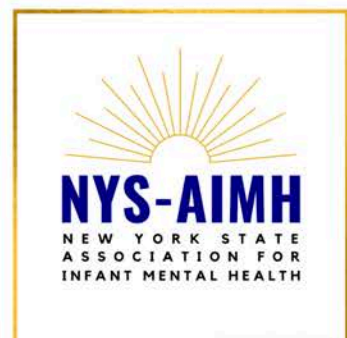


everyday
Magic

The word 'everyday' is written in a simple, lowercase cursive font. The word 'Magic' is written in a large, bold, black calligraphic font. The 'M' and 'a' in 'Magic' are particularly large and feature elegant, sweeping flourishes. The word is surrounded by various colorful floral illustrations, including pink, purple, and yellow flowers, some with green stems and leaves.

a celebration of the bright lights
who spread magic in the lives of children



Learning with Love | Pressure Free Coloring

Children learn the most through their relationships and experiences with their families. When you are able to have fun moments together, such as putting a crayon to paper there is much for your child to explore. The simple act of sitting with your young child and letting them safely use crayons has many gifts. For instance, learning how to hold a crayon and having it make a mark on paper mixed with time spent together is invaluable. Blank paper and crayons allow children to experiment with these holds, which usually start off with a full fist grasp and learning the cause and effect of making little marks on the paper. There is a natural progression of how children grasp crayons and make marks that will one