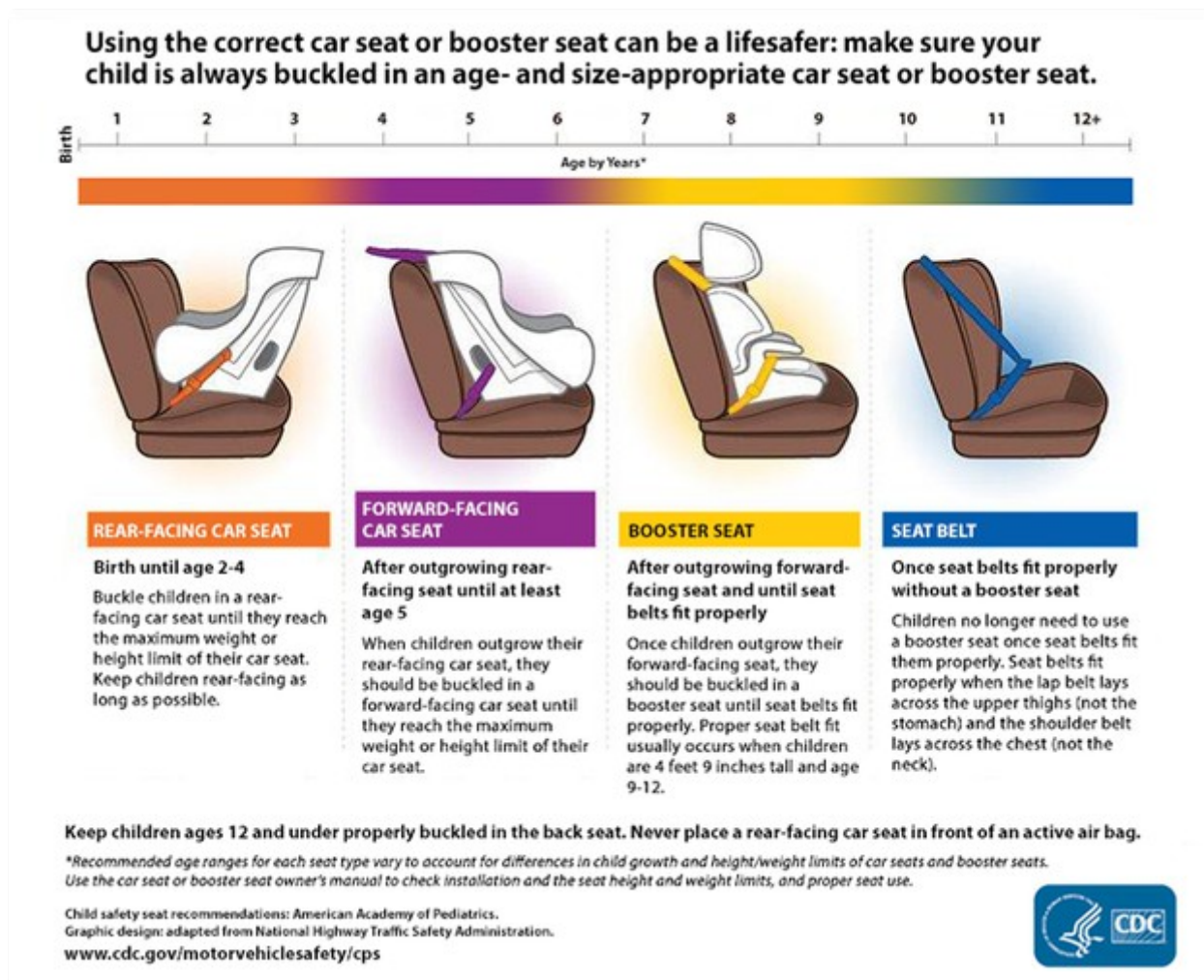


# JCPS Parents as Teachers

November 2018 News to Know

Child Passenger Safety--Is your child is in the right safety seat? Is it installed and used correctly?



According to the National Highway Traffic Safety Administration, **three out of four** child safety seats are improperly installed. Missouri law requires all children under eight to be in a child safety or booster seat until they are 80 pounds or 4 feet 9 inches tall. With the variety of makes and models of car seats on the market, many caregivers are confused on how to properly install the seats.

According to the Missouri Department of Transportation, serious injuries can result from improperly fitted safety belts, particularly for children ages four through seven who are secured only in a regular safety belt during a crash. These injuries are commonly known as “seat belt syndrome,” which are often life-threatening or disabling injuries. Booster seats help prevent this syndrome from occurring by raising the child up so the lap and shoulder belt fits them properly.

