

JCPS Parents as Teachers

News to Know

Drop In and Play Center Reminders

As the weather turns cooler, we tend to have more visitors to our Drop In and Play Center. To help us keep this space safe and fun for all families, please remember the following:

- The Drop In and Play Center is for parents/guardians or grandparents enrolled in the Parents as Teachers program (including PAT Lite and the waiting list) to play with their children.
- No food or drink may be consumed in the the Drop In and Play Center, with the exception of nursing or bottle feeding babies. When we cleaned the ball pit earlier this fall, we several pieces of food, including peanuts which could be a serious health risk for children with food allergies.
- Allow time during your visit to put away the toys that your child has played with.

We hope to see you on a day school is in session between 9 a.m. and 3 p.m., or on the evenings noted on the calendar that we are open from 4-7 p.m.!

Winter Weather Considerations

Personal safety is an important concern for everyone. To assist your Parent Educator, please leave your outdoor lights on after dark and clear ice and snow from entrances.

Parents as Teachers follows the Jefferson City Public Schools' guidelines for inclement weather. If school is cancelled due to poor weather conditions, the Drop In and Play Center will be closed and any scheduled activities (such as screening events or group connections) will be cancelled. Please check the district website at www.jcschools.us or the Jefferson City Public Schools Facebook page, or call the district information line at 635-JCPS. The following will also broadcast school closing:

KWOS AM RADIO 950 AM

KLIK AM RADIO 1240 AM

KFAL AM RADIO 900 AM

KBIA FM RADIO 91.3 FM

KATI FM RADIO 94.3 FM

KPLA FM RADIO 101.5 FM

KBXR FM RADIO 102.3 FM
KOQL FM RADIO 106.1 FM
KJMO FM RADIO 97.5 FM
KCMQ FM RADIO 96.7 FM
KJLU FM RADIO 88.9 FM
KCLR FM RADIO 99.3 FM
KZJF RADIO 104.1 FM
KMFC 109 FM
KWWR 96 FM
KRMS 97.5 FM
KRCG TV CHANNEL 13
KOMU TV CHANNEL 8
KMIZ TV CHANNEL 17

Home visits are not automatically cancelled in the event of a snow day, as road conditions may improve during the course of the day. Your parent educator will be in contact with you regarding your visit so you can decide together to keep your visit or reschedule. As wintertime road conditions vary across the school district, please be in contact with your parent educator if she is scheduled to come to your home even on a day when school is in session if road conditions where you live are treacherous.

"CD for Parents: Teaching Your Children How to Follow Your Directions with Success" by Fran Rubio-Katz, Conscious Discipline Certified Instructor

Scaffolding in Parenting

In education, teachers are taught how to scaffold lessons to ensure student success. Scaffolding is a process where teachers break down information into digestible chunks. They model how to think about information, or they demonstrate how to solve a problem. Then, teachers support students through the process. Teachers are available to reteach parts of the lesson as needed, positive correction is provided and questions are encouraged. As students demonstrate mastery, the teacher pulls back accordingly and the students become independent problem-solvers of similar problems.

