



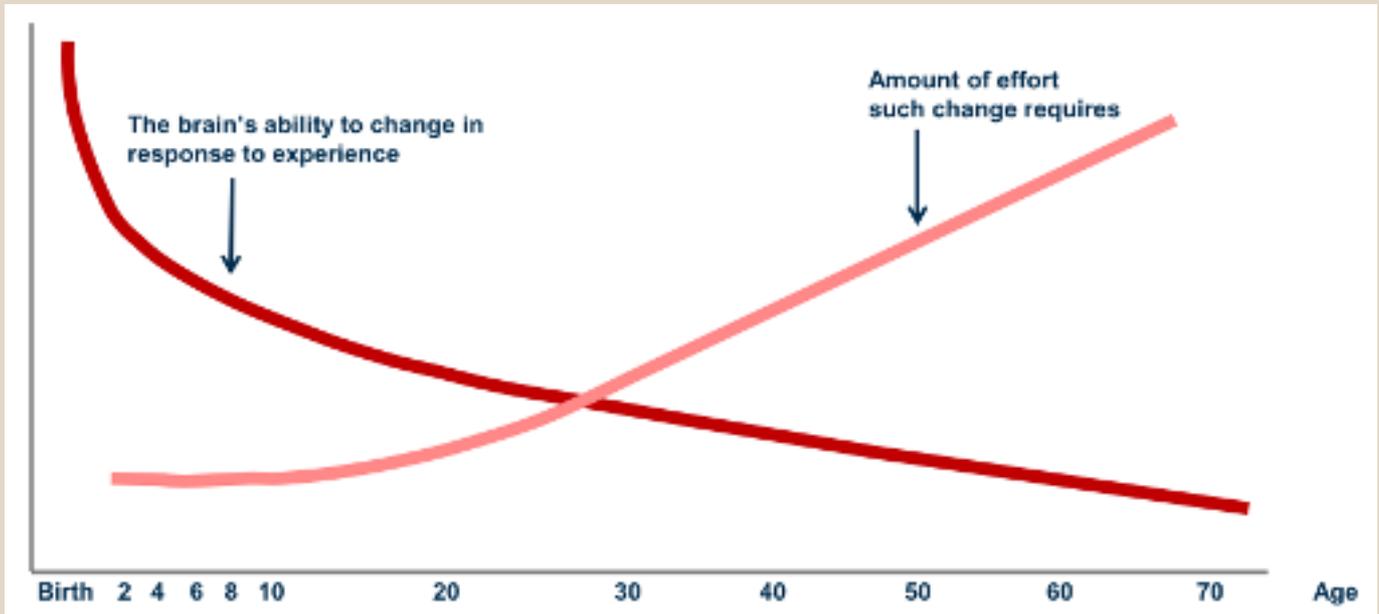
The
First 36
Project



What helps families thrive? Support and guidance.

The Jewish community has an opportunity to step up and step in, and The First 36 Project piloted by the Simms/Mann Institute, the Jewish Federation of Greater Los Angeles, and the Builders of Jewish Education is doing just that. The groundbreaking program connects families with Jewish community and helps them put cutting-edge child development research directly into practice precisely when experts say it matters most: from the start.

The Importance of the First Three Years



Timing of Brain Plasticity and Efficiency of Interventions; Pat Levitt, PhD and the National Scientific Council on the Developing Child

The science of early childhood clearly demonstrates that secure relationships with parents and caregivers help children thrive—socially, emotionally, cognitively and physically.

Secure relationships are especially critical between the ages of 0 and 3, when consistent, supportive, nurturing parent-child interactions help support the development of children's brain architecture and lay the foundation for lifelong health and wellness.

In today's busy world, parents face complex, stressful challenges, including frayed support systems, mounting economic pressures, and technology-tethered 24/7 jobs. Parents need support, but often receive conflicting and confusing information.

