

JCP&S Parents as Teachers

APRIL 2019 NEWS TO KNOW



IS YOUR CHILD REGISTERED FOR KINDERGARTEN?

If you want to bring your child to a special kindergarten open house this spring or register bring him/her for summer school through JCPS, you need to register SOON [online](#) or at the Welcome Center.

INTERESTED IN A YEAR OF PRESCHOOL BEFORE KINDERGARTEN?

If your child will be 4 by July 31, 2019 and your family qualifies for free or reduced lunch, call the SWECC office at 659-3026 starting April 1 to schedule a screening appointment for May 13-16.

KIDSIGHT SCREENING AT SWECC APRIL 4, 4:30-6:30 P.M., NO APPOINTMENT NEEDED.

Full health, hearing, vision, and developmental screenings are also available by appointment for those who do not receive home visits. [Click here](#) to register for the full screening.

CONSCIOUS DISCIPLINE® SKILL OF THE MONTH: CONSEQUENCES

FREQUENTLY ASKED QUESTIONS ABOUT CONSEQUENCES

Excerpted from "Conscious Discipline Consequences: FAQs and Common Scenarios"
Posted at www.consciousdiscipline.com on February 19, 2019 by Dr. Becky Bailey

Does Conscious Discipline have consequences?

Yes. Conscious Discipline utilizes effective consequences by first building a foundation of safety, connection, and teaching missing skills. "Consequences" is the last chapter in the Conscious Discipline book because it requires the preceding six skills (composure, assertiveness, choices, empathy, and positive intent) to be effective. This foundation allows children to truly learn from consequences, fostering permanent behavior change.

Why do the same children end up with the same consequences over and over?

Most people have confused consequences with punishments. So you will see the same children receiving the same punishments over and over or receiving intensified punishments. This is not because these children are bad, stubborn, or unintelligent. It is because we have not clearly understood how to deliver effective consequences. For a logical consequence to work, it must be applied to a connected child who already possesses the desired skill. The same children receive the same punishment again and again because they are disconnected ("I don't care") or lack the needed skills to be successful. Conscious Discipline disrupts this cycle by empowering adults to first connect with children, then coach children with the new skill(s) needed through administering natural consequences. Then, when you introduce a logical consequence, it will be effective.

So, Conscious Discipline can help adults make children behave?

No. Conscious Discipline teaches adults to help children be successful, which results in changed behavior. If your intent is to make children behave, your efforts will be ineffective. Conscious Discipline gives you the skills to shift your intention to "helping children be successful." All behavior is a form of communication. Instead of seeing bad behavior as a sign that a child is inherently bad, you will learn to see behavior as a sign that the child is missing a skill. Instead of trying to control the situation or control the child, you will learn to teach the child the skill that he or she is missing. You will also help the child reflect on the impact of their choices on themselves and others and take responsibility for their actions.

How do I know when a child needs more safety and/or connection?

When a child continues to repeat the same behavior, we must evaluate: Is the child missing a skill? Does the child feel unsafe? Does the child feel disconnected? Generally, children who repeatedly exhibit physical behaviors (hitting, poking, throwing items, etc.) need safety. They are not able to answer the question, "Am I safe?" with a resounding, "Yes!" Children who engage in power struggles or exhibit "attention-seeking" behaviors are seeking connection. They cannot answer the question, "Am I loved?" with a resounding, "Yes!" When a child feels safe and loved, the child is willing to build new skills and learn from consequences.

[Click here](#) to learn how to increase a child's sense of safety and connection, learn how to give consequences and what to do if a child has an outburst after being given a consequence, and see examples of some common discipline scenarios. Read the other two articles in the series to learn more about why [Conscious Discipline consequences work and punishments don't](#) (and how to give effective consequences) and [the three types of consequences](#) and how to give them.

As Dr. Becky Bailey says, "Shifting our mindset about behavior, punishments, and consequences is never easy—but it is always worth it. We can't change a child's behavior by punishing them for lacking skills they have never been taught. We can't force a disconnected

child to care using punishments or rewards. And we can't teach children responsibility by demanding or threatening them into admitting their mistakes. We teach responsibility by creating the safety and connection needed for children to take ownership, reflect, and listen to the messages their feelings provide about their impact on the world. Only through this approach can we give consequences that motivate children to change their behavior."

APRIL PARENTS AS TEACHERS CALENDAR:

Events will be held at the Southwest Early Childhood Center (812 St. Mary's Blvd. in Jefferson City) unless otherwise noted. Please use the main front door (the one with stairs leading up from St. Mary's Blvd. and the marquee sign in the grass out front.). Parking is around the sides and back of the building.