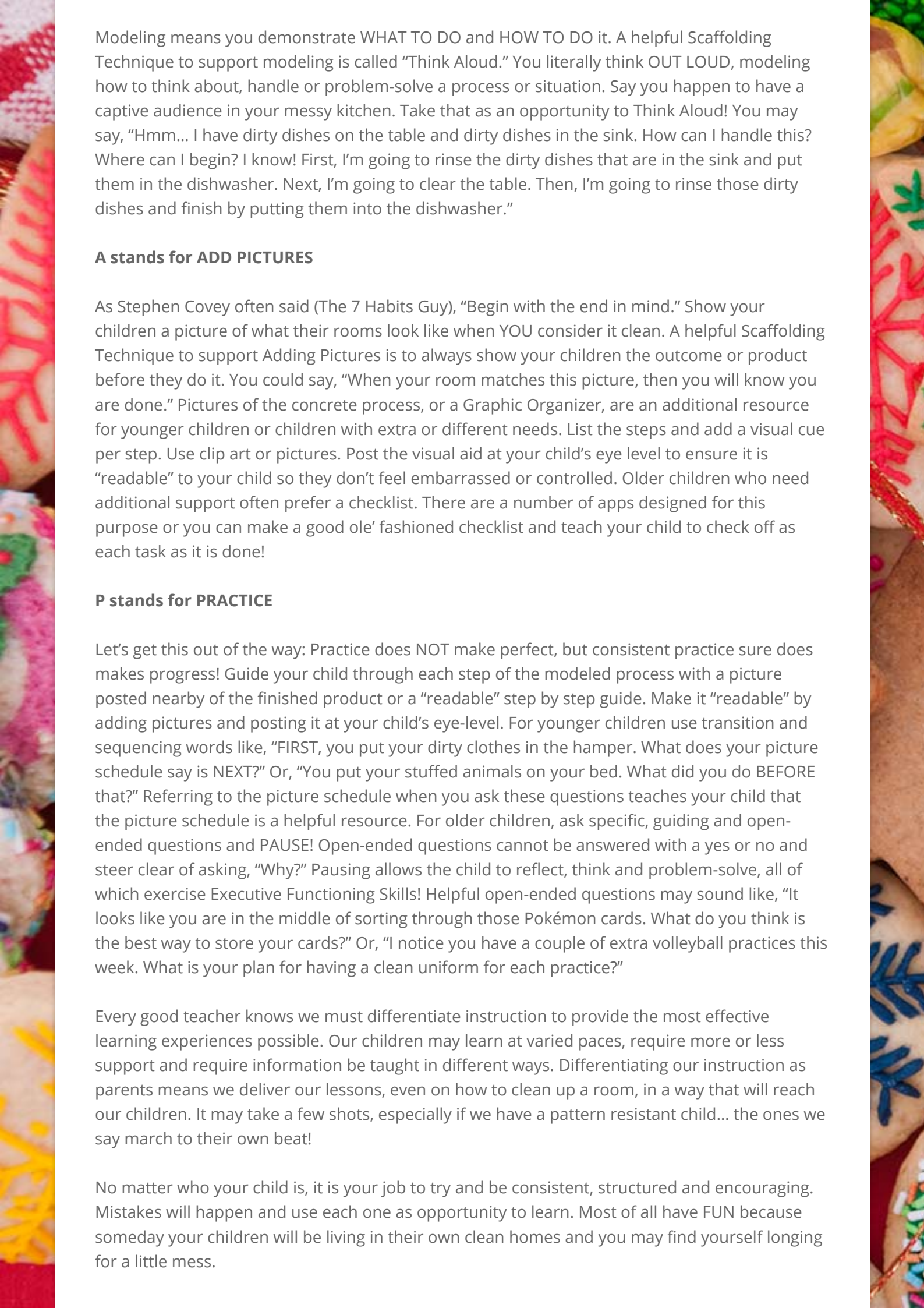
If you've ever helped your kid with a science project, you have an idea of what scaffolding is NOT! Your child may have received science fair instructions in the form of a six-inch thick packet or directed to a website navigable only by a Ph.D. YOU probably did the project. You probably gave up your last weekend of Winter Break for this stress and mess and are now an authority on how glycerin affects bubble size. Most likely, your child still does not know what a bubble solution is and could not do a science fair project to save her life.

As parents, we are our children's first and foremost teachers. When you tell your children, "Clean your rooms," and they look at you like you just handed them a science fair packet the day before Winter Break, it means you need to scaffold! Scaffolding our instructions ensures our children's success and contributes to the harmony of our homes.

The Conscious Discipline® acronym M.A.P. is designed to help parents scaffold information, in order to teach their children how to follow directions with success!

Here's how it works:

M stands for MODEL



Modeling means you demonstrate WHAT TO DO and HOW TO DO it. A helpful Scaffolding Technique to support modeling is called “Think Aloud.” You literally think OUT LOUD, modeling how to think about, handle or problem-solve a process or situation. Say you happen to have a captive audience in your messy kitchen. Take that as an opportunity to Think Aloud! You may say, “Hmm... I have dirty dishes on the table and dirty dishes in the sink. How can I handle this? Where can I begin? I know! First, I’m going to rinse the dirty dishes that are in the sink and put them in the dishwasher. Next, I’m going to clear the table. Then, I’m going to rinse those dirty dishes and finish by putting them into the dishwasher.”

