

JCPS Parents as Teachers

January 2019 News to Know

Thank you Jay Pride Alive!

We are thrilled that the Jay Pride Alive Alumni Association has awarded our program funds to purchase books that go along with the Development-Centered Parenting discussion topics that we focus on during our home visits (attachment, discipline, health, nutrition, safety, sleep, and transitions & routines). Our parent educators have attended different professional learning opportunities this fall related to literacy and book-sharing, and brought back suggestions of several books from the Noodle Soup company that we would like to add to our library. This funding will purchase many of their suggestions.



Help build your child's brain by reading!

Did you know that one of the most important things parents can do, beyond keeping children healthy and safe, is to read with them? The rhythm, repetition, and rhyme of children's books helps lay down the neural networks children need for reading. Reading out loud helps increase children's vocabulary and promotes attachment and bonding, both crucial elements for success in school and in life.

Parents as Teachers promotes reading on every home visit that we do, through activities to strengthen pre-reading skills in children and encouraging book sharing between adult and child. Thanks to the generosity of Scholastic, we are able to give away a new children's book at each of our parent-child activity events and due to a grant from the Missouri Children's Trust Fund, we are able to give away a children's book by Dr. Becky Bailey at each of our evening Conscious Discipline parent sessions. In April, the Missouri Humanities Council will hold a "Read from the Start" event at Southwest during which participants read/discuss children's books and explore fun activities to enhance story time and nurture early literacy skills in their children (plus bring home five books). Several families have shared books with us that their children have outgrown, so we have expanded our "book share shelves" (see below for more information).

We are also excited to partner with Missouri River Regional Library on their "1000 Books Before Kindergarten" program. Your PAT parent educator will talk about it with you this month (if they haven't already) and can help you sign up. You can also sign up at the library or visit <https://www.mrrl.org/1000-books-kindergarten> for more information. Reading 1000 books together before your child starts kindergarten may sound like a lot, but it is doable if you read a few books before bedtime each night or one book at a time a couple of times a day. It doesn't matter if you read the same book multiple times...all that matters is that you're reading! (And children actually benefit from the repetition). You can also count the books read by your child's teacher if he or she attends daycare or preschool.

We'd love to see pictures of you enjoying books together--if you post on social media, please use #JCReads, and/or email pictures to katie.epema@jcschools.us and we can share them on our Facebook page.



Thank you Farm Bureau!

The Cole County Farm Bureau's Promotion and Education Committee recently donated several books about agriculture (pictured here with the barn which they donated a few years ago for our Drop In and Play Center along with farm toys and other books).



Book Share Shelf: Southwest ECC main lobby

This shelf has recently been converted into a book share shelf--feel free to take a book to enjoy with your child. If you have gently used board books or picture books at home that your family has outgrown, you're welcome to add them to the shelf for others to enjoy.



Drop In and Play Center

Spend time reading together when you visit the Drop In and Play Center, and/or take a book home with you when you go. Our original "book share shelf" is located under our resource corner, where you can learn about programs and services available to families in our community.

CONSCIOUS DISCIPLINE® Skill of the Month: CHOICES

Choices can be used as a discipline technique and as a way to help children focus. The following example from www.facebook.com/consciousdiscipline (posted [12/18/13](#)) is from a classroom setting, but choices are just as effective at home.

Mr. Adams had announced to the class that in five minutes it would be cleanup time. He personally got Jason's attention and told him face-to-face. After the five minutes had passed, the class began singing the cleanup song and putting toys away. Jason had trouble redirecting his focus from playing to cleaning up. "Jason, you have a choice. You may pick up the big blocks first or the little blocks first. What is your choice?" Mr. Adams asked. Jason said, "The big blocks because I am strong," and he started lifting big blocks into the bin.

Most children can benefit from using choices as a guidance tool, especially children who need additional structure to be successful. Jason is a good example. He needs more direction than some of the other children. Since he needs more guidance, the teacher is prone to giving him a lot of commands. "Jason, get your lunch. Jason, get in line. Jason, wait until the door is opened." Jason, in his need for external structure from adults, misses out on some of the choice-making decisions other children acquire on a regular basis. So, instead of constantly directing Jason with commands, choices would give him the structure he needs, provide practice in making decisions and ultimately build his self-esteem.

Choices are also helpful with compliance. A teacher usually gets a better response with, "Katie, you have a choice to sit on the red tape or the blue tape," than if the teacher simply says, "Katie, it is circle time. Sit down." Since preschool children are developing autonomy and initiative skills, they sometimes

like to assert themselves in response to adult commands. Choices provide the option of complying with adult wishes while still maintaining the "last word," so to speak.

In order for the adult to deliver choices to children on a regular basis, two things are required:

1. Get rid of the don't. Adults must think in terms of what he or she wants the children TO DO. We have been conditioned to think negativity. We tend to focus on what we don't want or what we don't want our children to do. "I don't want to eat pizza for dinner." "I don't want to go to your mother's house for vacation." "Don't run Billy!" Don't talk when I am talking." "I don't want you two acting up in there." "Don't" thinking is detrimental to giving choices.