- Car seat use reduces the risk for injury in a crashes by 71–82 percent for children when compared with seat belt use alone.
- Booster seat use reduces the risk for serious injury by 45 percent for children ages 4 to 8 years when compared with seat belt use alone.

Here are some tips to keep your child safe in your vehicle:\*

- Whenever you're on the road, make sure children are buckled in age- and size-appropriate car seats, booster seats, or seat belts. Children under age 13 should ride properly buckled in the back seat on every trip. Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in front of an airbag.
- Check the instruction manual and the labels on a car safety seat to find the manufacturer's weight and height limits. When a child is approaching one of those limits, it is time to think about transitioning to the next stage, rather than simply looking at a child's age. Parents often look forward to transitioning from one stage or milestone to the next. In car seats, this is one area where transitions are not “positive,” and where delaying transitions is best, according to the American Academy of Pediatrics. Each transition – from rear-facing to forward-facing, from forward-facing to booster seat, and from booster seat to seat belt alone – reduces the protection to the child.
- Install and use car seats and booster seats according to the seat's owner's manual and your vehicle's manual or get help installing them from a certified Child Passenger Safety Technician. [Find a Child Passenger Safety Technician here.](#)
- Buckle children in car seats, booster seats, or seat belts on every trip, no matter how short
- Avoid wearing thick clothing like a winter coat, snowsuit, or bunting while buckled into a car safety seat
- Avoid using safety seats that are used or second hand as they may have been in a crash or be expired
- Set a good example by always using your seat belt
- If you need assistance getting a car seat for your child, talk to your parent educator about resources that may be able to help

*\*Information in this article was taken from: [The American Academy of Pediatrics'](#) most recent car seat recommendations, the [Centers for Disease Control](#), the [Missouri Department of Transportation](#), the [National Highway Traffic Safety Administration](#) and the [Missouri Department of Health and Senior Services](#).*



### Rear-Facing Car Seat

- Should be buckled tightly in your vehicle and not move more than 1 inch in any direction
- The harness straps should be in the slots closest to or just **below** your baby's shoulders
- The harness chest clip should be placed at the infant's armpit level
- The seat straps should fit snugly against your baby



### Forward-Facing Car Seat

- Should be buckled tightly in your vehicle and not move more than 1 inch in any direction
- The harness straps should be even with or **above** the top of your child's shoulder
- The chest clip should be at armpit level
- The seat straps should fit snugly against your child



### Booster Seat

- The seat belt should be flat and snug and fit comfortably across your child's lap and shoulder
- The lap strap should sit low on your child's hips, not across the stomach
- The shoulder strap should sit on your child's shoulder, not on the neck, under the arm, or behind the back
- There are both high back and backless boosters

As we move into cold and flu season, please help keep everyone healthy by contacting your parent educator to reschedule if your child is sick on the day of your visit, or if another family member is ill. Rest assured that we sanitize toys between visits to help prevent the spread of germs as well. Thank you!

[Click here](#) for a list of symptoms that may indicate a need to reschedule.

## CONSCIOUS DISCIPLINE® Skill of the Month: ASSERTIVENESS

Routines are essential because predictability helps children (and adults) feel safe. When we feel safe, we're willing and able to form relationships with others. Once we feel safe and have formed relationships, we're able to solve problems and move smoothly through the day.

For children, it takes over 400 times in the context of social situations to learn a new skill or routine. We often become frustrated because children “should know better,” but they need plenty of support and guidance. To help children be successful, we use the three-step M.A.P. process: Model, Add Pictures, and Practice. The M.A.P. process removes chaos, creates structure, and helps children feel safe and calm.

This process is helpful for both younger and older children, as well as students with specific challenges, big feelings, or special needs. It can be used in the classroom and in the home. Use the link below to join Conscious Discipline Master Instructor Kim Jackson as she explains how to use the M.A.P. process to meet diverse needs in a variety of situations. Watch as Kim provides useful examples and actionable tips to help you and your students feel safe, build relationships, learn, and succeed.

<https://consciousdiscipline.com/webinars-three-vital-steps-to-successful-routines/>

For more information on the M.A.P. process for older preschoolers and elementary-aged children, use the link below to see how Conscious Discipline Certified Instructor Nicole Mercer has used visuals to solve various problems in her home—and how you can do the same. Where do your children struggle meeting expectations or following through? Where and when is more information needed? Visuals can help, and Nicole explains how.

<https://consciousdiscipline.com/webinars-seeing-conscious-discipline-in-the-home/>

## November 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. 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>

**Wednesday, November 7: *Cooking Matters At the Store*** has been cancelled for November. We will send out the new date as soon as it has been rescheduled.