Thursday, April 4: Drop in and Play Center is open 4-7 p.m., KidSight Vision screening from 4:30-6:30 p.m., full child developmental screening by appointment for those who do not receive home visits. (Register at <https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-child14> if your child has not been screened yet this school year).

April 8-12 is the Week of the Young Child 2019! Join Parents as Teachers and other members of the United Way of Central Missouri's Early Childhood Initiative's Advisory Board in celebrating our youngest learners. There will be special events held at several childcare centers throughout the week, including field day at the Southwest Early Childhood Center. There might be an opportunity for PAT families to come enjoy the inflatable obstacle course on Thursday or Friday; watch our [Facebook page](#) early that week. You will also get a special e-newsletter filled with ideas to enjoy the week with your children at home.

Tuesday, April 9: Conscious Discipline® Parent Night Series #8: Consequences. Discover how to see misbehavior as the opportunity to teach your child new skills and discuss how to integrate all seven powers and all seven skills together at our last Parent Night of the school year. Held at the Hawthorn Bank community room at 3600 Amazonas. Adults only; advance registration is required at <https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-20182019>. We do still have spots open for childcare for families enrolled in JCPS Parents as Teachers (including PAT and those on the waiting list) or another program at the Southwest Early Childhood Center. Contact Katie Epema at (573)691-0253 or katie.epema@jcschools.us if you need childcare to be able to attend.

Monday, April 29: Read from the Start, 6-8 p.m. During this program presented by the Missouri Humanities Council, participants read/discuss children's books and explore fun activities to enhance story time and nurture early literacy skills in their children. Participants get to bring home 5 books. Adults only; advance registration is required as there are minimum and maximum participant requirements to hold this session. Childcare will be provided if needed. Register at <https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-read> and contact Katie Epema at katie.epema@jcschools.us or (573)691-0253 if you need childcare.

Various Dates: Just a few dates left for this school/program year! Child health, hearing, vision, and developmental screening by appointment for families not receiving home visits (including those waiting for a parent educator or participating in PAT Lite). Limited spots available for

children ages 3-5 years, more spots available for children ages 3 months-35 months. Sign up at <https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-child14>. If none of the spots available work for you or if your child is 3-5 years of age and you don't see any DIAL screening spots available, please contact us at (573)659-2350 or katie.epema@jcschools.us and our early childhood screener will contact you to schedule an appointment.

APRIL COMMUNITY EVENTS:

Runge Nature Center Children's Programs: Turtle Tales

Some turtles have armor, some turtles have skin, some are tiny and some really big! Crawl in for some turtle talks, turtle walks, turtle tales, and even some close encounters with real turtles! Registration begins at 8 a.m. on April 1st for most April programs. Go to <https://mdc.mo.gov/centralevents> to sign up for a program requiring registration. Call 1-888-283-0364 if you have questions about registration OR 573-526-5544 for questions about an event. If you are unable to attend a program, please cancel as a courtesy to those on the waiting list.

Babes in the Woods- Registration required. (ages 0-2 years)

Wednesday, April 3 - 10:00am to 11:00am *registration opens March 25*

Friday, April 19 - 10:00am to 11:00am

Little Acorns- Registration required. (ages 3-6years)

Tuesday, April 9 - 10:00am to 11:00am

Thursday, April 25 - 6:00pm to 7:00pm

Little Acorns PLUS- Registration required. (For this program, you need one child in the 0-2 age range AND one child in the 3-6 age range.)

Wednesday, April 17 - 10:00am to 11:00am

Morning Movies at Capital 8 Theater, 10 a.m. Fridays-Sundays in March & April. Consider using the rating system on the [Common Sense Media website](https://www.common-sense.org/) (search the title) to help you decide if the movies you plan to see are appropriate for your children. Those belonging to the FMG Rewards club can see any movie in the series free of charge (up to 6 tickets per show). Small fee for non-members.. Joining the FMG Rewards club is free at the theater or

<https://www.goodrichqualitytheaters.com/rewards>

4/5-4/7: Jumanji (PG13)

4/12-4/14: Bumblebee (PG13)

4/19-4/21: Peter Rabbit (PG)

March 25-April 8: Storybook Trail (Clifford the Small Red Puppy) on West Edgewood Greenway. Starting at 3 p.m. on the starting date; reading, exercising, and family time all in one-run, walk, or ride your bike.