A stands for ADD PICTURES

As Stephen Covey often said (The 7 Habits Guy), “Begin with the end in mind.” Show your children a picture of what their rooms look like when YOU consider it clean. A helpful Scaffolding Technique to support Adding Pictures is to always show your children the outcome or product before they do it. You could say, “When your room matches this picture, then you will know you are done.” Pictures of the concrete process, or a Graphic Organizer, are an additional resource for younger children or children with extra or different needs. List the steps and add a visual cue per step. Use clip art or pictures. Post the visual aid at your child’s eye level to ensure it is “readable” to your child so they don’t feel embarrassed or controlled. Older children who need additional support often prefer a checklist. There are a number of apps designed for this purpose or you can make a good ole’ fashioned checklist and teach your child to check off as each task as it is done!

P stands for PRACTICE

Let’s get this out of the way: Practice does NOT make perfect, but consistent practice sure does makes progress! Guide your child through each step of the modeled process with a picture posted nearby of the finished product or a “readable” step by step guide. Make it “readable” by adding pictures and posting it at your child’s eye-level. For younger children use transition and sequencing words like, “FIRST, you put your dirty clothes in the hamper. What does your picture schedule say is NEXT?” Or, “You put your stuffed animals on your bed. What did you do BEFORE that?” Referring to the picture schedule when you ask these questions teaches your child that the picture schedule is a helpful resource. For older children, ask specific, guiding and open-ended questions and PAUSE! Open-ended questions cannot be answered with a yes or no and steer clear of asking, “Why?” Pausing allows the child to reflect, think and problem-solve, all of which exercise Executive Functioning Skills! Helpful open-ended questions may sound like, “It looks like you are in the middle of sorting through those Pokémon cards. What do you think is the best way to store your cards?” Or, “I notice you have a couple of extra volleyball practices this week. What is your plan for having a clean uniform for each practice?”

Every good teacher knows we must differentiate instruction to provide the most effective learning experiences possible. Our children may learn at varied paces, require more or less support and require information be taught in different ways. Differentiating our instruction as parents means we deliver our lessons, even on how to clean up a room, in a way that will reach our children. It may take a few shots, especially if we have a pattern resistant child... the ones we say march to their own beat!

No matter who your child is, it is your job to try and be consistent, structured and encouraging. Mistakes will happen and use each one as opportunity to learn. Most of all have FUN because someday your children will be living in their own clean homes and you may find yourself longing for a little mess.

Have you seen the new Conscious Discipline Webinars?

Conscious Discipline has offered parents and educators a treat during November and December by sharing four new webinars. The link below takes you to a 20 minute webinar entitled "Parent Cliff Notes for the Skills of Conscious Discipline" with Amy Speidel.

<https://consciousdiscipline.com/webinars-parent-cliff-notes-for-the-skills-of-conscious-discipline/>

Other recent webinar topics include "Guiding the Most Challenging Children" and "Using Healthy Conflict to Teach."

December Parents as Teachers Events:

Events will be held at the Southwest Early Childhood Center, at 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.

Friday, December 22-January 2: Drop In and Play closes at noon December 22 and remains closed through January 2; opening again at 9 a.m. on January 3.

Save the Date:

Thursday, January 4: Avoiding Power Struggles & Responding to Temper Tantrums, 6-7:30 p.m. Fussing and fits are a normal part of child development. Join us as we learn how to best respond to them based on Dr. Becky Bailey's Conscious Discipline® approach. Childcare reservations for those enrolled in Parents as Teachers or another program at Southwest is available beginning December 4 by contacting Katie Epema at katie.epema@jcschools.us or (573)659-2350. Advance registration is required for child care and space is limited.

December community events:

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.

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

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.

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. Winter 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.

December Children's Programs at Runge Nature Center: Busy Beavers

Chomp, chomp, chomp...Splash! Beavers are busy even in the icy, cold waters of winter. Come in to learn more about beavers and construct your very own beaver lodge!

Registration begins December 1 for the December programs. Call 573-526-5544 to sign up for a program requiring registration. 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)

December 7 • Thursday • 10–11 AM

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

December 22 • Friday • 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.)

December 15 • Friday • 10–11 AM

EVENTS:

Tuesday, December 5: Language Workshop for parents of children ages 2-4 at Capital Region Southwest Campus, 1432 Southwest Blvd. (Oakview Conference Room). To register, call 632-5593 or visit www.crmc.org/events. Learn developmental milestones, explore strategies for improving language development at home, discover ways to spark curiosity within your child for improved language expression and understanding, learn techniques from certified Speech Language Pathologists on how to play an active role in improving your child's language development.