“ When we say that we are committed to the Jewish journey from birth to giving birth and beyond, what our Federation means is that we are invested in the next generations—and that investment starts at the beginning. In supporting The First 36 Project, the Jewish Federation of Greater L.A. is exercising this commitment to helping young children and families thrive. ”

- Jay Sanderson, President of the Jewish Federation of Greater Los Angeles



Simms/Mann Institute

The Simms/Mann Institute is committed to providing practitioners and parents with the information they need to promote positive interactions that enable children to adapt and become more resilient—from infancy through toddlerhood and beyond. The First 36 Project recognizes that Parent & Me instructors play an important role—and that by better supporting Parent & Me instructors, we can better support parents and children.

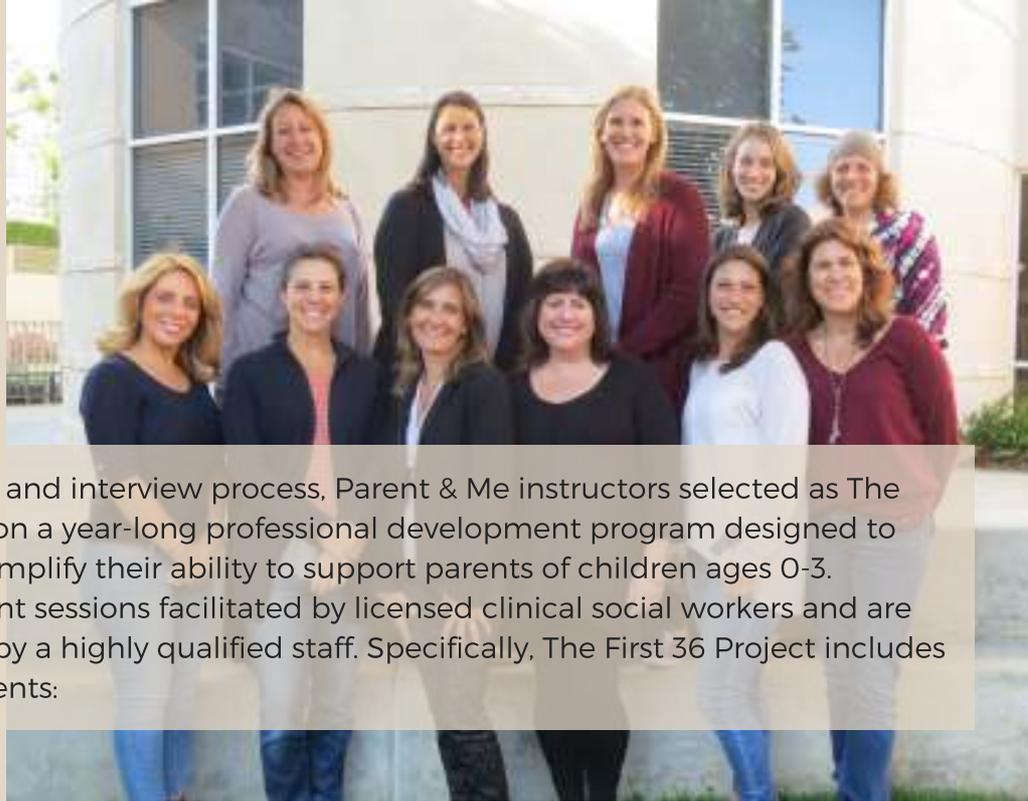
The First 36 Project is one of a number of strategies that the Simms/Mann Institute is pursuing to invest in research related to early childhood and make it accessible to families and communities.



