

# JCPS Parents as Teachers

December 2018 News to Know

## Help keep your parent educator safe this winter

Personal safety is an important concern for everyone. To assist your parent educator when she comes for a home visit, please clear snow and ice from entrances to your home as well as leaving the porch light on for her.

If JCPS has a late start, releases early, or cancels school due to inclement weather, your home visit will likely be cancelled, but they are not cancelled automatically. Your parent educator will be in touch with you regarding your visit so you can decide together to keep your visit or reschedule, as road conditions may improve during the course of the day. 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.

## CONSCIOUS DISCIPLINE® Power of UNITY ("We're All in This Together") and Skill of ENCOURAGEMENT

The skill of encouragement and the corresponding power of unity are founded on neuroscience research that shows us that our brains develop through meaningful social interactions. The quality (rather than just the quantity) of meaningful relationships that we have impacts our well-being and development. When children have responsibility to contribute to their families (through chores) and the community, they learn how their behavior contributes positively to the welfare of others. For parents and families, one way to help build the protective factor of *social connections* is by giving back by volunteering and serving in one's community. When we provide social support to others, we feel happier and better about ourselves and life feels more meaningful. Everyone, including children, has unique gifts to share.

During the holiday season, there are extra opportunities to help make someone's day brighter. Many local agencies (such as [Samaritan Center](#), [Salvation Army](#), and [Hope for Christmas](#)) welcome donations of toys for families in need during this time of year, and several of the events in the calendar below encourage attendees to bring donations of various items. Families could also volunteer together to [ring bells for the Salvation Army](#) red kettles, visit a local nursing home, make and bring treats to a lonely neighbor, or send a letter or card to a family member or friend far away. [Click here](#) for a printable version of the calendar below with lots of other ideas of ways for children to be compassionate, [or here](#) for suggestions for adults. If your family is visited by an elf during this season, [this post](#) shows you how you could add a Conscious Discipline twist to encourage kindness and helpfulness.

Food pantries and social service agencies welcome volunteers to sort items, fix and serve meals, and more and accept donations of items such as food, clothing, household and children's items, furniture, and diapers both during the holidays and year round. If you have items to donate or would like to volunteer, check out [The Pantry](#), [RACS](#), [HALO](#), [St. Raymond's Society](#), [Birthright](#), [Pregnancy Help Center](#), [Capital City Diaper Bank](#), [Dreams to Reality](#), [Redeem Project](#), [Catholic Charities](#), [Fresh Start Market](#), [Common Ground](#), [Habitat for Humanity Re-Store](#), [Holts Summit Soup Kitchen](#), [Holts Summit food pantry at Union Hill Baptist Church](#), the "[free store](#)" in [Holts Summit](#) as well as the agencies listed above, church food pantries and others whose omission on this list is entirely unintentional.

Even our everyday interactions with our children provide us with plenty of moments to notice when they are offering kindness, caring, or helpfulness to one another. When we make the shift to focusing on the positives instead of the things we see them doing "wrong," we are teaching them how to be helpful. (Remember the power of attention, which tells us that what we focus on, we get more of, whether that is love, judgment, criticism, or compassion). When we give children specific feedback about what they are doing that we want to encourage them to do again, we are teaching them to be helpful. Try using the basic formula: "You (describe what the child did), so (describe how it contributed to others). That was helpful." For example, "You picked up the blocks when I asked you to so no one would trip on them. That was helpful." As with any other skill, children learn kindness and helpfulness by practice and doing, as well as by seeing it modeled.

## Random Acts of Christmas Kindness 2018

"No act of kindness, no matter how small is ever wasted." -Aesop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Join the kindness conversation!</b> <b>#24RACKs on twitter and instagram</b>					❄️	1 Make cookies for a neighbor
2 Donate toys to your favorite charity	3 Tell silly jokes to make someone laugh	4 Make a hug coupon for someone	5 Donate food to your local food pantry	6 Make a card for a soldier	7 Thank your teacher	8 Candy cane bomb a parking lot
9 Tape change to a vending machine	10 Call a faraway friend or relative to say hello	11 Take supplies to the animal shelter	12 Do a chore for someone in your family	13 Give a compliment to a friend	14 Take treats to the fire or police station	15 Leave a popcorn surprise on a DVD rental machine
16 Pay for a stranger's coffee	17 Let someone go ahead of you in line	18 Leave a happy note for someone to find	19 Pass out stickers to kids in line	20 Give treats to the mail carrier	21 Smile at everyone you see today	22 Pick up litter
23 Do a secret act of kindness for someone	24 Feed the birds	25 Merry Christmas!	❄️	❄️	❄️	❄️

CoffeeCupsandCrayons.com

## December 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.



**Friday, December 7: "Stuff Santa's Sleigh" diaper drive & pictures with Santa** at First Presbyterian Church (324 Madison St.) from 4-6:30 p.m. A donation of one package of diapers or multi-pack of wipes per person/family wishing to be photographed will provide you with a high-quality digital photo with Santa, courtesy of Anderson Photography. Cash donations of \$10 or more and additional donations of diapers or wipes are also welcome. We are a proud partner of the Capital City Diaper Bank—they supply the diapers that we are able to give to families at home visits. (If you are in need of diapers, talk to your parent educator).

