

# JCPS Parents as Teachers

August 2018 News to Know

## **We're looking forward to what 2018-2019 has to offer!**

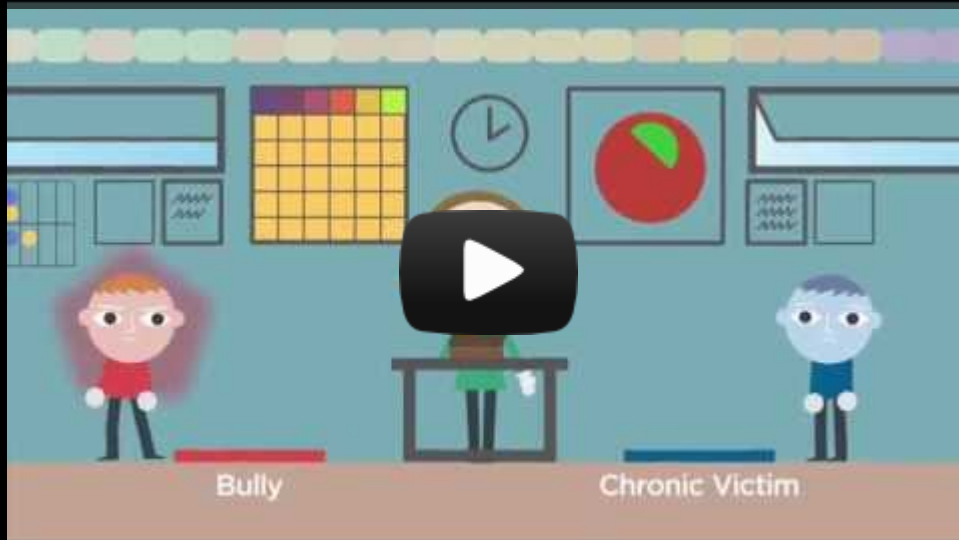
We are looking forward to connecting with your family in a few short weeks; whether we are catching up after summer break or meeting you for the first time. If you have been receiving visits, expect a phone call from your parent educator in mid-August to schedule your first visit of the 2018-2019 school year. If your contact information has changed, please let the Southwest Early Childhood Center (573-659-3026) know so that we can reach you. If you have been on the waiting list, we are excited to have hired two new parent educators, so we hope you will be able to start visits soon.

A paper newsletter with details about all of our events for the upcoming school year should be arriving in your mailbox next week. Please watch for it as it also contains information about some important changes to our program. As always, topics and themes for our group connections have come from your suggestions, and you picked some great ones. We hope to see you at one of our events soon!

## **Bullying Prevention Starts Early**

Bullying has been a topic of conversation in the news lately, but not always one that we think about before our children enter elementary or middle school. Perhaps we should, because there is a lot that we can do starting at birth to prevent our children from becoming either bullies or victims down the road. Because bullying is a relationship issue, how we connect and bond with our children from a young age impacts how they relate to others. How parents interact with each other as well as with their children serves as a relationship model, so let's teach them what healthy relationships look like. The short film below (How To Make A Bully from Scratch), shows the road signs that a bully is in the making. If you are interested in learning more about these road signs and what interventions can help at each age and stage of development, check out these videos for [0-3 years](#), [3-5 years](#), [5-8 years](#), [8-12 years](#), and [the teenage years](#).

<https://youtu.be/tzftHNh7xP8>



## August 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.

**Monday, August 20: The Drop In and Play Center opens** for the school year. It is open each day school is in session, from 9 a.m.-3 p.m.

**Tuesday, August 21: Home visits begin** for the school year.

**Thursday, August 30: Movie Night at the Library** at 6 p.m. Join us at Missouri River Regional Library to learn about emotional development through a special showing of "Inside Out."

*Save the Date: Our Conscious Discipline® Parent Night Series starts on **September 11** from 6-7:30 p.m. with "Conscious Discipline® 101". If you are new to Dr. Becky Bailey's Conscious Discipline® approach or would like a refresher, join us for a discussion on the brain development behind Brain Smart® strategies that parents can use to respond, rather than react, to life events in order to help develop self-discipline within their children. Limited childcare will be available; watch for an email with information on how to register in later August and in the September email newsletter.*

## August Community Events:

### August Children's Programs at Runge Nature Center: Prairie Days

In the heat of summer, prairies are alive with flowers, insects, birds, and other wild animals. It may be hot out there, but we will learn a lot about the cool things on the prairie this month! Registration begins Wednesday, August 1st, for the AUGUST 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 call and cancel as a courtesy to those on the waiting list.

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

August 16 • Thursday • 10-11 AM

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

August 8 • Wednesday • 10-11 AM

August 28 • Tuesday • 10-11 AM

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.)

August 10 • Friday • 10-11 AM

August 23 • Thursday • 6-7 PM

**Learning@11** at the Missouri State Museum, Tuesdays through August 14 from 11-11:45 a.m. "Learning@11" is a series of interactive programs exploring various aspects of Missouri's cultural and natural history specifically focused on age groups 4 to 7 years using more activity-based programming. See each month below for topic/theme. Location- Museum classroom located inside the Capitol in the History Hall on the First Floor/East Wing. For more information please call (573) 751-2854. Visitor access to the Capitol is via the carriage drive on the south side of the building. All visitors 13 years and older are subject to security screening.

