Benefits of Playing Outdoors in the Winter Time

By Karin Pavelek



Child shoveling snow to create an igloo, Cambridge MA

Children can truly benefit from playing outside even in the winter time.

According to the article [*“Why our kids are going to play outside this winter, and yours should too, according to science”*](#) (John, 2018), children not only benefit developmentally (i.e., brain, body, and intellect) but they also get to enjoy valuable unstructured outdoor play time.

During the cold winter months we typically see an increase in screen time and now with the current Pandemic we see children ages eight to 12 spend four to six hours per day with screens, and up to nine hours as teens ([*American Academy of Child & Adolescent Psychiatry, 2020*](#)).

Too much screen time can lead to less quality time spent with family and friends, sleep problems, mood problems, lack of physical activity, lower grades, and a low body- and self-image. Besides these health issues, children are more exposed to violence, negative stereotypes, sexual content, substance abuse, predators, and cyberbullies ([*American Academy of Child & Adolescent Psychiatry, 2020*](#)).

As adults, we often worry “Will our children get sick from being outside in the cold?” or simply, we worry they get too cold in general (John, 2018). It also might take us extra time, when thinking about getting them ready for outdoor play by putting on extra layers of clothing, winter boots, a warm jacket, mittens, a scarf, and a hat. We simply need to put this “burden” aside, and lessen our children’s screen time by encouraging them to enjoy the cold, fresh air on a daily basis.



Child creating snow angels and constructing an igloo, Cambridge MA

Photos courtesy of Karen Kosko, Cambridge MA

Nobel Peace Prize Recipient of 2020, World Food Programme



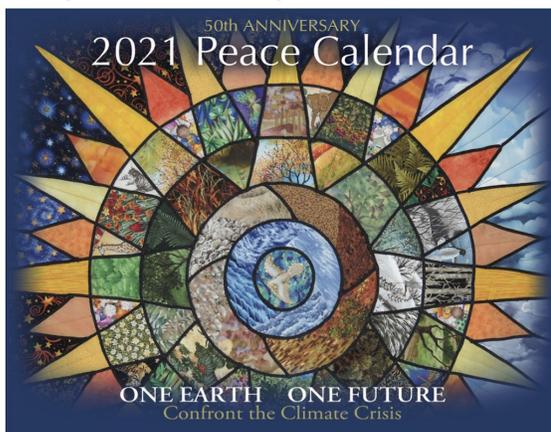
Picture courtesy of news.sky.com

On December 10th 2020, the Nobel Peace Prize 2020 was awarded to World Food Programme (WFP) "for its efforts to combat hunger, for its contribution to bettering conditions for peace in conflict-affected areas and for acting as a driving force in efforts to prevent the use of hunger as a weapon of war and conflict." This U.N. agency is based in Rome and to read more, [please click here.](#)

Free Peace Calendar

LESSONS IN PEACE

A TEACHERS AND PARENTS GUIDE TO THE 2021 PEACE CALENDAR
Mara Sapon-Shevin ~ Syracuse Cultural Workers



[Download this teachers and parents guide highlighting activists and dates each month.](#)

Over the coming decade, we will either break the grip of fossil fuels or suffer ever-more extreme climate disasters.
We hope this 50th Peace Calendar inspires action and support for efforts to stop the people, corporations and political actors bent on destroying the earth in the name of profit.

How to Say “Peace” in 35 Languages



Picture courtesy of Zazzle.com

In the spirit of World Peace Day, why not learn how to say “Peace” in another language? Here are 35 different options:

Afrikaans: Vrede

Arabic: سلام (salām)

Aymara: Hacaña

Bengali: শান্তি (śānti)

Catalan: Pau

Cherokee: ᎠᎩᎩ (dohiyi)

Danish: Fred

Greek: Ειρήνη (irini)

Spanish: Paz

Persian/Farsi: صلح (solh)

Irish: Síocháin

Hebrew: שָׁלוֹם (shalom)

Igbo: Udo

Japanese: 平和 (heiwa)