day when they are older, such as 5 years old, lead to making letters and drawing pictures. Coloring in the lines of a coloring book is also a skill that develops over time. Think of your time with a coloring book as an activity that can be done together, make it a pressure free situation and have fun.

When using coloring books with your child, please let them have as much choice and control as possible. Let them choose the crayon colors, even if they do not make sense with the picture and do not worry about them coloring in the lines. Keep in mind that giving children freedom in what they are doing with their art, provides even more benefits than following directions with a project. When children have a thought, are able to act on it and then make it happen, their brains grow a great deal! Learning and growing happens through fun and stress-free situations, so please enjoy the process of making marks on paper together. It's magic.

Sarah Gould-Houde

M.S.Ed., NYS T-TAP Early Childhood Education Trainer & Coach

When you teach me
and I learn something new-



this is magic!

LEARN

aprender



When I play with you
and we have fun-



this is magic!

SMILE

sonrisa



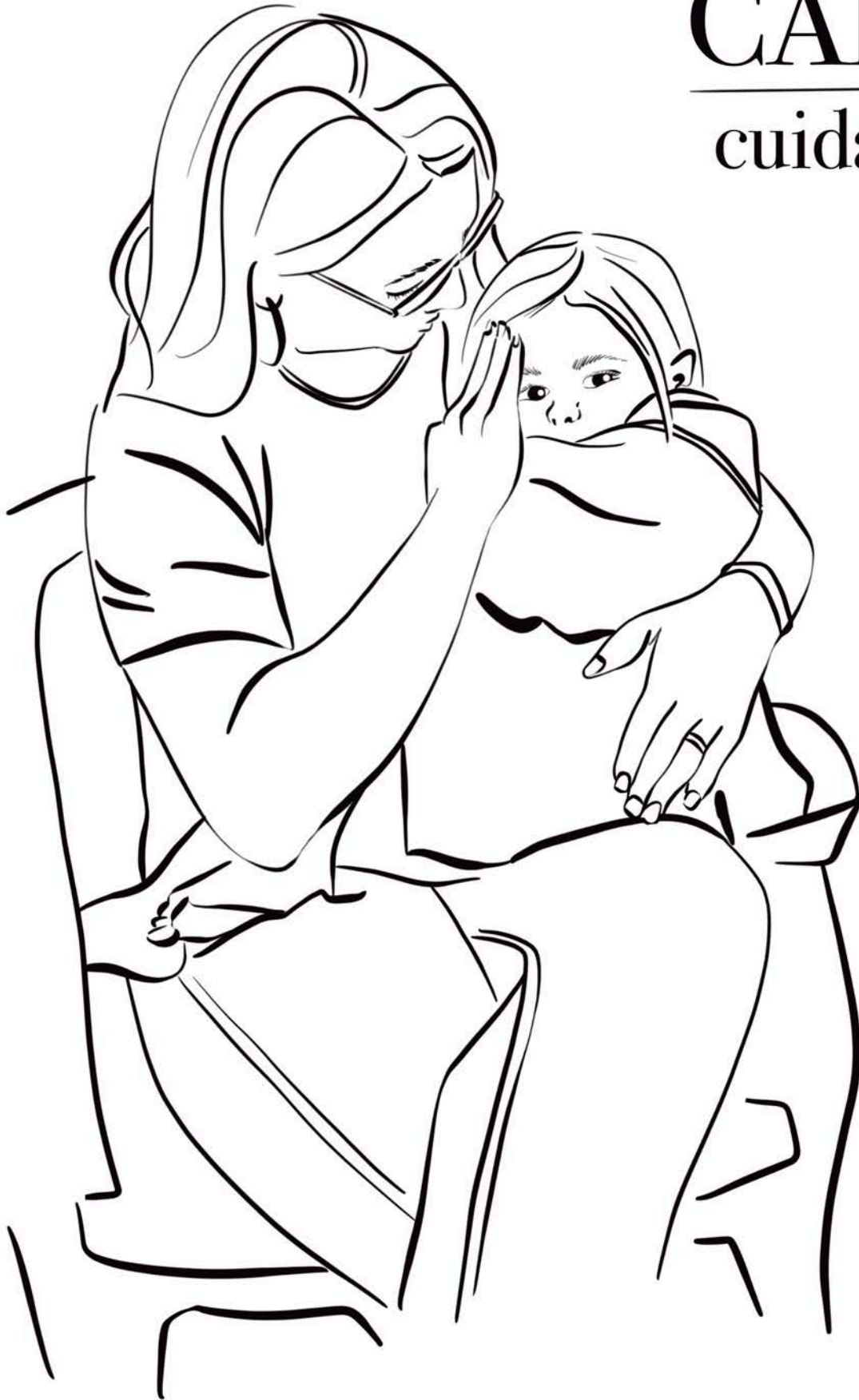
When I feel sick
and you take care of me-



