

JCPS Parents as Teachers

February 2018 News to Know

Want to dig deeper into Conscious Discipline?

We have enjoyed seeing so many of you at our Conscious Discipline parent nights, but they are now over for this school year. If there is sufficient interest, we will host a book study this spring on Dr. Becky Bailey's book for parents *Easy to Love: Difficult to Discipline: The 7 Basic Skills for Turning Conflict Into Cooperation*. If you would be interested in participating, please send an email to katie.epema@jcschools.us and we will begin figuring out scheduling options. Participants will need to furnish their own copy of the book.

Myths and Realities of Consequences

Myth 1: Effective Consequences are created by adults and imposed on children.

Reality: Consequences happen all the time, we just need to pay more conscious attention to the consequences that are already happening. All thoughts, feelings, and actions have consequences embedded in them.

The effectiveness of a consequence is determined by our conscious awareness of them and their impact.

Myth 2: The consequence of an action is determined by the outcome.

Reality: The consequence of an action is how we feel about the outcome.

The effectiveness of a consequence is determined by our feelings about the outcome, not the outcome itself. A child who feels sad that the markers dried out when he left the lids off is different than a child who doesn't care.

Myth 3: "Consequence" is just a new name for "punishment."

Reality: Consequences and punishments are different. Punishments rely on judgement. ("What is happening is bad. You are guilty, and you should feel bad about the damage you inflicted.")

Effective use of consequences requires our intent to be that the child will reflect on whether his choice produced the desired outcome, how he feels about the outcome, and what he could change to achieve his goal.

Our intentions will determine the consequence's effectiveness. There is a difference between a child who is told he should feel bad (judgement) and one who actually feels remorse for the impact of his choices (reflection).

Myth 4: The severity of consequences is equal to its effectiveness.

Reality: Consequences do not teach, they motivate. For consequences to be effective, we must first teach children new conflict resolution skills, teach them how to manage their emotions so they can access those skills, notice each step of the way to provide feedback for success, and build the sense of belonging and connection that supports their willingness to use the new skills. Increasing the harshness of a consequence because it does not seem to achieve the desired results reinforces feelings of alienation, worthlessness, and hopelessness. Over time it teaches "I am bad, I am unlovable, and I don't belong." Instead children must believe "I am safe and I am loved" so they can ask, "What can I learn from this?" so they can make changes.

The effectiveness of a consequence is determined by how well we teach the social and emotional skills children need and how connected and valued they feel as members of the family.

Myth 5: The hard part about consequences is coming up with the ones that are reasonable, logical, and related to the infraction.

Reality: The most difficult part of consequences is handling the backlash of children's reactions when we administer the consequence. Following consequences with empathy reminds children that we are not to blame for the emotions she is feeling (even during a verbal or physical outburst). "Saving" the child from their discomfort, lectures, admonishment and punishment take away that learning opportunity.

The effectiveness of a consequence is determined by how in touch children are with their feelings about what happened.

Adapted from *Conscious Discipline: Building Resilient Classrooms* by Dr. Becky A. Bailey c. 2015

Natural and Logical Consequences

With natural consequences, nothing is prearranged. The consequences a child experiences are directly related to the child's choice of behavior. If a child refuses to take a coat when you go to the park, he might get cold. If she leaves her sandwich on the table when she gets up to play, the dog might eat it. Natural consequences help children learn a new skill.

If safety is at stake, we cannot use natural consequences. We certainly wouldn't let our child chase a ball out into the street to learn to watch for cars. At these times, we might use logical consequences to motivate children to use skills they already have. Logical consequences aren't often effective for very young children who may not have enough life experience to have practiced the skills enough yet (2,000 times!), or for children who feel disconnected from the one imposing the consequence. They will benefit most from natural consequences and additional teaching through problem-solving.

Listen to Dr. Becky Bailey explain consequences further here:

<https://www.youtube.com/watch?v=KukQfLvgCk8>



February 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.

Thursday, February 1: Guiding Your Child's Behavior Without Rewards and Punishments, 6-7:30 p.m.

Wednesday, February 7: Eating the Rainbow at Hy-Vee, 6-7 p.m. Learn about the importance of healthy eating and how to involve your child in cooking from chef Gerardo Hernandez, and make a healthy snack with your child. Registration required in advance due to limited space at <http://www.signupgenius.com/go/20f0449aeaa2aa4fb6-eating> Please register each member of your family that will be attending (including adults) and let us know of any food allergies.