Aug. 7: Missouri's White-Tailed Deer

Aug. 14: Ice Age Hunters

**Missouri River Regional Library's Bookmobile Celebrity Storytimes** at 10:30 a.m. on the following dates:

August 2 at Riverside Park: Claudia Cook, Library Director

August 7 at Memorial Park: Zach Paul, KRCCG

August 21 at Memorial Park: Lt. Chris White, Salvation Army

**Itsy Bitsy Storytime:** At the Itsy bitsy Theater at Capital Mall (across from Joann Fabrics) every Tuesday at 10 a.m. until the end of summer. Enjoy music time, stories, crafts, and meet the puppets with a unique theme each week.

**Mondays-Fridays\*:** **Little Splashers Playtime** from 10:30-11:30 a.m. Enjoy the play structure area at Memorial Park Family Aquatic Center or the zero depth area at Ellis-Porter Riverside Pool during a time specifically reserved for little ones. Admission fee of \$2.00 is required for all participants. This is geared for youth six years old and under with an adult guardian (15 years or older.) \*Little Splashers is also available on Saturdays at Ellis Porter Riverside Pool (10:30-11:30 a.m.)

Ellis Porter Riverside Pool remains open through September 3 and Memorial Park Family Aquatic Center remains open until August 12. Please remember that toddlers are required to wear swim diapers or plastic pants, which may be purchased at either pool for \$1.75 or bring your own. For more on operating schedule and fees, visit

[http://www.jeffersoncitymo.gov/parkfull/swimming\\_pools/pools\\_operating\\_schedule\\_and\\_fees.php](http://www.jeffersoncitymo.gov/parkfull/swimming_pools/pools_operating_schedule_and_fees.php)

**Thursday, August 2: Making Memories at the Fair** at the Jefferson City Jaycees Cole County Fair, 9 a.m.-noon. There will be agriculture displays, youth will exhibit their animals, small animal show at 9 a.m., dog show at 9:30 a.m., petting zoo, and more activities.

**Friday, August 3: Stars Under the Stars-Homeward Bound**

Enjoy your favorite movies on a giant inflatable screen under the stars. Bring lawn chairs, blankets, and refreshments and be entertained by these FREE family films shown at the Ellis-

Porter Riverside Amphitheater. Pre-show activities sponsored by Freshwater Church begin at 7:00 p.m.. Movies start at dusk, approximately 8:45 pm.

**Saturday, August 4: Jefferson City Street Festival for World Breastfeeding Week**

**Celebration** on Dunklin Street between Madison and Jefferson from 9 a.m.-noon. Fun for the whole family. Crafts and games, breastfeeding support and information, free nursing bras and other great items.

**Tuesday, August 7: Trash to Treasures** at Missouri River Regional Library's art gallery from 10:30-11:30 a.m. Turn recyclable materials into works of art! You decide what to create. A variety of materials will be available.

**Friday, August 10: Family Friday--Around the Campfire** at the Missouri River Regional Library from 11 a.m.-noon. For all ages. Join us around the library fire for silly camp songs and activities.

**Friday, August 10: Cultural Concerts--Faded Youth** at Riverside Park Amphitheatre, 7:30-9:30 p.m.

**Saturday, August 11: Summer Reading Program Party with Mad Science** at Missouri River Regional Library, 11 a.m.-noon. Bring the Backstage Pass you earned during our summer reading program and exchange it for chances to win great raffle prizes! Mad Science of St. Louis will be here for a Sounds Like Science show starting at 11:00.

**Monday, August 13: Family Book Bingo** at the Missouri River Regional Library's art gallery from 6:30 pm - 7:30 pm. An hour of bingo fun for the entire family. Winning cards earn prizes for ages 12 and under.

**Saturday, August 18 : Backyard Concerts Series: FolkArts@ the Landing** 7-8 p.m. at the Jefferson Landing State Historic Site (100 Jefferson St.) Join us to dance or just listen to "traditional, foot-stompin', accordion-squeezed, French-howlin' tunes from the swamps." This is a "BYOC" (bring your own chair) event. Grab your family, lawn chairs and a picnic supper and join us on the Lohman Building lawn. Dancing shoes welcome!

**Friday, August 17: Family Movie Night:** A Wrinkle in Time (PG) at the Missouri River Regional Library's art gallery from 6-8 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.

**Wednesday, August 22: KidSight Vision screening** at Missouri River Regional Library, 10-11 a.m. Representatives from KidSight will be there to offer quick, free vision screening for children six and under.

**For more family friendly events in Jefferson City, Holts Summit, and the surrounding area, visit the events calendar at [www.jeffersoncity.macaronikid.com](http://www.jeffersoncity.macaronikid.com).**

## **Ongoing Community Events:**

**Tuesdays: Preschool Story Time** at the Missouri River Regional Library's Art Gallery. This will be held at 2 p.m. through August 14. Beginning on August 28, this will be held from 10:30-11:00 am. Stories and music for preschoolers, ages 3-5.

**Wednesdays: Family Fun** at Missouri River Regional Library (art gallery) from 10:30-11:30 a.m. Stories, music, crafts, and activities for children of all ages. Special themes listed through August 15, but family fun continues once school starts.

August 1: My Neighborhood Rocks!

August 8: Sounds of the Night

August 15: Drum with Me

**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.

**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 Tumblers:** Open Gym days are a no-enrollment free play time for kids while parents supervise. \$5 per child, ages 2-6 years. Session Times offered: Monday 3:30-5:00pm Thursday 11 a.m.-12:00 noon at 2632 Industrial Drive.


**Saturdays: What's Going On?** Programs and activities for all ages 10 AM–2 PM. The Runge Nature Center offers exploratory tables, activities, and/or crafts every Saturday throughout the year. Stop in to see what adventure awaits you during "What's Going On?" at the nature center.





## Stay connected with us!

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