

Introduction



Tiffany Wilson, Editor

This Fall issue is fully committed to providing readers with information that promotes the holistic learning and development of children. The content provides teachers, parents, and pre-services candidates with several strategies to support a variety learning experiences for students inside and outside of the classroom.

Articles:

The Importance of Learning Through Play in Early Childhood Education: Reflections on *The Bold Beginnings* Report

Manal ObedAullah Alharbi, Mona M. Alzahrani

In the article “The Importance of Learning Through Play in Early Childhood Education: Reflections on *The Bold Beginnings* Report,” Manal ObedAullah Alharbi and Mona Mohsen Alzahrani compares two perspectives on using play while learning. The authors of “*The Bold Beginnings*” support the idea of providing a structured learning environment as the best approach to helping children in early childhood reach academic success earlier upon entering elementary school. Moreover, Alharbi and Alzahrani explain the added benefits students receive when play is incorporated into the learning process, as it encompasses a more holistic approach to learning.

Pictures for Reflections

Bubbles and Balls in Belize: A New Perspective on Play

Rebecca Giles

Photographs by Jim Hoot

“Bubbles and Balls in Belize: A New Perspective on Play,” by Rebecca Giles, sheds light on the importance of allowing children to engage in what is already available instead of creating an environment of play that could be too restrictive. After more exposure to the different dynamics of play during her visit abroad, the experience provided a new definition of creating the best possible learning environment for young children.

Tech Talk

Finding Flexibility with HyFlex: Teaching in the Digital Age

Leslie Trail, Stacy Fields, Nancy Caukin

With the impact that the year of 2020 has had on different areas of life, Leslie Trail, Stacy Fields, and Nancy Caukin draw attention and discuss changes on the delivery of education, in the article “Finding Flexibility with HyFlex: Teaching in the Digital Age.” The authors recognize that the challenges in delivering instructional material during the spring 2020 semester pushed teachers of all levels to seek alternative ways to teach that would continue to be engaging. In this article, Trail, Fields, and Caukin describe the various ways that the new school year began, in terms of delivery systems. The authors further discuss the implications of one specific educational delivery service: the online and in-person blend of teaching. This modality gave name to the HyFlex model because of its need for flexibility for both educators and students. The authors further describe the values of this model as well as personal experiences from the authors.

ETC.

Using Children’s Books to Foster a Growth Mindset

Angela Danley

In “Using Children’s Books to Foster a Growth Mindset,” Angela Danley writes about the important role parents and educators play in promoting a growth mindset in children. Danley explains that the process of fostering a growth mindset is important to begin during childhood to be best equipped with the skills to maintain a growth mindset as the child ages. Danley describes the use of books as a way that parents and educators can help children foster a growth mindset. In this article, Danley specifically provides “Beautiful Oops” by Barney Saltzberg and “Stickley Makes a Mistake: A Frog’s Guide to Trying Again” by Brenda S. Miles as two examples of books that promote a growth mindset through resiliency.

Children and Families: Health and Wellness

Sleep Hygiene: Evidence for a Healthy Family Habit

Barbara Whitman Lancaster

Barbara Whitman Lancaster dives into the discussion surrounding sleep hygiene in the article “Sleep Hygiene: Evidence for a Healthy Family Habit.” In the article, Lancaster describes sleep as a mystery, yet its power can revitalize and rejuvenate everyone, regardless of age. Nevertheless, not practicing sleep hygiene can affect various areas of health (e.g., obesity), performance (e.g., decreased school performance), and attitude (e.g., poor behavior). Even though sleep hygiene is crucial to overall health, healthcare providers often times do not discuss sleep hygiene. Therefore, in this article, Lancaster aims to inform the importance of sleep hygiene to parents by defining sleep hygiene, explaining overall benefits, and providing the overall process of sleep hygiene.

Education by the Numbers
How Does Level of Education Affect Income?
Donald Snead

In “Education by the Numbers,” Donald Snead brings awareness to the affect that level of education has on annual income. In his summary, Snead reviews earnings based on various levels of educational attainment and compares the earning among gender as well as race.

STEAM

Innovative and Engaging Approaches in a Middle School Science Classroom: Ideas to Capitalize on Student Interest

Shelley Wermuth

In “Innovative and Engaging Approaches in a Middle School Science Classroom: Ideas to Capitalize on Student Interest,” author Shelley Wermuth shares a middle school teacher’s experience in shifting the current educational paradigm to a paradigm that is more inclusive of innovative approaches in STEM education. In this article, Wermuth discusses the literature supporting the move of a curriculum-centered paradigm to a student-centered paradigm. The review of the literature explores the changes in the instructional delivery, such as with the use of technology, of STEM courses has provided a learning environment where students are not actively engaged in the learning process. However, a student-centered approach to STEM courses highly encourages active experiences and meaningful integrations among other benefits.

Page Turns: Books for Children

Page Turn: Books for Children

Katrina Bartow Jacobs, Carla K. Meyer, Michelle Sobolak, Patricia Crawford, Maria T. Genest

Katrina Bartow Katrina, Carla K. Meyer, Michelle Sobolak, Patricia Crawford, and Maria T. Genest review a collection of children’s literature. They provide literature for children of all ages aimed at various developmental areas.