Monday, February 19: Drop in and Play Center closed

Thursday, February 22: ALL families are encouraged to take advantage of **KidSight's free vision screening** for amblyopia ("lazy eye") and other concerns, available for children six months through six years of age. No appointment is necessary for this screening; it will be conducted on a first-come, first-serve basis from 4:30-6:30. Stay and visit the Drop in and Play Center (open 4-7 p.m.). Developmental screening available by appointment for those not receiving home visits.

Save the Date:

Tuesday, March 6: S'More Fun with Literacy, 6-7 p.m. Our variety of hands-on early and pre-reading and writing activities for you and your your child to experience together are sure to be a recipe for a good time!

February 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.

February Children's Programs at Runge Nature Center: Little Stinkers

What is black and white and smells all over? Missouri skunks, of course. Missouri is home to two species of skunks and each has its own fantastic facts. So don't mind the smell -wander in to learn more about this fragrantly misunderstood mammal. Registration begins February 1 for the February 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)

February 21 • Wednesday • 10–11 AM

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

February 13 • Tuesday • 10–11 AM

February 28 • Wednesday • 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.)

February 16 • Friday • 10–11 AM

EVENTS:

Saturday, February 3: Storytime Saturday at the Missouri State Museum (inside the Capitol), 11 a.m.-noon. In celebration of Black History Month, the Missouri State Museum invites you to explore the life and work of scientist and famed Missourian George Washington Carver. The program will include the reading of "A Weed is a Flower: The Life of George Washington Carver" and a hands-on activity. This special Storytime Saturday will be held in the Missouri State Museum classroom in the museum's History Hall. The program will introduce children aged 3-6 years to George Washington Carver's life and work.

Saturday, February 10: What's Going On? Timberdoodle Time at Runge Nature Center, 10 a.m.-2 p.m. What is small, plump, and brown, has large eyes, and a long bill? A timberdoodle, also known as an American woodcock. Join us as we learn about woodcocks, their amazing mating ritual, and other highly specialized adaptations.

Saturday, February 10 and Sunday, February 11: Leapfrog at the Capital Mall from 11 a.m.-5 p.m. Passes are \$6/person (tax included) for unlimited play or a Family Pass for \$20 including tax (includes 4 passes, at least one pass must be used by an adult, and additional

passes for other family members are \$5 including tax and can be for any age). Cash and credit cards only. Wristbands will be given out when you pay. The wristband must be on for you to play in everything but the designated bounce house for FREE play for 2-3 year olds. You may leave and come back later in the day if you would like. Just keep your wristband on.

- A designated bounce house will be available for FREE play for 2-3 year olds.
- They will have at least one unit designated for children 8 years and younger with wristbands.
- They reserve the right to remove participants from the inflatable units who are not following the safety rules. No refunds will be given.

Monday, February 12: Family Book Bingo at Missouri River Regional Library, 6:30-7:30 p.m. An hour of bingo fun for the family. Winning cards earn book prizes for ages 12 and under.

Friday, February 16: Family Movie Night (Beauty and the Beast, 2017 version) 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.

Wednesday, February 21: KidSight Free Vision Screening at Missouri River Regional Library from 10-11 a.m. for children six and under.

Saturday, February 24: Wellness Expo 2018 from 9 a.m.-1 p.m. at the Firley YMCA (525 Ellis Blvd.) Plan to join the YMCA, Capital Region Medical Center, Jefferson City Medical Group, Jefferson City Parks and Recreation, SSM Health-St. Mary's Hospital and the United Way for a comprehensive health & wellness expo. Their goal is to share resources, as well as information and support to promote healthy living in Central Missouri. This family-friendly event will cater to all ages. Includes health screenings, activities such as cooking demos and fun fitness events and more.


Saturday, February 24: What's Going On? Treetop Gliders at Runge Nature Center, 10 a.m.-2 p.m. Many people are considered lucky to see the shy, nocturnal cousin of the grey and fox squirrel – the southern flying squirrel. With their long tails, silky fur, and wing-like stretched skin, they glide from tree to tree finding food at night from the same trees their squirrel cousins do during the day. Join us to learn about these charismatic critters with a squirrely game, craft, and discovery table.

Saturday, February 24: Mini Golf Course inside the library at Missouri River Regional Library, 5-8:30 p.m. \$5 per person/\$15 per family (2 adults and up to 3 children). There will be raffle prizes, hole-in-one giveaways, and more provided by local business sponsors. All proceeds go to the MRRL foundation.


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





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