

# JCPS Parents as Teachers

October 2018 News to Know

## Safety Tip for Fire Prevention Week: Smoke Detectors Save Lives!

As we observe Fire Prevention Week (October 7-13), keep in mind that smoke alarms are a key part of a home fire escape plan. Check your batteries each month to make sure they are in good working order. Smoke alarms should be installed in every bedroom, outside each sleeping area, and in every level of the home, including the basement. The American Red Cross of Central and Northern Missouri can install up to three smoke alarms in the home of families who qualify. Call (573)303-9049 to schedule your appointment.

As the days get shorter, please turn your lights on when it gets dark so that your parent educator can arrive safely to your home visit.

## CONSCIOUS DISCIPLINE® Skill of the Month: COMPOSURE

Composure for adults is about being the person you want others to become. Your child learns from you how to regulate him- or herself by watching and listening to you. Being able to pause so you can choose to how to respond to a situation rather than reacting unconsciously to it requires composure. Related to the skill of composure is the power of perception. How we perceive a situation impacts how we react or respond. For example, say your child hits their sister. If you think "he is just so mean" you are more likely to punish your child. If, however, you are able to calm yourself down during the pause and look at the situation thinking "he wanted the toy that she was playing with, but didn't know how to ask for it," you are more likely to teach him the missing skill of asking for a turn. When we are feeling upset or angry, we are less likely to be able to see things in this way.

The Power of Perception reminds us that composure is a choice we can make for ourselves, regardless of what is happening around us--no one can make you angry without your permission. Taking three deep breaths is one way to help us take that necessary pause. When practicing breathing (either ourselves or with children), breathe in deeply through the nose. As you inhale, your belly should go out. When you exhale, your belly should go in. Try to exhale longer than you inhale.

Learn more about the Skill of Composure and Power of Perception next Tuesday, October 9 during our parent night. More details are below in the "October Parents as Teachers Calendar" section.

*Learn more about Conscious Discipline® at [www.consciousdiscipline.com](http://www.consciousdiscipline.com)*

## Watch Dr. Becky Bailey practicing different breathing techniques with children:

[https://youtu.be/qMvrK\\_8aIOE](https://youtu.be/qMvrK_8aIOE)



## October 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>

**Monday, October 8:** Drop in and Play Center closed.

**Tuesday, October 9:** *Conscious Discipline® Parent Night Series #2: Composure* 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>

This month's focus will be on calming ourselves and taking responsibility for our own upset and how to teach children to take responsibility for theirs. 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. Childcare is available with advance registration as space allows for families enrolled in JCPS Parents as Teachers (including PAT and those on the waiting list) or another program at the Southwest Early Childhood Center.

**Friday, October 26:** Drop in and Play Center closed.

**Now accepting registration for:** *Cooking Matters At the Store*, Wednesday, November 7, 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 at <https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-cooking>. Limited childcare will be available; please reserve childcare with Katie Epema at (573)659-2350 or [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us)

## October Community Events:

### **Runge Nature Center Children's Programs: Spiders**

They show up in nursery rhymes, songs, and children's stories. Thousands can be found in forests and fields. Hundreds may be in your backyard and some share your house with you! Let's look closer at these tiny animals – spiders – that live with us and around us. Registration begins at 8 a.m. on Monday, October 1st, for the October 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)

October 17 • Wednesday • 10–11 AM

October 31 • Wednesday • 10–11 AM

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

October 10 • Wednesday • 10–11 AM

October 19 • Friday • 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.)

October 11 • Thursday • 10–11 AM

October 25 • Thursday • 6–7 PM

**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.

Oct. 6: "I Stink"

Oct. 13: "The Busy Little Squirrel"

Oct. 20: "The Listening Walk"

**Morning Movies at Capital 8 Theater**, 10 a.m. Fridays-Sundays in September & October. Those belonging to the FMG Rewards club can see any movie in the series free of charge (up to 6 tickets per show). Non-members are charged \$1/ticket. Joining the FMG Rewards club is free at the theater or <https://www.goodrichqualitytheaters.com/rewards>

October 5-7: The Greatest Showman

October 12-14: Wonder

October 19-21: Teen Titans Go! To The Movies

October 26-28: Hotel Transylvania 3: Summer Vacation

**October 1-15: Storybook Trails** "Froggy Plays Soccer" at West Edgewood Greenway starting at noon on the 1st. Read, exercise, and spend family time all in one: run walk, or ride your bike.

**Thursday, October 4: JC Homecoming Parade** downtown at 6:30 p.m.

**Saturday, October 6: Lincoln Homecoming Parade** downtown at 9:30 a.m.

**Saturday, October 6: Parson Family Fall Festival** at the Governor's Mansion (100 Madison St.) from 10 a.m.-1 p.m. Vendors, free activities for children, and a bluegrass band for musical entertainment.

**Sunday, October 7: Fall PorchFest JCMO** along Capitol Avenue, 1-4 p.m. Porches will be filled with music and art while the street is full of activities, food, and fun. Bring your lawn chair, sunscreen, and tip money for your favorite artists.

**Monday, October 8: Ride Free Day 2018.** Ride JEFFTRAN's fixed routes free.

**Friday, October 19: Family Movie Night:** Hotel Transylvania 3 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, October 20: River City Fall Festival** at Old Cedar City, 10 a.m.- 4 p.m. Take the airport exit to enjoy a day in the gardens. Costume parade, petting zoo, hay ride, pumpkins, entertainment, vendors and more.

**Wednesday, October 24: KidSight vision screening** at the Missouri River Regional Library, 10-11 a.m. Representatives from KidSight will be here to offer quick, free vision screening for children six and under.

**Friday, October 26: Snake and Aquarium 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.

**Saturday, October 27: Jefferson City Jaycees Trunk or Treat** at the Fairgrounds, 2-5 p.m. \$1 admission benefits Operation T.O.Y.S.

**Saturday, October 27: Monster Dash 5K & Trunk or Treat.** Trunk or Treat begins at 5:30 at the Civic Center in Holts Summit. Admission is \$1 or 1 canned food item per child, to benefit the Holts Summit Soup Kitchen. For more information or to register for the 5K, visit [www.hscba.com](http://www.hscba.com)

**Monday, October 29: Howlin' Halloween** at Missouri River Regional Library, 6:30-7:30 p.m. All ages. No reservations needed. Come in costume, and enjoy Halloween themed carnival games, costume parades, book bingo, and snacks at the library!

## 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 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 mx of \$8 per family. Registration requested at [LabSpaceRobotics.com](http://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.

**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!

 Facebook  @JCPS\_PAT

 812 St Marys Blvd, Jefferson Ci...

 [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us)

 573-659-2350

 [jcschools.us/pat](http://jcschools.us/pat)