this is magic!

CARE

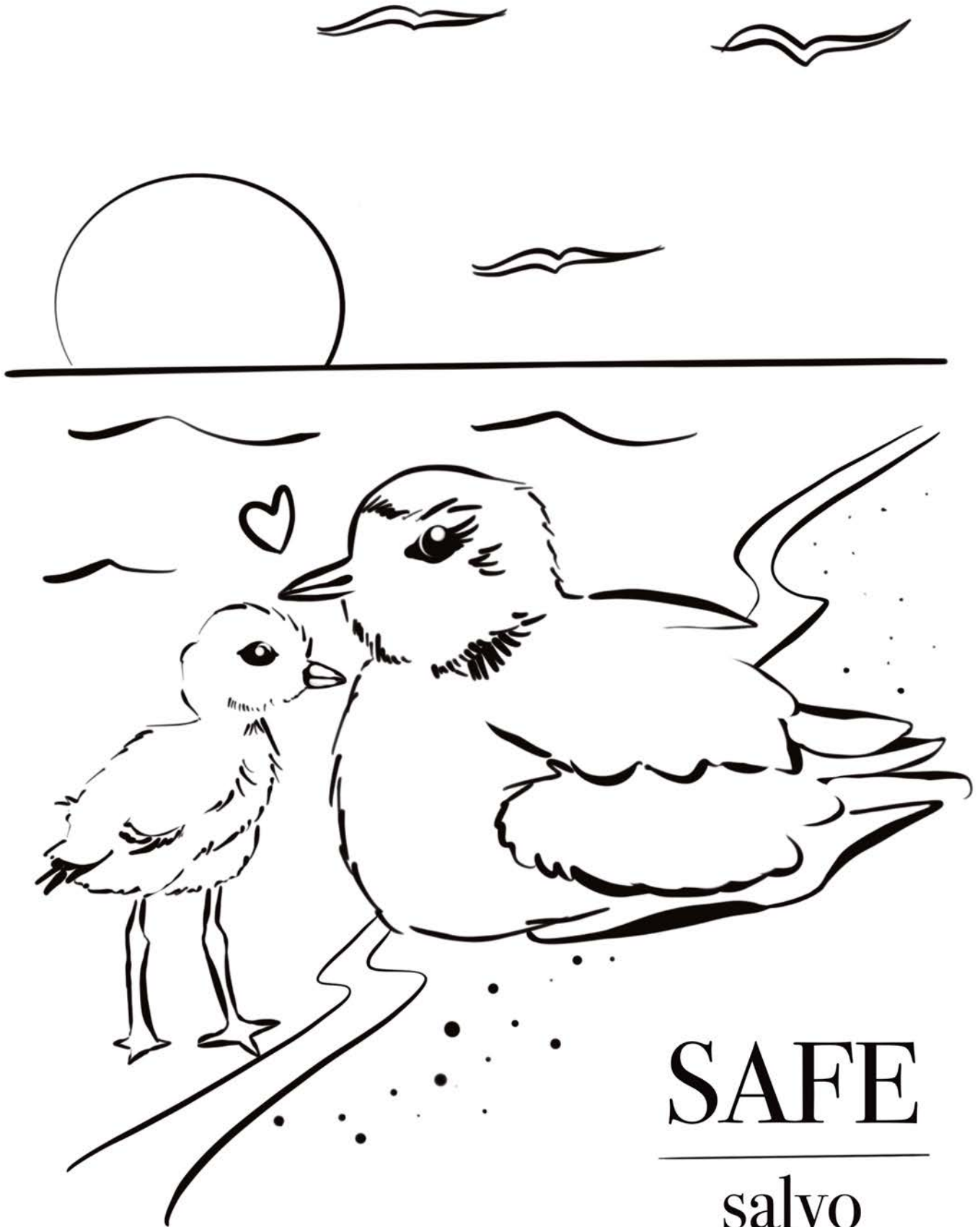
cuidado



When I am scared
and you make me feel safe-



this is magic!



SAFE

salvo

When I am hungry
and you feed me-



this is magic!

GIVE

dar



When I am tired
and you lay me down to sleep-



this is magic!

LOVED

amor



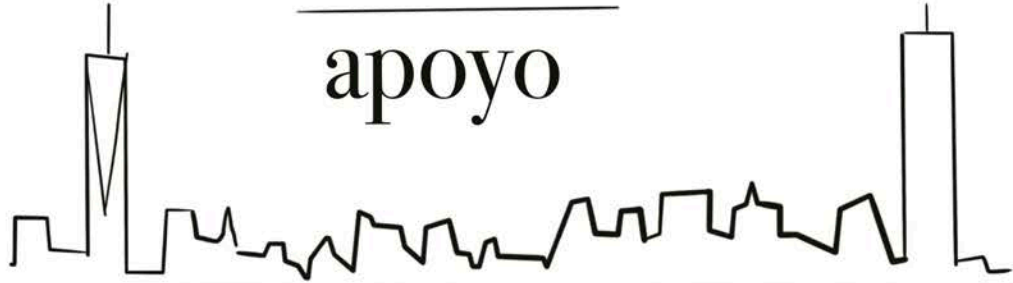
When you see what I need
and you fight for my rights-



this is magic!