“ As a new grandmother, I listened as my children shared their experiences in parenting groups. They were receiving advice about the right products to buy, but they were not getting the information they really needed to nurture their children. As a child development specialist, I knew I could do something to help. There’s so much we know about the importance of early development and how consistent, supportive, nurturing parent-child interactions help support the development of a child’s brain architecture—as well as the child’s lifelong health and wellness. ”

- Dr. Victoria Simms, President and Founder of Simms/Mann Institute

Program Overview



Following a rigorous application and interview process, Parent & Me instructors selected as The First 36 Project Fellows embark on a year-long professional development program designed to enhance their knowledge and amplify their ability to support parents of children ages 0-3. Fellows meet monthly for content sessions facilitated by licensed clinical social workers and are supported throughout the year by a highly qualified staff. Specifically, The First 36 Project includes the following program components:

CONTENT

Photo courtesy of BJE

The First 36 Project Fellows gain access to the Simms/Mann Institute's resources, including:

TAILORED CURRICULUM

The "Building the House Within" guide integrates child development theory with the most cutting-edge neuroscience research—and covers topics such as attachment, temperament, self-regulation, communication and empathy.

EXCLUSIVE VIDEO PRESENTATIONS FROM LEADING EXPERTS

Recordings of the world's leading clinicians and neuroscientists discussing their work as it pertains to children ages 0-3 are archived for Fellows and organized according to topic area. These videos complement the content presented in the "Building the House Within" guide.

ENTRANCE TO THE SIMMS/MANN INSTITUTE THINK TANK

Fellows are welcome to attend this annual, invite-only convening of leading neuroscientists from around the world who present to—and engage with—stakeholders directly impacting policy and practice in early child development.

COHORT-BASED LEARNING

Fellows join a community of practice that shares ideas, explores solutions to common problems, and provides an opportunity for each participant to learn and grow through group interaction. This learning community is supported by in-person meetings, a private Facebook group, and ongoing opportunities for connection among Fellows.

ONE-ON-ONE COACHING

Each Fellow receives personalized coaching as they integrate and apply the ideas learned during The First 36 Project.

A SUPPORTIVE, GROWING ALUMNI NETWORK

After the Fellowship year, alumni programming is offered quarterly to enhance Fellows' skills and strengthen their connections to each other.

Program Impact

An evaluation of the first cohort of The First 36 Project Fellows demonstrated that the program...

STRENGTHENED PARTICIPATING COMMUNITIES BY:

- Offering a point of connection between families and their rabbis
- Providing a bridge for families to meet other likeminded families
- Strengthening Fellows' relationships with parents as well as their ability to foster relationships between parents
- Playing a key role in strengthening participating school communities

DEVELOPED PROFESSIONAL SKILLS OF FELLOWS BY:

- Increasing support in continued professional learning
- Enhancing Fellows' content knowledge and group facilitation skills
- Bolstering professionalism in the field of 0-3

“ The First 36 Project not only gave us access to new information, but also gave us new motivation to bring excellence to our places of work. We all feel more educated and more prepared to discuss and explore any questions that might come our way. Our toolboxes have expanded. ”

- Lisa Whitman
Cohort 1 Fellow
Temple Judea

“ The beauty of this partnership with the Simms/Mann Institute is that it has allowed us to work with parent educators in a manner similar to how we work with other educational professionals. Through a combination of rich content, cohort-based learning and coaching, the program helps them incorporate scientific and Judaic content into the work they do. We've seen dramatic impact on the Fellows as they approach their work with parents with new skills grounded in cutting edge neuroscience research. ”

- Phil Liff-Grief
Associate Director
BJE

“ The First 36 project has elevated our entire staff's professional growth, increasing their knowledge of the neuroscience and brain functioning of the youngest members of our community! Our Parent and Me program continues to thrive with the emphasis on the whole child through incredible parenting talks facilitated by Temple Beth Hillel's First 36 Fellows. Our Parent and Me families are actively engaged in their children's lives, and we have seen higher enrollment and attendance at special lectures. ”

- Sarah Hronsky
Rabbi
Temple Beth Hillel

Bring The First 36 Project to Your Community!



Photo courtesy of BJE

The Simms/Mann Institute looks forward to working with organizations interested in bringing The First 36 Project to their local community. Please contact Leslie Silverstein at lsilverstein@simmsmanninstitute.org for more information and to arrange a meeting for further discussion.



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