Saturday, April 6: Itsy Bitsy Broadway Presents "Rockin' Robin Hood" at Missouri River Regional Library, 10 a.m. Nottingham rocks in this exciting take on the legend of Robin Hood. A young orphan Robin and his twin sister Hazel arrive with big hopes to open an archery shop but immediately run into trouble. Robin quickly makes an enemy of the sheriff and eventually becomes a wanted man... an outlaw!

Saturday, April 6: Skate For Your Health Health Fair with free roller skating at Sk8 Zone (301 Flora Dr.), 10 a.m.-noon. Giveaways, free health screenings, health information, snacks, prizes, and more sponsored by the Cole County Health Department.

Saturday, April 6: Saturdays @ Runge: Talkin' Turkey at Runge Nature Center, 10 a.m.- 2 p.m. No registration required. Let's talk turkey! Come on in to learn how the Eastern Wild Turkey looks, acts, and sounds through crafts, discovery tables, and lobby activities.

Monday, April 8: Family Book Bingo at Missouri River Regional Library, 6:30-7:30. All ages. No reservations needed. An hour of bingo fun for the family. Winning cards earn book prizes for ages 12 and under.

Tuesday, April 9: Cooking Class presented by Kolbi Ward, director of The Pantry, noon-1 p.m. at the Cole County Health Department. This is an informative and hands on class which will include meal prep and cooking lessons. All skill levels will benefit from these easy tips: how to prep foods for quick, nutritious, and filling meals; how to customize recipes; and new ideas for WIC foods. Each participant will take home enough prepped items to make at least one family-sized meal. Register at thepantryjc@gmail.com or on Facebook through The Pantry JC or Cole County WIC.

Friday, April 12: Sensory Play Day (Ages 3 and Under) at Missouri River Regional Library, 10-11:30 a.m. Drop in and enjoy an open learning and play time featuring a variety of sensory activity stations.

Saturday, April 13: Holts Summit Easter Egg Hunt at Greenway Park (282 S. Greenway Dr., Holts Summit), 10 a.m. For children 10 and younger.

Monday, April 15: "The Very Hungry Caterpillar" Celebration at Holts Summit Community Library. Celebrate the 50th anniversary of "The Very Hungry Caterpillar" by Eric Carle. Enjoy crafts and activities inspired by this treasured classic. Ages birth-5 with an adult.

Friday, April 19: Family Movie Night (Spider-man: Into the Spideverse, PG) at Missouri River Regional Library, 6 p.m. Blankets and pillows welcome! Light snacks will be provided. NOTE: This is an after-hours program- the library doors will be closed at 6:15 pm.

April 15-29: Storybook Trail (Froggy Goes to Camp) at Memorial Park. Starting at 3 p.m. on the starting date; reading, exercising, and family time all in one--run, walk, or ride your bike.

Saturday, April 20: Jefferson City Jaycees Easter Egg Hunt at Memorial Park. Children will be divided into age groups (up to 9 years old) and the park will be divided into four sections. The Easter Egg Hunt will begin at 11:00 am. Parents will not be allowed in the hunting area except for the 3 year old and under area. Fee: \$1 per child. All proceeds go to benefit community projects in Jefferson City.

Saturday, April 20: Saturdays @ Runge: Animal Babies at Runge Nature Center, 10 a.m.- 2 p.m. No registration required. Many wild animals are born in the springtime. Come join us for crafts, activities, games, and guided hikes at 11 AM and 1 PM. Let's learn more about wild animal babies in our own backyard.

Monday, April 22: Earth Day: Trash to Treasures at Missouri River Regional Library, 1-2 p.m. Don't toss it. Turn it into art! Bring your imagination and create something new using a variety of provided recyclable materials.

April 26 & 27: Itsy Bitsy Broadway Presents "Rockin' Robin Hood" at Muse Theatre Company (across from JoAnn Fabrics in the Capital Mall). Nottingham rocks in this exciting take on the legend of Robin Hood. A young orphan Robin and his twin sister Hazel arrive with big hopes to open an archery shop but immediately run into trouble. Robin quickly makes an enemy of the sheriff and eventually becomes a wanted man... an outlaw! More information at <https://www.musetheatrecompany.com/>

Time: 6:00 pm Friday April 26th; 2:00 pm on Saturday

Cost: \$4 for Adults; \$2 for Kids over 3

Saturday, April 27: Baby Shower at Cole County Health Department, 9 a.m.-noon. Prizes, health booths, giveaways, learning sessions and more for moms-to-be and moms of newborns. Register by April 25 on Facebook at the Cole County WIC page or by calling 573-636-2181 x. 2 Sponsored by the Cole County Health Department and Missouri Care.