**Tuesday, December 11: *Conscious Discipline*® Parent Night Series #4: Encouragement** at the Hawthorn Bank Community Room (3600 Amazonas), 6-7:30 p.m. Adults only; advance registration is required at <https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-20182019>. Discuss how to help children develop social skills such as being kind and helpful to others. If you need childcare for the event, please contact Katie Epema at [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us) or (573)659-2350. There are just a few spots for childcare available with advance registration, and care is limited to families enrolled in JCPS Parents as Teachers (including PAT and those on the waiting list) or another program at the Southwest Early Childhood Center.

**Friday, December 21:** Drop in and Play Center closes at noon, closed through January 2.

## December Community Events:

### **Runge Nature Center Children's Programs: Good Day, Good Night!**

It's light outside and some animals are sleeping. Wear your PJ's if you'd like and we'll pretend it's nighttime while we learn about nocturnal animals. Shhhhhhhhh. Don't wake them up! Registration begins at 8 a.m. on Saturday, December 1st, for the December 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)

December 18 • Tuesday • 10–11 AM

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

December 11 • 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.)

December 14 • Friday • 10–11 AM

**Some Wednesdays: Music and Making** at LabSpace Robotics (in the Capital Mall), 10-11:15 a.m. The 5th, 12th and 19th this month.

Fun maker and play experiences and then a short singalong. Rotating through playdough, painting, science experiments, and art projects. Projects will be geared to ages 3+ but may be enjoyed by younger and older children. Tuition is \$4 per maker with a max of \$8 per family. Registration requested at [LabSpaceRobotics.com](http://LabSpaceRobotics.com).

**Each Thursday in December: Gifts from Nature** at Runge Nature Center, from 5:30-7 p.m. No registration required. Nature in itself, is a gift. Open our doors and reveal something new at Runge every Thursday in December. No, we won't spoil the surprise. Come explore what's inside!

**Saturday, December 1: 79th Annual Jefferson City Jaycees Christmas Parade**, 4:30 p.m.

See dozens of floats decorated with holiday themes and hear local bands playing Christmas carols while collecting candy and waving on the parade! The parade runs through the heart of downtown

Jefferson City on High Street and back down Capitol Avenue.

<https://www.facebook.com/events/190685071652014/>

**Monday, December 3: Holts Summit Christmas Tree Lighting**, 5:30 p.m. The tree will be located behind the police department at 245 South Summit Drive.

<https://www.facebook.com/events/663027100759858/>

**Saturday, December 8: Holiday Festival** at the Holts Summit Lion's Club (116 E. Hillcrest in Holts Summit), 11 a.m.-1 p.m. Fun, crafts, hot chocolate, coffee, cookies, and premiere parking for the Holts Summit Christmas parade. <https://www.facebook.com/events/276287569692412/>

**Saturday, December 8: Holts Summit Christmas Parade**, 2 p.m. Parade will begin at the corner of Branch and Center streets and end at the Summit Plaza.

<https://www.facebook.com/events/327285564507817/>

**Monday, December 10: Family Book Bingo** at Missouri River Regional Library, 6:30-7:30 p.m. No reservations needed. An hour of bingo fun for the family. Winning cards earn book prizes for ages 12 and under.

**Friday, December 14 & Saturday, December 15: "The First Christmas: A Musical"** at itsy Bitsy Broadway (at Capital Mall). Dec 14th @ 6:00pm, Dec 15th @ 2:00pm. itsy Bitsy Broadway's closing show for Fall 2018 Season: Featuring adult, teen and child actors this show tells the story of the First Christmas, with an emphasis on the spirit of giving. Admission can be gained through the donation of a non-perishable food item for The Pantry in lieu of the standard ticket price (\$4 for Adults, \$2 for children over 3). <https://www.facebook.com/events/2050913408302415/>

**Saturday, December 15: Itsy Bitsy Broadway's North Pole's Got Talent** at Missouri River Regional Library, 10-10:45 a.m. It's just days before Christmas at Santa's Workshop, and there's still lots of work to be done- getting the elves and reindeer in the proper holiday spirit with song, dance, and big belly laughs! Elf hosts Holly Daze and Mistletoe Merryman welcome judges Mrs. Claus, the pun-loving Ruby the Red-Lipped Reindeer, and Old St. Nick himself to judge the talent show in this reality TV spoof.