SUPPORT

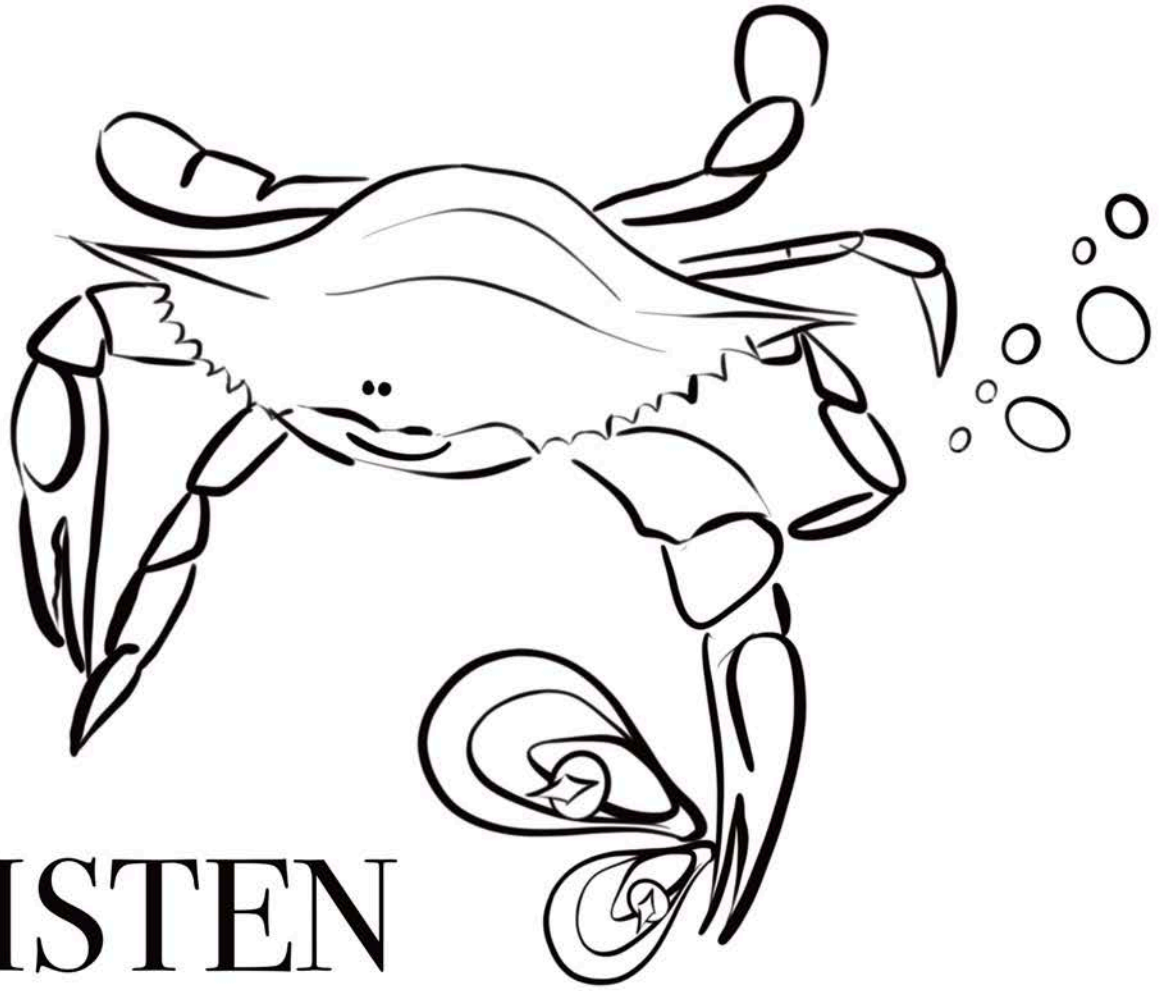
apoyo



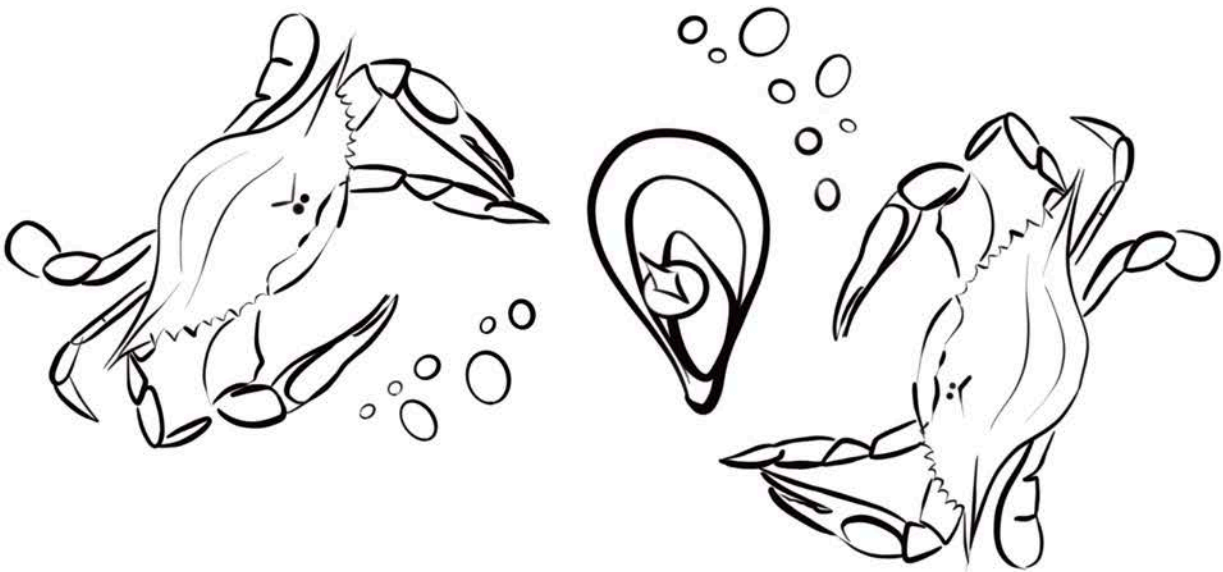
When I get angry at my friend
and you help us find a solution-



this is magic!