Russian: Мир (mir)

Scots: Pace

Turkish: Barış

Dutch: Vrede

Aragonese: Patz

Haitian Creole (Kreyol): Lapè

Bulgarian: Мир (mir)

Tibetan: རྩི་བདེ་ (zhi-bde)

Chamorro: Minaggen

Welsh: heddwch

German: Friede

Esperanto: Paco

Basque: Baké

French: Paix

Manx: Shee

Hindi: शान्ति (śānti)

Icelandic: Friður

Polish: Pokój

Maori: Rangima'arie, Nohopuku, Rongo

Thai: สันติภาพ (santipap)

Italian: Pace

Bravery Magazine



Picture courtesy of elworthystudios.com

Bravery is a quarterly print magazine that empowers kids to dream, learn, do, and become their own kind of brave. Each issue features a strong female role model who embodied a trait we want to teach our kids—from Jane Goodall’s patient attitude to Maya Angelou’s kind character. For more information please click [here](#).

Peace Activists Imprisoned



Kings Bay Plowshares 7

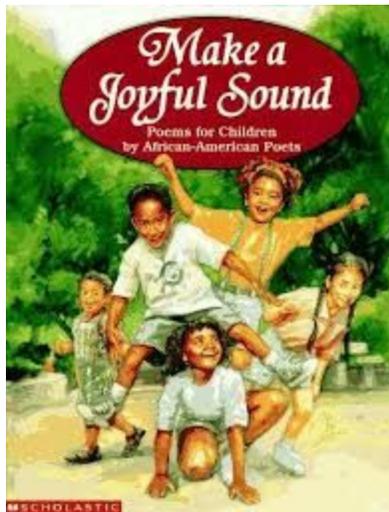
On December 15, 2020 Carmen Trotta and Martha Hennessy turned themselves into federal prison in Otisville, New York, and Danbury, Connecticut, respectively.

Carmen Trotta of the Catholic Worker House in New York City received a 14-month sentence and Martha Hennessy, granddaughter of

Dorothy Day, received a 10-month sentence. They were part of a group known as the Kings Bay Plowshare 7 who on April 4, 2018, walked into the Kings Bay Submarine Base in St. Mary's, Georgia, the largest nuclear weapon submarine base in the world. The activists poured some of their own blood onto signs and took a hammer to a model of a nuclear bomb carried on the submarines. They were part of the Plowshare movement of primarily Catholic and other religious clergy and laity who have carried nonviolent direct action against nuclear weapons since 1980. The sentences have been harsh. Elizabeth McAllister, now 82 years old, was arrested in the first Plowshare action in 1980 and was also arrested at Kings Bay. She was in jail for 17 months in Georgia and sentenced in the Fall of 2020 to time served.

Plowshares is one of the few groups that uses nonviolent direct action to oppose nuclear weapons and to point out how the funding of such weapons takes away funds for funding of human needs such as homelessness, poverty, hunger and racism. They are promoting "communities of resistance" which are alternative communities that create alternative lifestyles based on nonviolence theory and practice. [Click for more information...](#)

Poetry for Children



<https://www.worldcat.org/oclc/32822282>

Martin Luther King Jr.

Dr. King was a man
Who saw the mountaintop
Who saw the mountaintop
Dr. King was a man
Who saw the mountaintop
And he did not stop.

Glory Hallelujah
Glory Hallelujah

Dr. King was a man
Who climbed the mountaintop
Who climbed the mountaintop
Dr. King was a man
Who climbed the mountaintop
Because he could not stop.

Glory Hallelujah
Glory Hallelujah

Dr. King was a man
Who reached the mountaintop
Who reached the mountaintop

Dr. King was a man
Who reached the mountaintop
Because he would not stop.

Glory Hallelujah
Glory Hallelujah

Dr. King was a man
Who stood on the mountaintop
Who stood on the mountaintop
Dr. King was man
Who stood on the mountaintop
Because he would not stop.