**Wednesday, December 19: KidSight Vision Screening** at Missouri River Regional Library, 10-11 a.m. Representatives from KidSight will be here to offer quick, free vision screening for children six and under.

**Friday, December 21: Family Movie Night: Polar Express** at the Missouri River Regional Library's art gallery from 6:30-8:30 p.m. All ages. No reservations needed. Punch your tickets for an unforgettable ride on the Polar Express! Watch the movie as we take our own trip to the North Pole, complete with a stop for snacks, and your own special bell to take home.

Blankets and pillows welcome! L NOTE: This is an after-hours program- the library doors will not open after 6:30.

**Friday, December 28: Animal Feeding at Runge Nature Center**, 1:30 PM.

No registration required. The animals are hungry! Join us and watch as we feed the snakes, aquarium fish, and snapping turtles.

**December 27-29: Holiday Happenings: A Conservation Carol** at Runge Nature Center, 10 a.m.- 3 p.m. Featuring three days at Runge exploring the past, present, and future of Missouri's wildlife. No registration required



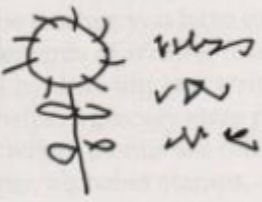
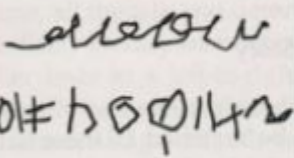
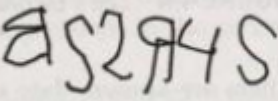
- Guided Walks
- Activities/Games
- Puppet Show

- Live Music
- Crafts For all ages.

## Practice Drawing and Writing this Holiday Season

There are lots of chances to encourage early literacy and fine motor skills this time of year as children make ornaments, cards, wish lists, letters to Santa, thank you notes after the holidays, etc. Using scissors, gluesticks or bottles, stickers, hole punches, and a variety of writing tools (pens, pencils, crayons, markers) all strengthen hand and finger muscles.

The picture below shows the stages children go through as they begin to differentiate drawing and writing, from about ages 12-18 months to around age 5. To learn more about learning to write and draw, visit <https://www.zerotothree.org/resources/305-learning-to-write-and-draw>. Where on the continuum is your child right now? If your child would like to send their letter to Santa, there are mailboxes at Rooster Creek in the Summit Plaza (176 West Simon Blvd. in Holts Summit) and Busch's Florist (620 Madison St. in Jefferson City).

<p><b>Random Marks</b></p> 	<p><b>Representational Drawing</b></p>  <p>"This is my sister."</p>	<p><b>Drawing Distinct from Writing</b></p>  <p>"A flower for my Mom."</p>
<p><b>Mock Linear or Letter Like</b></p>  <p>"A note for Daddy."</p>	<p><b>Symbol Salad</b></p>  <p>"Macaroni"</p>	<p><b>Partial Phonetic</b></p> <p>K "cat"</p> <p>BB "baby"</p> <p>ILU "I love you"</p>

## Santa and Mrs. Claus Sightings

See Santa's hours at the Capital Mall and picture package pricing at <http://www.capitalmall.com/sales/>

### Saturday, December 1:

- Breakfast with Santa at the Capital Mall, 9-10 a.m. Enjoy breakfast with Santa before the busy holiday season begins. Santa, Mrs. Claus, and their friends will be on hand to enjoy a light breakfast, sing some songs, and read some books with children.

<https://www.facebook.com/events/254193135264574/>



- Cookies with Santa at Jefferson Bank (main bank on Missouri Blvd.) from 9-11 a.m.  
<https://www.facebook.com/events/2197479093858092/>
- Donuts with Santa at Holts Summit Lion's Club (116 E. Hillcrest, Holts Summit). from 9-11 a.m. This is a fundraiser for the Holts Summit Lion's Club to purchase toys for local children. Photos with Santa will be offered for \$2 per print or \$5 for an emailed image. Donuts and milk are complimentary. <https://www.facebook.com/events/913762288815892/>
- Santa Saturdays at Busch's Florist and Greenhouse (620 Madison St.), 10 a.m.-2 p.m., Enjoy Central Dairy milk and freshly-baked Christmas cookies by Schulte's Bakery as you craft an ornament and wait to meet Santa. Don't forget to bring a toy for Toys for Tots and your letter to place in Santa's mailbox! <https://www.facebook.com/events/701753930211528/>

#### **Friday, December 7:**

- "Stuff Santa's Sleigh" diaper drive & pictures with Santa at First Presbyterian Church (324 Madison St.) from 4-6:30 p.m. A donation of one package of diapers or multi-pack of wipes per person/family wishing to be photographed will provide you with a high-quality digital photo with Santa, courtesy of Anderson Photography. Cash donations of \$10 or more and additional donations of diapers or wipes are also welcome. Diapers will be distributed through the Capital City Diaper Bank's partner agencies in Cole and southern Callaway counties.  
<https://www.facebook.com/events/316648772400979/>