LISTEN
escuchar



When I am upset and you help
me understand what I am
feeling-



this is magic!

FEEL

sentir



When I have to move
and you help me find a home-



this is magic!



KIND
amable

When I feel frustrated
and you help me-



this is magic!

HELP

ayuda



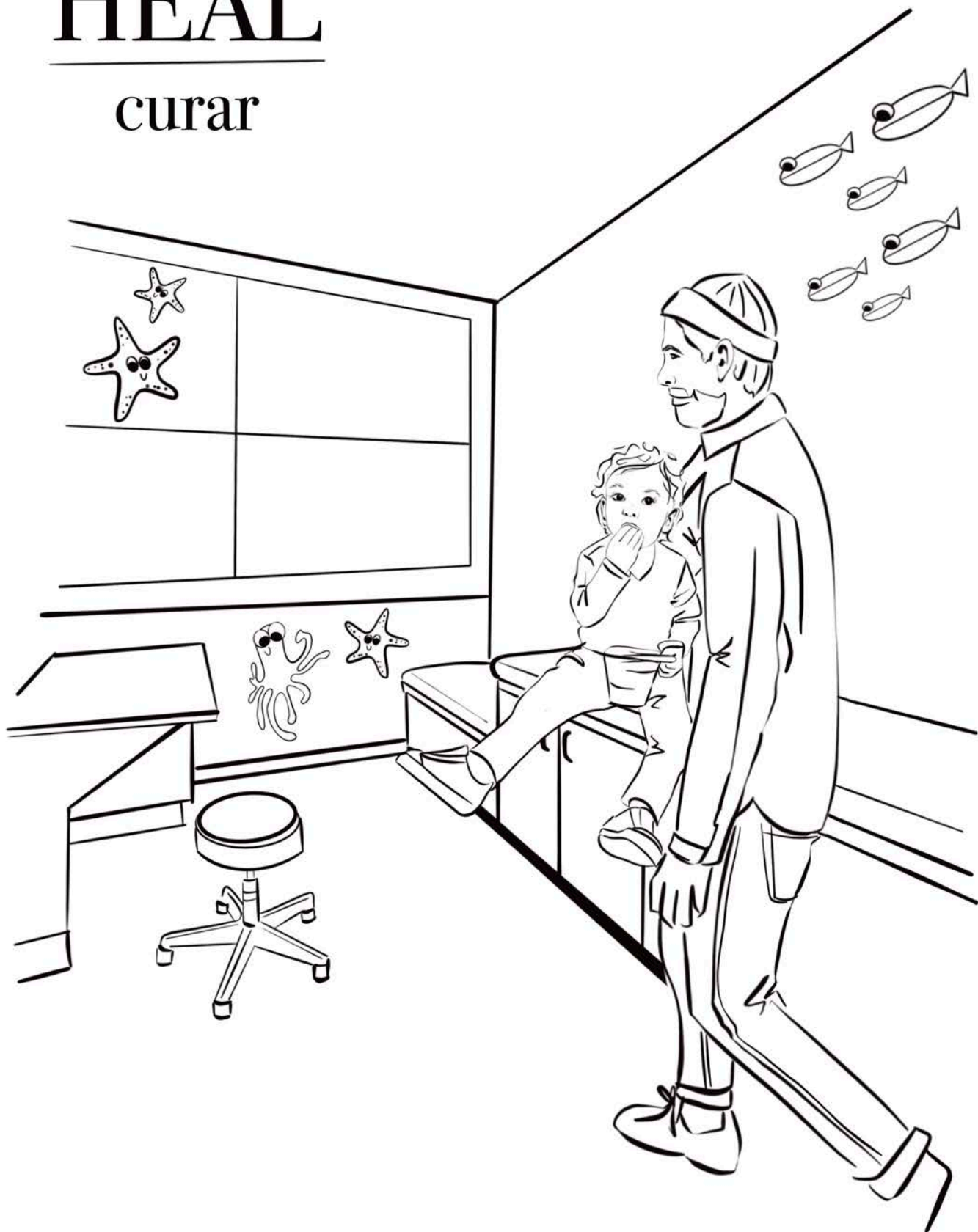
When I go to see the doctor
and they make me feel better-



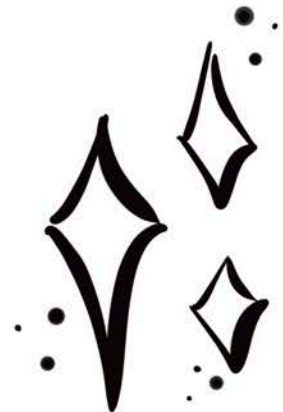
this is magic!