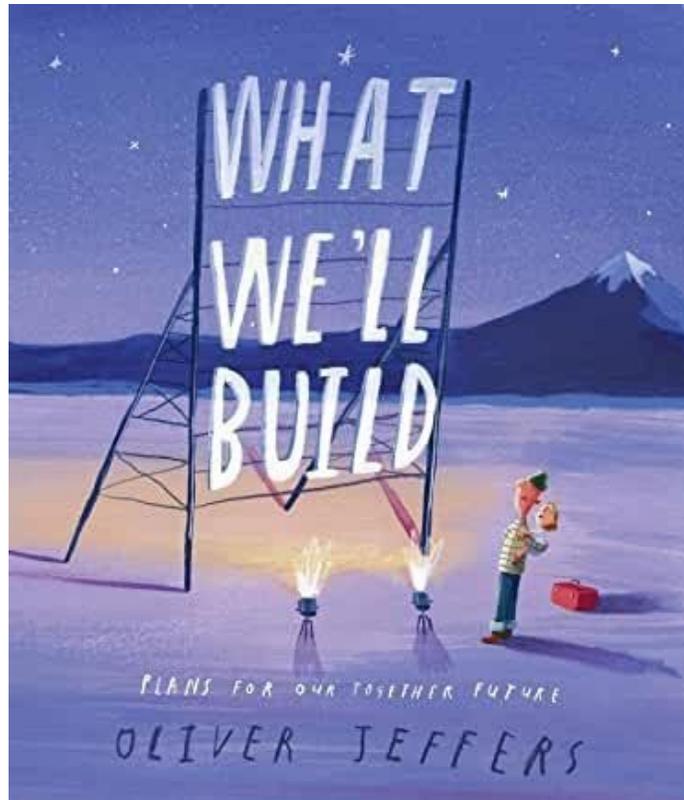
Free at last
Free at last

- Useni Eugene Perkins

Book Review

What We'll Build: Plans for our together future

By Oliver Jeffers, Philomel Books, 2020.



Oliver Jeffers is giving all of us hope with his latest book, as we discover the important things in life. Jeffers, from Belfast, was inspired by the birth of his daughter Mari to create this personal story of a father and daughter exploring the endless possibilities and adventures that they can enjoy, as they build their lives together. Part of the dedication *“To my daughter Mari and granny Marie. We have much to do.”* includes the statement *“You are only free to dream and plan (for the future) when you are not battling to survive (the present).”*

Jeffers lays out the tools that are needed at the start of this magical journey of resilience, and forgiveness and encourages us to join them in building a door “where there was none.” Jeffers draws the simple symbol of a door standing for opportunity as it plays out in the book. [Doors we can open for our children, students and communities.]

*What shall we build, you and I?
We'll build a watch to keep our time.
I'll build your future and you'll build mine.*

A favorite section is about building *"a fortress to keep our enemies out....
"But you don't always lose, and you don't always win.
So we'll build a gate to let them in.
We'll build a table to drink our tea, and say ... I'm sorry, me two, me three"*

Educators/parents know the importance of enjoying every minute with children. The final image of the father's hands holding tiny hands, reaffirms that we really do hold our children's futures in the palm of our hands and sometimes that feels like an enormous responsibility. Our children also work to shape our lives for the better and can fulfill our hopes, while the aspirations and interests are virtually intertwined.

This may be a charming love letter from Oliver Jeffers to his daughter, but this picture book is also a great starting point for young children to share their ideas for the future and the 'tools' they might need to achieve them. The text, told in rhyme, can be appreciated on many different levels. The illustrations are colorful, whimsical and quirky. Young readers will enjoy spotting the pink pig throughout the story, and the penguin, a recurring character in other Jeffers' books, makes an appearance too.

Submitted by Karen Kosko

Days of the Month - January

January 18- Martin Luther King Jr. Day National Holiday (Observed) - Born January 15, 1929.