#### **Saturday, December 8:**

- Breakfast with Santa at Chick-fil-A, 8-10:30 a.m. Santa and friends will be available for pictures and encourage you to bring a stuffed animal to donate to Child Safe of Central Missouri.  
<https://www.facebook.com/ChickfilAJeffersonCity/posts/2146548758699236>
- Christmas with the Docs at Hollon Family Chiropractic (751 W. Stadium Blvd.), 9-11 a.m. RSVP at 636-5433, \$5 per family with proceeds benefitting adopting a family through the Hope for Christmas program. Pictures with Santa, pancake breakfast, make and take ornaments by Unique Creations, and spinal screenings.  
<https://www.facebook.com/events/1950035318635813/>
- Santa Claus at the Community Health Center of Central MO (1511 Christy Drive), 9 a.m.-noon. A free event with hot chocolate, cookies, and pictures with Santa.  
<https://www.facebook.com/events/335541127238910/>
- Santa in Downtown JCMO at Tolson's Pharmacy (226 E. High St.), 9 a.m.-1 p.m. Get your picture for FREE (donations welcome). Pictures will be uploaded to the Downtown website for your use and enjoyment. <https://www.facebook.com/DowntownJCMO/posts/2173032066064212>
- Santa Saturdays at Busch's Florist and Greenhouse (620 Madison St.), 10 a.m.-2 p.m., Enjoy Central Dairy milk and freshly-baked Christmas cookies by Schulte's Bakery as you craft an ornament and wait to meet Santa. Don't forget to bring a toy for Toys for Tots and your letter to place in Santa's mailbox! <https://www.facebook.com/BuschsFlorist/posts/10156127143657753>
- TOYS for TOTS Santa sighting at 2810 South Ten Mile Dr., 11:30 a.m.-2 p.m. Bring a new, unwrapped toy to donate to Toys for Tots and have your picture taken with Santa. Snacks, beverages, and treats will be provided. Hosted by Heath Higgins Team of Expert Advisors, Accord Mortgage, and AllState Insurance Busby Agency.  
<https://www.facebook.com/events/1944401925861481/>
- Mrs. Claus Christmas Cookies at the Capital Mall (near center court), 1-3 p.m. Mrs. Claus will help the kids decorate a cookie for them to take home.  
<https://www.facebook.com/events/969461993248720/>

#### **Friday, December 14:**

- Pictures with Santa at Country Financial (2701 W. Edgewood), 4-7 p.m.  
<https://www.facebook.com/events/1959097407718314/>

#### **Saturday, December 15:**

- Santa in Downtown JCMO at Tolson's Pharmacy (226 E. High St.), 9 a.m.-1 p.m. Get your picture for FREE (donations welcome). Pictures will be uploaded to the Downtown website for your use and enjoyment. <https://www.facebook.com/DowntownJCMO/posts/2173032066064212>
- Santa Saturdays at Busch's Florist and Greenhouse (620 Madison St.), 10 a.m.-2 p.m., Enjoy Central Dairy milk and freshly-baked Christmas cookies by Schulte's Bakery as you craft an ornament and wait to meet Santa. Don't forget to bring a toy for Toys for Tots and your letter to place in Santa's mailbox! <https://www.facebook.com/BuschsFlorist/posts/10156127143657753>
- Photos with Santa & Mrs. Claus at Schnucks (1801 Missouri Blvd.), 11 a.m.-2 p.m. <https://www.facebook.com/events/535137033626722/>
- Skate with Santa at Washington Park Ice Arena, 1-4 p.m. Join him for a lap around the rink to help him work up an appetite for all those cookies and milk. General Admission Fee Applies (Adults \$5.50, youth 17 and under \$4.50, skate rental \$2.50) <https://www.facebook.com/events/2302612219780723/>

## Ongoing Community Events:

**Mondays: Itsy Bitsy Storytime** at Itsy Bitsy Broadway at Capital Mall (across from Joann Fabrics) every Monday at 10:30 a.m. Enjoy music time, stories, crafts, and meet the puppets with a unique theme each week. Storytime is free; donations are appreciated.

**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.

**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 for more information.

**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.

**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.

**2nd and 4th Fridays: Itsy Bitsy Music Time** at Itsy Bitsy Broadway at Capital Mall (across from Joann Fabrics) 10:30 a.m. Aimed at toddlers and infants, but all ages welcome. A "mommy and me" musical experience. Free for all participants through the end of 2018 (donations are appreciated).

**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. Held at 2632 Industrial Drive. Verify session times at <https://www.facebook.com/TinyTumblersbyJCGymnastics/>



**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.





Parents as Teachers.  
*Affiliate*


## Stay connected with us!

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