

JCPS Parents as Teachers

FEBRUARY 2019 NEWS TO KNOW

CALLING ALL KINDERGARTENERS!

If your child will be 5 before August 1st, watch your mail for a kindergarten registration packet. This will include information about when and how you can register online, what paperwork you need to bring to the JCPS Welcome Center to complete the process, and tips on helping your child prepare for Kindergarten. If your child attends the JCPS Preschool program or receives services through Early Childhood Special Education, you will have a special opportunity to complete registration at Parent-Teacher Conferences in March. Watch for information to be sent home in your child's backpack in the next few weeks.

If your child will be attending a parochial school or kindergarten in a district other than Jefferson City Public Schools, or if you plan to homeschool your kindergartner, please let your parent educator know.

If you are interested in one last check of your child's hearing, vision, health, and development through Parents as Teachers this spring, please let us know and our early childhood screener will contact you to schedule a screening appointment. Limited spots are available.

CONSCIOUS DISCIPLINE® SKILL OF THE MONTH: EMPATHY

How do I help my child handle disappointment?

Disappointment is a difficult emotion to handle. All parents ultimately want children to be good sportsmen, take responsibility for their actions rather than blaming others, and be able to stand tall after their falls in life (both literal and metaphoric). Here are some essential guidelines to help children with this type of pain:

First, your goal must be to help them deal with the emotion, not "happy them up." "Happying them up" comes in many forms. It could be a distraction, a promise to buy a toy or taking them out for ice cream. This attempt to take away the pain can lead (in many years) to adults who unconsciously graze through the refrigerator or use shopping sprees to deal with disappointment.

Instead, we can provide empathy to help ease their pain and teach them that they can handle all that life brings to them.

"You seem _____." (Put your best guess of the feeling in the blank... disappointed, frustrated, sad, etc.) If you guess their emotion correctly, their body will relax. If you guess incorrectly, they will tense up, pull away or correct you. If this happens, simply try to describe the feeling again.

"You were hoping _____" or "You wanted _____." Describe the disappointment or hurt.

"It's hard when _____." Validate their feelings.

"You can handle it." Offer assurance.

"Breathe with me." Take a deep breath together, and then physically connect in some way.

From <https://consciousdiscipline.com/free-resources/discipline-tips/>

Dr. Becky Bailey teaches us that we can help our children (and ourselves) handle fussing and fits by using the DNA process:

D-DESCRIBE Describe what you see the body doing ("Your eyes are going like this, your mouth is going like this, your hands are going like this")

Make eye contact, download calm by breathing

N-NAME Name the feeling ("You seem _____")

A-ACKNOWLEDGE Acknowledge what you know they were wishing that they could have done ("You wanted _____" or "You were hoping _____")

Watch a short video about the DNA process with an example that's applicable to early childhood [here](#), and learn more about empathy from Dr. Becky Bailey with the short video below.

<https://www.youtube.com/watch?v=P56f8v-DRTY>



FEBRUARY 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.

Various Dates: 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 with you.

Tuesday, February 12: *Conscious Discipline® Parent Night Series #6: Empathy* 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>. Practice acknowledging the feelings behind the fussing and the fits that can occur in early childhood. If you need childcare for the event, please contact Katie Epema at 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.

Monday, February 18: Drop in and Play Center is closed.

Save the Date: Saturday, March 2: Dr. Seuss Birthday Bash hosted by the United Way Early Childhood Initiative's Advisory Board, 9:30-11 a.m. at Capital Mall. For the whole family.

FEBRUARY COMMUNITY EVENTS:

Runge Nature Center Children's Programs: Unhuggables

That's creepy! That's crawly! That's slippery! That's slimy! At first glance some of Missouri's creatures may not seem cute and cuddly. Let's put out hearts together and learn to show some love for our unhuggable critters! Registration begins at 8 a.m. on February 1st for the February 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)

Friday, February 22 - 10:00am

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

Thursday, February 14 -10:00 AM

Wednesday, February 27 - 10:00am

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.)

Tuesday, February 19 - 10:00am

Saturdays: Storytime Saturdays at the Missouri State Museum. These programs will introduce children aged 3 - 6 years to Missouri's history and natural resources through stories and hands-on activities. Programs begin at 10 a.m. each Saturday in the classroom of the History Hall (east wing) on the first floor of the Missouri State Capitol.

Feb. 2: "Groundhog Gets A Say" (Groundhog Day)

Feb. 9: "Bambino and Mr. Twain"

Saturday, February 2: Saturdays @ Runge: Groundhog's Day at Runge Nature Center, 10 a.m.- 2 p.m. No registration required. Happy Groundhogs Day! Come celebrate and enjoy discovery tables, crafts, and games all about groundhogs!

Friday, February 8: Family Fort Building Night at Missouri River Regional Library, 6-8 p.m. Bring sheets and flashlights for after-hours family fun on the library's second floor. Build reading forts, play games, and experience the library at night.

Saturday, February 9: Young Maker Morning at LabSpace Robotics (in the mall), drop in from 10 a.m.-noon. Craft supplies available for Valentine's boxes, a craft stick catapult project, magnets to explore and the preschool activity area will be open.

Monday, February 11: 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. No reservations needed.

Tuesday, February 12: Babywearing at Whaley's Mommy & Me. Have questions about how to wear your baby safely and comfortably to create convenience and bonding between baby and parent? See event details and register at

<https://www.facebook.com/events/1956225984475125/?ti=cl>

Saturday, February 16: Weasels: Badgers, Otters, and Minks, Oh My! at Runge Nature Center, 10-11 a.m. No registration required. Badgers digging in the prairies, otters playing in the rivers, minks hunting in the lowlands—what do they have in common with each other? Join Powder Valley Naturalist Elizabeth Cosbey as we learn how these interesting predators, in the weasel family, have different adaptations that help them live in such different parts of the habitat.

Saturday, February 16: Saturdays @ Runge: Fly Tying at Runge Nature Center, 10 a.m.- 2 p.m. No registration required. Come discover the world of fly tying. Learn what makes a "fly", how the action of a fly entices fish, where we get fly tying materials, and even make up our own flies!

Saturday, February 23: Cloth Diapering 101 class at Whaley's Mommy & Me, 10-11 a.m. Do you have questions about cloth diapering? Are you considering cloth diapering, but need more info? See details and register at <https://www.facebook.com/events/291363898188111/>

Saturday, February 23: Mini-Golf at Missouri River Regional Library, 5-8:30 p.m. Eighteen-hole miniature golf course set up inside the library. This is a fundraiser for the MRRL Foundation, so cost is \$5 per person or \$15 per family (2 adults and up to 3 children).

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: 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: Music and Making at LabSpace Robotics (in the Capital Mall), 10-11:15 a.m. 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 www.LabSpaceRobotics.com.

First Wednesday of each month: Missouri Child Identification Program (MOCHIP) Child ID event at the Cole County Health Department (3400 W. Truman Blvd.), from 2-4 p.m. 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.), 3-5 p.m. 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 Tumblers: Open Gym days are a no-enrollment free play time for kids while parents supervise. \$5 per child, ages 2-6 years. Tiny Tumblers is moving and joining with The Little Gym, opening in a new location in mid-February. Verify session times and location at <https://www.facebook.com/TinyTumblersbyJCGymnastics/>



STAY CONNECTED WITH US!

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