**Tuesday, November 13: *Conscious Discipline® Parent Night Series #3: Assertiveness*** 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 how to focus on what you want children TO do by setting and clearly communicating healthy limits to encourage compliance. 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.

**Monday, November 19: Drop in and Play open late 4-7 p.m., KidSight vision screening 4:30-6:30 p.m. ALL families are encouraged to take advantage of KidSight's free screening for amblyopia (“lazy**

eye”) and other concerns, available for children six months through six years of age. **No appointment needed; vision screening will be conducted on a first-come, first-serve basis from 4:30-6:30 p.m.** If you do not receive home visits or if you have two or more children and your parent educator talked with you about making an appointment to be screened at our center instead of in your home, you may sign up for an appointment for a full health/hearing/vision/developmental screening at <https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-child14>.

**November 21-23:** Drop in and Play Center is closed.

## November Community Events:

### **Runge Nature Center Children's Programs: Black Bears**

Black bear, black bear what do you see? I see children looking back at me. Lumber in with your favorite teddy bear and learn about the Missouri black bear. Registration begins at 8 a.m. on Thursday, November 1st, for the November 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)

November 20 • Tuesday • 10–11 AM

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

November 14 • 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.)

November 16 • Friday • 10–11 AM

**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.

Nov. 3: "I Took A Walk"

Nov. 10: "S is For Show Me"

Nov. 17: "Cat in the Hat: On Beyond Bugs"

**Some Wednesdays: Music and Making** at LabSpace Robotics (in the Capital Mall), 10-11:15 a.m. The 7th and 28th 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).

**Saturday, November 3: Itsy Bitsy Troupe presents "Big Bad"** at Missouri River Regional Library, 10-10:30 a.m. The most notorious criminal in the fairy-tale world, Big Bad Wolf, is being slapped with a class-action lawsuit by the countless quirky characters he has wronged. Now, the two greatest legal minds in the Enchanted Forest – the Evil Stepmother and the Fairy Godmother – will clash in a trial that will be remembered forever after. Presented by the Itsy Bitsy Troupe from Muse Theatre.

**Saturday, November 3: Younger Maker Morning** at LabSpace Robotics in the Capital Mall. There will be a variety of stations set up. Most projects will be for ages 4-10, but some can be enjoyed by younger and older as well. Tuition is \$5 per maker with a max of \$20 per family. Register at [www.labspacerobotics.com](http://www.labspacerobotics.com)

**Friday, November 16: Family Movie Night: The Incredibles 2 (PG)** 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.

**Saturday, November 17: What's Going On? Day with Ducks and Decoys** at Runge Nature Center, 10 a.m.-2 p.m. No registration required. Join us as we take a closer look at the ducks and geese that call Missouri home through activities and displays. Visit with members of the Missouri Duck Decoy Collectors group as they bring a variety of decoys from the last century and discuss the materials, artistry, creativity, skill, and ingenuity that went into making duck decoys.

**Friday, November 23: Shopping Alternatives Black BEAR Friday** at Runge Nature Center, 10 a.m.- 2 p.m. For all ages. No registration required. Black bears are one of our most fascinating large mammals here in Missouri and they are making a comeback! Come in to learn more about the intelligent and charismatic *Ursus americanus*. Let's tell stories, enjoy activities, and create crafts in celebration of Black BEAR Friday!

**Friday, November 23: 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.

**Thursday, November 29: Mayor's Tree Lighting** at Rotary Centennial Park, Bolivar Street, entertainment: 5:30-6:30 p.m., tree Lighting: 6:30 p.m. Entertainment, refreshments, and a visit from Santa Claus. Bring non-perishable food items or unwrapped toys for the Salvation Army.

**Friday, November 30: Living Windows** in downtown Jefferson City, 6:00 - 9:00 pm. Enjoy the charm of downtown Jefferson City during the holiday season. You will see holiday carolers, scenes alive with many cultural holiday traditions, dancers performing to the Nutcracker Suite, and much more! JC Parks will offer free hayrides around the festival area.

Save the Date:

*Saturday, December 1: Breakfast with Santa at the Capital Mall, 9 a.m.*

*Saturday, December 1: Jefferson City Jaycees Christmas Parade at 4:30pm*

*Friday, December 7: Stuff Santa's Sleigh Diaper Drive & Pictures with Santa event, 4-6:30 p.m. Receive a professionally taken digital photo with Santa when you make a donation of diapers or wipes for the Capital City Diaper Bank.*

*Saturday, December 8: City of Holts Summit Christmas Parade, 2 p.m.*

**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.

**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.





## Stay connected with us!

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