2. It takes two. The adult must give the children two POSITIVE choices. Typically, adults have been trained to give the child one "good" choice and one "bad" choice to coerce the child into picking the one the adult wants. For example, children have been given the choice to pick up their toys or lose recess time. This is not a choice; it is a manipulation. A true choice is given when we, as adults, do not care which option the child selects.

To create choices for children, think first, "What do I want them to do?" Then create two positive options to accomplish that goal.

Examples:

- If you want a child to wipe off the table, you could create the options of "with a towel" or "with a washcloth."
- If you want a child to pick up some trash on the floor, you could give the options of "putting it in this trash can or that one."
- If you want a child to go to the bathtub, you could give the options of "flying like an airplane or hopping like a bunny."
- If you want a child to hold your hand, you could give the options of "holding this one (show the left hand) or holding this one (show the right one)."

Want to learn more about offering choices to children or what to do if they don't seem to help?

Have a child who refuses to make a choice or changes their mind after making a choice? Click [here](#) and [here](#) for more tips.

What if a child always wants to make a different choice than the two offered? Learn more about developmental opposition and learned opposition [here](#) and [here](#).

January 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, 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.

Thursday, January 3: The Drop in and Play Center opens for this spring semester.

Tuesday, January 8: *Conscious Discipline® Parent Night Series #5: Choices* 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> Learn about building self-esteem and strengthening skills such as impulse control and persistence through giving limited choices. 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.

Wednesday, January 16: *Cooking Matters At the Store*, 6-7:30 p.m. This virtual grocery store “tour” presented by MU Extension staff will show participants how to stretch food dollars by using strategies to get the best price and to identify foods that provide the most nutrition for lowest cost. This event is for adults only and advance registration is required. Register at <https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-cooking> Limited childcare will be available by contacting Katie Epema at katie.epema@jcschools.us or (573)659-2350. Child care must be signed up for in advance and 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.

January 18 & 21: Drop In and Play Center closed

Saturday, January 26: *Sensory Summer Fun: Beach Party*, 10-11 a.m. Come dressed to get messy while exploring a variety of sensory activities with your child. Activities will be best suited for children ages 18 months-age 5, with some activities also available for infants and young toddlers. No advance registration required.

January Community Events:

Runge Nature Center Children's Programs: Animal Wrappers

A fox in a fleece?! A snake with a scarf?! Wander in to find out what animals really wear. This month we will examine animal coverings to find out how animals survive the cold winter. Registration begins at 8 a.m. on Thursday, January 1st, for the January 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)

Wednesday, January 30 at 10 a.m.

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

Tuesday, January 8 at 10 a.m.

Thursday, January 24 at 10 a.m.

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.)

Friday, January 25 at 10 a.m.

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.

Jan. 5: "The Bad Seed"

Jan. 12: "Because of An Acorn"

Jan. 19: "Cat in the Hat: Miles and Miles of Reptiles"

Jan. 26: "Good Night MO"

Wednesday, January 2: 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

Wednesday, January 2: KidSight Vision Screening at Cole County Health Department (3400 West Truman, Blvd.), 2-4 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.

Saturday, January 5: Community Wellness Expo 2019 at the Firley YMCA (525 Ellis Blvd.), 9 a.m.-1 p.m. A free, family friendly event put on by the YMCA, Capital Region Medical Center, Jefferson City Medical Group, SSM Health-St. Mary's Hospital, and the United Way to share resources, information, and support to promote healthy living in Central Missouri.

Saturday, January 12: Saturdays @ Runge: Calling All Coyotes at Runge Nature Center, 10 a.m.- 2 p.m. No doubt you have heard the wild yelps and howls of one of Missouri's most common mammals. Practice your best coyote call and come join us as we explore the world of the coyote. Activities will be held in the lobby.

Friday, January 18: Family Movie Night: Smallfoot at the Missouri River Regional Library's art gallery from 6-8 p.m. Blankets and pillows welcome! Light snacks will be provided. NOTE: This is an after-hours program- the library doors will be closed at 6:15 pm.

Friday, January 18: Night Hike & Fireside Stories at Runge Nature Center, 7-9 p.m. Bundle up and join us for a naturalist led night hike followed hot chocolate and stories by the fire. We will provide headlamps/flashlights. Bring a chair, wear sturdy shoes, and dress for the weather.

Saturday, January 19-Monday, January 21: Leapfrog Play Date at Capital Mall. [Check here](#) for details such as times, price, and suggested ages, as they were not yet available when this newsletter was published.

Wednesday, January 23: KidSight Vision Screening at Missouri River Regional Library, 10-11 a.m. Representatives from KidSight will be there to offer quick, free vision screening for children six and under.

Saturday, January 26: Eagle Adventure at Runge Nature Center, 10 a.m.- 3 p.m. Lobby Activities for all ages! Live Eagle Presentations at 10 AM, 11 AM, 1 PM, and 2 PM. Eagle viewing site at Marion Access with high-powered scopes.

Tuesday, January 29: Helen Haynes Presents Musikgarten at Missouri River Regional Library.

Movement and music for children and their caregivers.

10:30 am - 11:00 am for ages 0-3

11:15 am - 12:00 pm for ages 3-6

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.

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





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