Monday, April 29: Dinosaurs Up Close at Missouri River Regional Library, 7-8 p.m. Come see (and touch) real bones from dinosaurs and other ancient animals. Jurassic Parts Natural History Museum will be at the library with some unique specimens, including some with bite marks. If you've ever wanted to see a tyrannosaur tooth up close, touch real raptor bones, or see exactly what a Megalodon shark could do to a whale, now is your chance. Don't miss it!

ONGOING COMMUNITY EVENTS:

Tuesdays: Preschool Story Time at the Missouri River Regional Library's Art Gallery, 10:30-11:00 am. Stories and music for preschoolers, ages 3-5. www.mrrl.org

Tuesdays: Mommy Club at the Salvation Army (927 Jefferson St.), 9:30-10:30 a.m. Designed for moms with babies and toddlers (up to 3 years old). A time to meet other moms and enjoy a time of fellowship, find parenting support and advice, learn new ways to engage with your baby or toddler, and allow your little one to play with others. Call (573) 635-1975 ext. 1 with questions.

Wednesdays: Music & Making at LabSpace Robotics (across from Joann Fabrics in the Capital Mall) at 10 a.m. Crafts, hands-on activities, and playtime followed by a sing-along with cool rhythm instruments. Activities will be geared for older 2-year-olds through pre-k. Siblings are welcome to participate. Tuition: \$4 per maker with a max of \$8 per family. Register at www.labspacerobotics.com or call (573)645-0800.

Wednesdays: Family Storytime at Missouri River Regional Library (art gallery) from 10:30-11:30 a.m. Stories, music, crafts, and activities for children of all ages. www.mrrl.org

Wednesdays: Family Songs and Stories at Holts Summit Public Library from 10:30-11 a.m. Enjoy songs, stories, flannelboards and activities for families with children birth to age 4.

First Wednesday of each month: Missouri Child Identification Program (MOCHIP) Child ID event at the Cole County Health Department (3400 W. Truman Blvd.). Time varies so contact 636-2181 to verify. MOCHIP is a free, comprehensive child identification program designed to give families a measure of protection against the ever increasing problem of missing and abducted children. The program offers digital photographs, fingerprints, child information and emergency contacts on a CD. Dental bite impressions, DNA sampling capability, scent sourcing for trained canine tracking and 2 laminated ID cards are also provided. Information is compatible with the AMBER alert system. No information aside from a signed parental permission slip is retained by the Masonic Children's Foundation, Capital Shrine Club, or Cole County Health Department. Call (573)636-2181 with questions; forms can be downloaded ahead of time at www.mochip.org

First Wednesday of each month: KidSight Vision Screening at Cole County Health Department (3400 West Truman, Blvd.). Time varies so contact 636-2181 to verify. Representatives from KidSight will be there to offer quick, free vision screening to check for nearsightedness, farsightedness, astigmatism, amblyopia ("lazy eye"), and other vision concerns.

1st and 3rd Fridays: Rhyme Time at Missouri River Regional Library (story hour room). Come from 10-10:30 OR 10:45-11:15 a.m. A special time of music, movement, and socialization for babies and their caregivers ages two and under. www.mrrl.org

Fridays: Itsy Bitsy Music Time & Story Time at Itsy Bitsy Broadway at Capital Mall (across from Joann Fabrics) 10-11 a.m. These are programs for early learners focusing on a positive and interactive experience with music, stories, and puppetry. Details at www.facebook.com/musetheatreco or on their Facebook event [here](#).

Imagination Station at Capital Arts offers an art education opportunity for children and adults of all ages. Open Monday-Friday 12pm-6pm, Saturday 1pm-4pm and Sunday 1pm-4pm. The Capital Arts Imagination Station is designed for children and adults alike to drop in and create art! (no children left unattended) Although it is geared towards children as young as preschoolers, adults are always welcome. The Imagination Station is equipped with recycled materials (plastic containers, paper towel tubes, egg cartons, etc.) as well as scissors, glue sticks, crayons, markers and paint. Suggested donation of \$1/person. <http://www.capitalarts.org/imaginationstation>

Open Gym at Tiny Tumbler Gym: Open Gym days are a no-enrollment free play time for kids while parents supervise. \$5 per child, ages 2-6 years. Tiny Tumbler Gym is now located in the Capital Mall in the old Sears wing. Verify session times and location at <https://www.facebook.com/TinyTumblerGym>



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