

JCPS Parents as Teachers

January 2018 News to Know

Tips to Tame the Temper Tantrum

Question: What can I do about my child's chronic tantrums? She has a fit if she doesn't get what she wants when we're shopping. She demands to go home or refuses to leave when we're out. She has bedtime and nap-time meltdowns which include the usual screaming, screeching, and crying. Can I stop this behavior or is it just a phase?

Answer from Dr. Becky Bailey: A temper tantrum is an uncontrolled outburst of anger that usually arises from a child's thwarted efforts to control a situation. The tantrum says, "I have tried desperately to make the world go my way. Now I'm frazzled. I can barely speak. I feel terrified, helpless and powerless." Both children and adults have tantrums.

Tantrums are most typical for children between the ages of fifteen months and three years. These small children are battling between dependence and independence. Also, they have limited skills to influence the events that take place in their lives, so meltdowns do and can occur frequently. The outburst generally reflects the child's inner struggle. However, certain parental practices encourage tantrums to continue far past the toddler years. These include inconsistency, expectations that are too high, undue strictness, over-protectiveness, overindulgence and lack of assertive limit setting.

Giving into children when they are having tantrums guarantee you will get more demanding behaviors in the future. Your response to their upset teaches them how to behave in order to get what they want, and also how to treat other upset people.

Stopping a tantrum once it is set in action is impossible. Instead, our role as parents is to help our children move through their tantrums. In my book, *Easy To Love, Difficult To Discipline*, I explain how to help children calm down so they can move through their tantrums more quickly, and also how to wire children's brains for greater self-control (fewer tantrums in the future). The following suggestions will get you started:

- 1) Discipline yourself first and your child second. Take several deep breaths before you begin to speak. Make your insides as calm as you would like the child's to become. Then say to the child, "You are safe, you can handle this. Breathe with me."

2) Use empathy and reflection to help the child become aware of him or herself. Help establish body awareness by stating what you see: "Your arms are going like this (demonstrate) you face looks like this (demonstrate)." Then build emotional awareness by naming the feeling you believe the child is experiencing, "Your body is telling me you might be feeling frustrated. You wanted to buy something at the store." More than likely, your child will be able to organize enough to say what she wanted, "I want a cookie!" At this point, validate the child's desire and feelings, "You wish you could have a cookie. It is hard to not get what you want."

3) Shift the focus to what you want the child to do and offer two positive choices to help her successfully meet your expectations. You might say, "You have a choice. You can have a snack in your car seat or have a snack when we get home. Which would you choose?"

from <https://consciousdiscipline.com/free-resources/discipline-tips/#section2>

Follow the link to find answers to more questions such as "What do I do when I think upset or a tantrum is likely to erupt?" and "How do I handle my toddlers' temper tantrums?"

<https://www.youtube.com/watch?v=UwuIvk0Hg9U>



January 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, 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 is full, but we welcome any adults who are interested in attending.

Monday, January 8: Drop in and Play Center open 4-7 p.m., & Developmental screening by appointment for those not receiving home visits.

Monday, January 15: Drop in and Play Center closed

Saturday, January 20: Winter Wonderland (Messy Play) group connection, 10-11 a.m. We're going to have snow much fun exploring a variety of sensory activities, so come dressed to get messy along with your child(ren)!

Save the Date:

Thursday, February 1: Guiding Your Child's Behavior Without Rewards and Punishments, 6-7:30 p.m. Wondering how to get your child to do what you are expecting of them, without resorting to bribing or punishing? Come learn tips on how to help motivate your child based on Dr. Becky Bailey's *Conscious Discipline®* approach. This event is for adults only. Advance registration is required for child care (available for families enrolled in the JCPS Parents as Teachers program or another program at the Southwest Early Childhood Center). Contact Katie Epema at katie.epema@jcschools.us or (573)659-2350 starting January 2 if you need childcare to be able to attend.

Note about the "Eating the Rainbow" group connection scheduled for February 7:

Please watch your email and our website and Facebook pages for updates and information about registration for this event. Lindsey Koelling, the dietitian who was scheduled to conduct this event, is no longer at HyVee. PAT staff is trying to secure an alternate presenter, location and/or date in order to still have the event this spring, but it is possible that it may be postponed until the 2018-2019 school year.

January community events:

ONGOING COMMUNITY EVENTS:

Tuesdays: Preschool Story Time at the Missouri River Regional Library's Art Gallery, 10:30-11:00 a.m. 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.

January Children's Programs at Runge Nature Center: King of Birds

Missouri is the winter home for hundreds of bald eagles. This month is a great time to see and learn more about them. What do they eat? How much do they weigh? How many feathers do they have? Where do they nest? Find the answers to these questions and more at our program this month. Registration begins January 2 for the January 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)

January 30 • Tuesday • 10–11 AM

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

January 9 • Tuesday • 10–11 AM

January 24 • 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.)

January 18 • Thursday • 10–11 AM

EVENTS:

Saturday, January 6: 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 at the Firley YMCA. 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, January 6: What's Going On? Nature Revealed at Runge Nature Center, 10 a.m.-2 p.m. Throughout the year the leaves hang on the trees, hiding a secret. Once the leaves have fallen they reveal natural curiosities we don't usually get to see. Come in for scavenger hunts, crafts, and even a storybook trail. Let's discover together just what the leaves have been hiding.

Tuesday, January 9: Language Workshop for parents of children ages 2-4 from 5-7 p.m. 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.

Saturday, January 13 and Sunday January 14: 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.
- We will have at least one unit designated for children 8 years and younger with wristbands.
- We reserve the right to remove participants from the inflatable units who are not following the safety rules. No refunds will be given.

Friday, January 19: Family Movie Night (Rise of the Guardians--PG) 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, January 27: Eagle Adventure! at Runge Nature Center, 10 a.m.-3 p.m. Eagle activities and crafts will be offered in the lobby at the nature center. Staff from Dickerson Park Zoo will be offering live eagle presentations at 10 AM, 11 AM, 1 PM, and 2 PM. Stop by and participate. Then, pick up a map to a wild eagle viewing site. This location will be staffed for eagle viewing (weather permitting). Bundle up and come on out for this nature adventure.

Wednesday, January 31: Helen Haynes presents Musikgarten at Missouri River Regional Library. Music and movement for children and their caregivers.

10:30-11:00 am (ages 0-3)

11:15-12:00 pm (ages 3-6)

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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