Friday, December 8: Stuff Santa's Sleigh Diaper Drive at First Presbyterian Church, 4-7 p.m. Help the Capital City Diaper Bank collect diapers for families experiencing diaper need (they supply the diapers that our program gives out). Get your picture taken with Santa for a donation of a package of diapers or multi-pack of wipes, enjoy milk and cookies, browse fair trade items if you wish to purchase one-of-a-kind gifts, and help make the holidays brighter for families in our community. More information at www.facebook.com/JCMODiapers

Saturday, December 9: Santa in Downtown JC at Tolson's Pharmacy, 226 E. High St. from 9 a.m.-noon

Saturday, December 9: Holts Summit Christmas Parade at 2 p.m. Route will start at the corner of Center Street & South Summit and go north on South Summit, ending at the Summit Plaza.

Saturday, December 9: Holts Summit Community Christmas Event in Summit Plaza, 10 a.m.-5p.m. Vendors, caroling, children's activities, Santa's mailbox, Santa present from 1-3 p.m. and more.

Monday, December 11: Family Book Bingo at Missouri River Regional Library, 6:30-7:30. An hour of bingo fun for the whole family.

Wednesday, December 13: KidSight Vision Screening at Missouri River Regional Library, 10-11:30 a.m. Free vision screening for children six and under.

Friday, December 15: Family Movie Night (Despicable Me 3) at Missouri River Regional Library, 6:00-8:00 pm. Bring a folding chair, sleeping bag, blanket or pillow and join the fun. Light snacks and drinks provided. Note: This is an after-hours event. The front library doors will close at 6:15 pm.

Saturday, December 16: Santa in Downtown JC at Tolson's Pharmacy, 226 E. High St. from 9 a.m.-noon

Saturday, December 16: Christmas Ornament Crafts at Missouri River Regional Library, 11 a.m.-noon. Create ornaments in a variety of styles--clothespin reindeer, beaded candy canes, snowmen and more.

Saturday, December 16: Holts Summit Community Christmas Event in Summit Plaza, 10 a.m.-5p.m. Vendors, caroling, children's activities, Santa's mailbox, Santa present from 1-3 p.m. and more.

Saturday, December 16: What's Going On? Natural Art at Runge Nature Center, 10 AM-2 PM. Come in out of the cold and learn about observing, recording, and connecting with nature. We will have tables set up with crafts, activities, and information about natural art.

Friday, December 22: Kids Car Craft and Drive-In Movie (3-7 years) at Missouri River Regional Library, 11-12:30 p.m. Each child will be able to decorate their own cardboard box car, and then park it for a drive-in movie experience. Light snacks will be served. Ages 3-7, limited to 30 children. Reservations required at ext. 229

Holiday Happenings: Home Sweet Home! at Runge Nature Center. Come explore how wild animals use their homes and discover how they create and choose their abodes. Each day will include scavenger hunt, activities, crafts, food, live music, and more.

December 27 • Wed. • 10 AM-3 PM: *Wild Excavators* (10:30 a.m. and 1 p.m.--fireside stories, 11 a.m. and 1:30 p.m. Excavator Exploration outside)

December 28 • Thursday • 2-7 PM: *Wild Constructors* (3 and 5 p.m.--fireside stories, 2-5 p.m. Construction Challenge outside)

December 29 • Friday • 10 AM-3 PM: *Wild Refurbishers* (11 a.m. and 1 p.m.--puppet show, 11:30 a.m. and 2 p.m.--Wild Animals Homes walk, 1:30 p.m. feeding of exhibit animals)

Friday, December 29: Snake and Aquarium Feeding at Runge Nature Center, 1:30 p.m. The animals are hungry! Join us and watch as we feed the snakes, aquarium animals, and snapping turtles. Come early or stay later and participate in our Holiday Happenings activities.

For more family friendly events in Jefferson City, Holts Summit, and the surrounding area, visit the events calendar at www.jeffersoncity.macaronikid.com.





Stay connected with us!

 Facebook  @JCPS_PAT

 812 St Marys Blvd, Jefferson Ci...

 katie.epema@jcschools.us

 573-659-2350

 jcschools.us/pat

