



SECOND STEP CORNER – Children in the Crellin Head Start classroom, taught by Ruby King, are studying self-regulation through the Second Step™ program. Self-regulation is the ability to monitor and manage emotions, thoughts, and behaviors. “At times, children are distracted by others, upset about a problem, or excited about an upcoming event, like Christmas,” said Sandy Miller, prevention supervisor, Garrett County Health Department. “Through Second Step concepts and strategies, children are focusing their attention on learning. The ability to self-regulate helps children get along better with family members, peers, and teachers. Self-regulation is an instrumental piece to school readiness that helps with children’s ability to be successful in academic and social situations.” Pictured above with Ruby are Logan Guthrie (sitting on her lap), Lexi Bird, Tynlea DeWitt, Landen Hartner, Mileena Dunbar, and Ethan Stemple. In Garrett County, Second Step™ is supported by the Community Action Committee, the Garrett County Board of Education, health department, and APPLES (Alliance for Parent, Provider, and Local Employer Solutions) for Children. For more information about Second Step, persons may call their children’s schools, or the health education and outreach office at the health department at 301-334-7730 or 301-895-3111.