HEAL

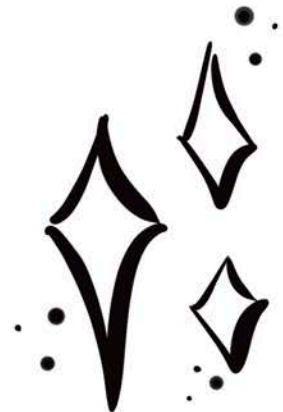
curar

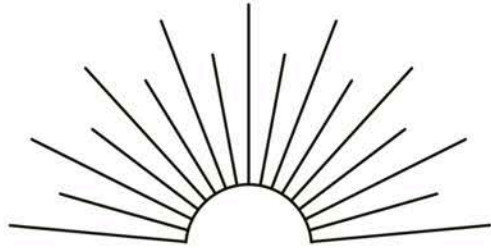


create your
own magic
here!



create your
own magic
here!





Project Bright Lights

The darkness of this past year has taken its toll on the young children and their families who we serve, as well as on all of us as humans. In response, NYS-AIMH launched **PROJECT: BRIGHT LIGHTS**, a recognition program to honor those making a difference in the lives of young children.

This program celebrates the efforts of the light makers—the people who are making a difference in the lives of young children, regarding their mental or physical health, self-esteem or overall care and well-being. There was no cost to nominate a Bright Light, nor a limit to how many Bright Lights a single person could nominate. It might be a NICU nurse, doula, Early Intervention provider, teacher, grandparent, child care staff, home visitor, or anyone who deserves to be honored for their efforts to bring more peace, hope and joy into a young child’s life.

The full tributes are published on the program website www.nysaimh.org/nominate-a-bright-light and are an amazing collection of devotion and brightness. The theme words of this coloring book are found in these tributes as examples of the many inspiring ways the nominees made a difference in the lives of young children.

2021 Project | Bright Lights Nominees

Renee Altieri/Pre-K Teacher at Bunny Bunch Daycare
nominated by Jessica Hornbuckle

Denzel Apuzzie/Safe Horizon's Emergency Domestic Violence Shelter
nominated by Caitlin Bango

Jessica Barna/Parent Coach/ Power of Two
nominated by Lisa Carmona

Christina Bazinet/Bornhava - Specialized Pre-School
nominated by Ann Lindemann-Czajka

Tracy Bourdon/Tender Hearts Daycare
nominated by Sara Bourdon

Michelle Cash/Infant Room Teacher / Agri-Business Child Development
nominated by Susan Dingee

Adela Cespedes/Learning Together with Love
nominated by Gabriela Torres

AMichelle Cohen-Johnson/Rochester Childfirst Network
nominated by Meredith Moore

Julie Schwietert Collazo/Cofounder and Director/Immigrant Families Together
nominated by Nancy Chapman

Annamarie Correa/Program Manager Healthy Families
nominated by LuAnne Brown

Tania Duchi/Tania's Dream of Love
nominated by Gabriela Torres

Jasmine Edwards/Creative Arts Therapy Coordinator
nominated by Steffany Nichols

Yanery Escorbores/Hope of the Future Daycare
nominated by Gabriela Torres

Heily Fernandez/Dolphin Daycare
nominated by Gabriela Torres

Carol Fitzgibbons/Teacher, Mom, Grandmother, Mentor
nominated by Sarah Fitzgibbons

Sarah Fitzgibbons/Society for the Protection and Care of Children
nominated by Alana Russotti

Christina Gardner/Lead Teacher/ New Day Children's Center
nominated by Megan Dyer

Stephanie Gillette/Program Supervisor, Healthy Families Jefferson County
nominated by Joe Pate

Amy E. Gismervik/Mother
nominated by Charles Bender

Andrea Goetz/Chief Administrative Officer, Child & Family Division, Beacon Health Options
nominated by Nancy Chapman