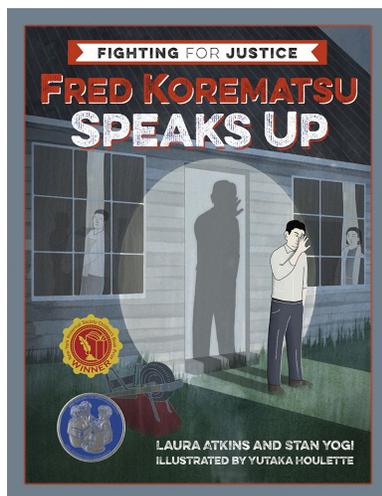
[Martin Luther King, Jr. Research and Education Institute:](#)

Liberation Curriculum: The King Institute's Liberation Curriculum provides document-based lesson plans, online educational resources, and historical materials pertaining to the modern African American Freedom Struggle and King's vision of a just and peaceful world. Currently directed by Dr. Mira S. Foster, this educational initiative seeks to transform the way students acquire and apply knowledge about the past.



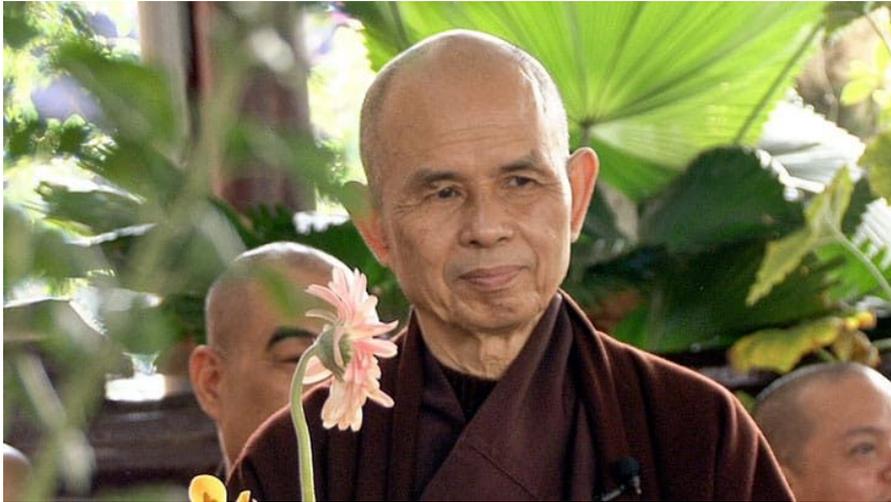
From the Bob Fitch Photography Archive, Spotlight at Stanford

January 30 - Fred Korematsu Day of Civil Liberties and the Constitution



The first US holiday to be named after an Asian American was established to commemorate Korematsu's birthday in 1919. Korematsu defied the 1942 order requiring Americans of Japanese descent to report to internment camps. After being arrested and convicted, he appealed all the way to the Supreme Court. The court ruled against him at the time but the ruling was overturned 40 years later upon discovery of evidence that the government concealed at the time of the trial. (from 2020-2021 [Planning to Change the World](#)- a Plan Book for Social Justice Educators.)

Quote of the Month



"We think that we human beings are different from inanimate objects, but according to the principle of interbeing, living beings are comprised of non-living being elements. When we look into ourselves, we see minerals and all other non-living being elements. Why discriminate against what we call inanimate? To protect living beings, we must protect the stones, the soil, and the oceans."

—*Thich Nhat Hanh*

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We are eager for new members, and active members. Membership is free, although you're encouraged to help us as you can. Spread the word and let us know how you would like to be engaged at 1peaceeducators@gmail.com.

Help bring peace education to the profession and the public!

If you would like to bring P.E.A.C.E., Inc.'s perspective to more teachers on the ground working with young children, there are opportunities both in person and online.

Particularly on [NAEYC's HELLO open forum](#) we have seen opportunities to engage on these issues.

Join actforpeace@googlegroups.com to follow our members' recommended actions and share your own! You can sign up at 1peaceeducators@gmail.com or directly through Google Groups. We hope you will spread the word about the actions by forwarding them on to others.



[Visit our Website,
www.peaceeducators.org!](http://www.peaceeducators.org)