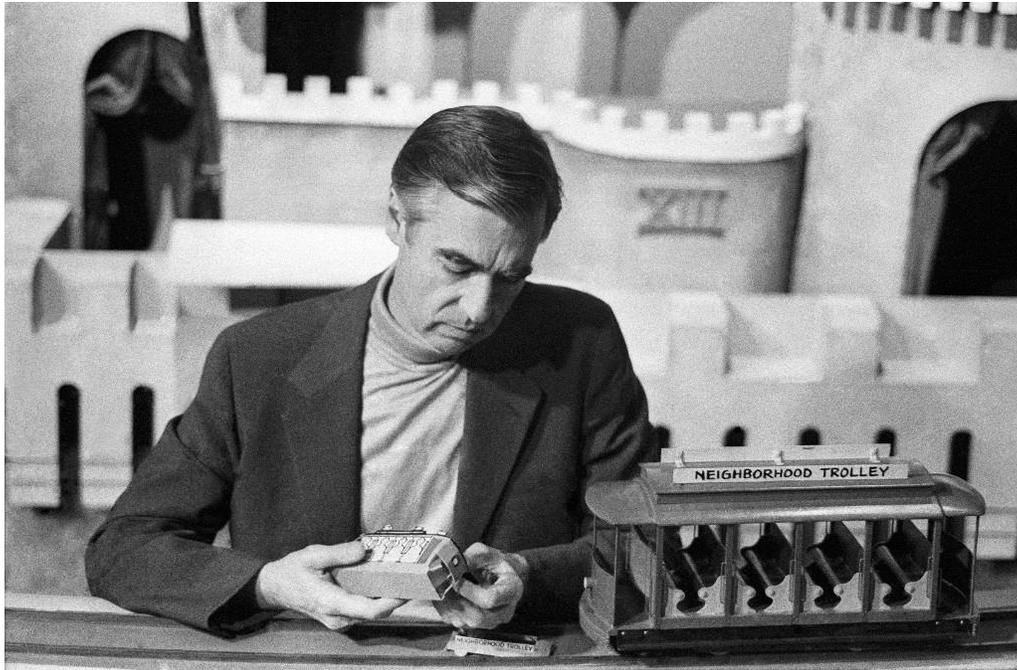


What We Can Continue to Learn from Fred Rogers



'Tis the Season – for Some Quiet



A colleague of mine told me she's already feeling the stressful effects of the holiday season in her child care. There seems to be more anxiety, tension, irritability and conflicts -- and a lot more noise -- from both the children and the adults. I wonder if you're feeling the stress, too, whatever the holidays mean to you.

Reducing the stress these days may not be easy, but from what I hear from teachers, it can help to start with creating some quiet. I thought you might appreciate these ideas that I've learned from Fred and from others:

- I know an early childhood educator who, on a noisy high-energy day, called for an "emergency meeting," asking the children to suggest ways everyone can help with the problem of too much noise in the room. And they really

did all work together to make sure things got quieter!

- Have you noticed that when the room is noisy, if you raise your voice level, the children do, too? Try to lower your voice at times like that, and see what happens. Over and over I hear that it really can help when we adults set a quieter tone in the room.
- Do you have a CD of quiet, peaceful music to play? I've seen myself how calming music can be. I remember being at Walter Drew's block workshops at the NAEYC annual conference where he played "new age" music in the background while we were building with the materials. I could actually feel that the music created a slower pace, a more thoughtful mood, and even changed the nature of the block-building...and my blood pressure!
- Silence can help to restore us, so try to make some quiet time each day, even in your home. Fred told us that he made sure to have silent times in his programs because it's the only way he could be sure that the children who were watching would have some quiet in their day.

This is also a season when it's easy to feel over-burdened and under-appreciated, so I am offering you one of my favorite videos where Fred Rogers gave his heartfelt thanks for the work that you're doing.



I'd also like to wish you a happy holiday season and add my thanks for your support and for all that you do for children and families. Where would we be without people like you.



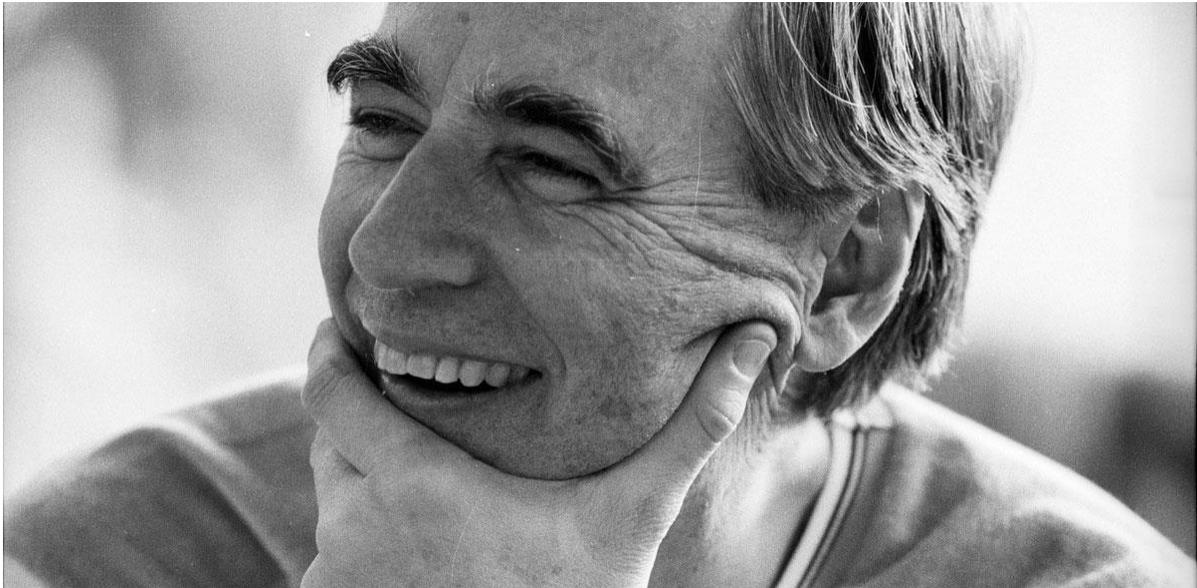
Hedda Sharapan

M.S. Child Development

PNC Grow Up Great Senior Fellow

hedda.sharapan@stvincent.edu

Timeless Wisdom from Fred Rogers



"Here's a gift you may not have expected. It's a gift for you to give yourself. Sometime in your day today, try to turn off all the noises you can around you, and give yourself some "quiet time." In the silence, let yourself think about something. Or if possible...think about nothing. Most of us have so few moments like that in our lives...How many times have you noticed that it's the little quiet moments in the midst of life that seem to give the rest extra-special meaning?"

[MORE QUOTES](#)



[Subscribe](#) | [Forward](#) | [View past issues](#)

[Update your profile](#) | [Unsubscribe](#)

© 2017 Fred Rogers Center for Early Learning &
Children's Media

You are receiving this email because you opted into receiving information from Hedda Sharapan about child development.

Photos courtesy of The Lynn Johnson Collection:
Ohio University Libraries.

**Fred Rogers Center for Early Learning &
Children's Media**

Saint Vincent College
300 Fraser Purchase Road
Latrobe, Pennsylvania 15650-2690