Karen Greene/Family Specialist, Healthy Families Jefferson County
nominated by Joe Pate

Molly Johnson/Family Specialist, Healthy Families Jefferson County
nominated by Joe Pate

Arline Joy/FSS HF Home visitor
nominated by Margaret Gokey

Ali Larisa/Family Specialist, Healthy Families Jefferson County
nominated by Joe Pate

Altagracia Lantigua/Little Treasures Daycare
nominated by Gabriela Torres

Bernadette McDaniel/HealthySteps National Ambassador/ Project LAUNCH Coordinator at Ellis Medical Group
nominated by Jeanne Derwin and Elizabeth Frenette

Megan McGinnis/Speech Pathologist
nominated by Angela Harvey

Rosalie Moran/EHS-CCP Director, Grand St. Settlement
nominated by Gabriela Torres

Michele Morgenstern/Family Specialist, Healthy Families Jefferson County
nominated by Joe Pate

Donna Morrison/Deputy Executive Director, TGCW
nominated by Iva Jenkins

Lindsey Morrow/Family Specialist, Healthy Families Jefferson County
nominated by Joe Pate

Lolly Murphy/Social Worker/Westchester Institute for Human Development
nominated by Ashley Mosgrove and Linda Fettmann

Sonia Naula/Solesita Daycare
nominated by Gabriela Torres

Ida Perez/Ibero Early Childhood Services
nominated by Bonnie Allen

Mr. Vincent Randazzo/Superintendent/Island Park UFSD
nominated by Alison Offerman-Celentano

Alexandra Rivera/Narcisca Luz Del Saber Group
nominated by Gabriela Torres

Yvette Saccone/Community Resource Specialist / Power of Two
nominated by Adeline Medeiros

Solimar Santiago-Warner/LCSW/Neonatal Comfort Care Program
nominated by Elena Abascal

Laura Sigel/HealthySteps Specialist, CLC at Plattsburgh Primary Care Pediatrics
nominated by Christy Bezruczyk

Karen Simmons/Preschool Special Needs Coordinator, Schoharie County Dept of Health
nominated by Siri Young

Megan Smith and staff/Society for the Protection and Care of Children
nominated by Shaka Bedgood

Ashley Snyder/Society for the Protection and Care of Children
nominated by Sarah Fitzgibbons

Martha Taylor/Wonderful World of Kids
nominated by Gabriela Torres

Siri Young/Mental Health & Disabilities Services Manager, Schoharie County Child Development Council
nominated by Carol Morris

Additional nominees chose not to be publicly listed

About the Illustrator

Lisa Marie Lyckland is a Rhode Island-based illustrator by way of Long Island and Brooklyn, NY. After years of creating and fostering her craft, she traded the subways and skylines of Brooklyn Heights for the sand and sea of the Salt Water State. In the fall of 2017, she started Fleetwood Studio, a new project to celebrate a new chapter in her life. She specializes in all forms of traditional and digital art, from portrait and still life, to wedding invitations and personalized stationery. Traditional, with a modern flare. Minimal, yet detailed. Lisa Marie is not only an artist, but also a wife, and new mother to her first born daughter, Isla Shea. Fleetwood Studio's mission statement is simple, yet genuine: to create illustration for everyday. www.fleetwood.studio

About NYS-AIMH

The New York State Association for Infant Mental Health (NYS- AIMH), founded in April of 2015 is a professional organization and home for specialists across disciplines whose work is relationship-based and supports the developmental and emotional well-being of infants, toddlers, preschoolers and their parents. Members may include social workers, psychologists, early childhood educators, childcare providers, nurses, speech and language pathologists, occupational therapists, physical therapists, administrators, legislators, child welfare professionals, judges, pediatricians, home visitors...yet this is not an exhaustive list. Our goals are to: support and promote the creation and development of Infant Mental Health multidisciplinary specialists, increase public awareness of the needs of babies within a relational context and create inclusive collaborations with statewide stakeholders to advance policies based on the latest science of infant and early childhood development that promote optimal development for infants, toddlers, preschoolers and their families throughout New York State.

Many thanks to our sponsors whose support of NYS-AIMH and dedication to Infant and Early Childhood Mental Health made this project possible.

Wegmans



Gristmill Foundation





New York State Association for Infant Mental Health
PO Box 5056 Saratoga Springs, NY 12866
501(c)(3) not for profit organization
supported by your donations and enthusiasm
www.nysaimh.org