

Our vision is that all children will learn, grow and develop to realize their full potential.

Jefferson City Public Schools

Parents as Teachers

Southwest Early Childhood Center

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Building Moral Intelligence: Self-Control

So far in our study of Michele Borba's book Building Moral Intelligence we have looked at *empathy* (which helps a child feel the emotion of another) and *conscience* (which helps a child know right from wrong). Choosing not to act on an impulsive thought requires a third ingredient of moral intelligence—*self-control*. Self-control is what helps a child restrain his moral impulses so that he really does do what he knows is morally right in this heart and mind. If a child has self-control, he knows he has choices and can control his actions. It motivates generosity and kindness and helps stop him for overindulging in whatever he pleases and allows him to focus instead on his responsibilities. It helps him use his head to control his emotions. There are three important steps in building self-control in children: model self-control and make it a priority for your child, encourage your child to be her own motivator, and teach your child to control his urges and think before acting. Read more about these steps on page 2.



Parents as Teachers
Affiliate

Want to Help Improve our Parents as Teachers Program?

We are starting an advisory board to help support our program. If you would like to share your ideas, time, and talents to help us grow and improve our services to families, we would love to have you join us! Contact Katie Epema, Parents as Teacher Coordinator, at 659-2350 or katie.epema@jcschools.us for more information!



Teaching Your Child Self Control

Step 1: MODEL SELF-CONTROL AND MAKE IT A PRIORITY FOR YOUR CHILD. When you model self-control, it helps your child recognize its importance. It includes explaining to them what self-control means (“Making your body and mind have the power to do what you know you should do. It’s what helps you make the right choices in tempting situations, even when bad ideas or thoughts pop into your head...It keeps you out of trouble and helps you act right”).

Step 2: ENCOURAGE YOUR CHILD TO BE HER OWN MOTIVATOR. This includes teaching our children to be their own cheerleaders and learn to count on themselves, not us, which means we

need to wean them early from expecting rewards or social approval for acting right or performing well. Morally intelligent kids choose to act well because they know it is the right thing to do and that is reward enough. We can encourage this by switching pronouns from “I” to “You” (instead of saying “I am really proud of how hard you worked today, say “You must be really proud of how hard you worked today”). Encourage internal praise (using self-talk—“Did you remember to tell yourself “good job?”) To nurture self-reliance, praise the action, not the child (“That was so kind when you shared your toys with your brother”). Make praise as specific as possible (when you observe a behavior you would like to encourage, word your message so that your child

knows exactly what was done well, such as “You didn’t push your sister; you used your words. That was using good self-control”). Praise should be deserved and genuine.

Step 3: TEACH YOUR CHILD TO CONTROL HIS URGES AND THINK BEFORE ACTING. To help children deal with their strong feelings and use self-control in stressful situations, help them learn to name their feelings, identify anger warning signs, use self-talk to stay in control, and teach deep breathing. To help kids control impulsive urges, teach them to STAR (Stop, Think and Act Right). This means stop and freeze (before acting), calm down and think about the possible consequences of a poor choice, and then acting.

The Stages of Self-Control Development

Self-control develops slowly for young children in a series of predictable stages, although children can vary in the age in which they progress through each stage. The more you understand your child’s current self-control level, the better you can help her move to the next stage. These stages are adapted from the work of child psychologist

Michael Bloomquist.

Stage 1: Formation of a secure base (infancy—birth to 1 year): The baby is very self-centered and explores his environment using his caregivers as a security base.

Stage 2: External control orientation (toddler—1 to 3 years): The child responds to the external control of adults and complies with their requests.

Stage 3: Rigid Rule-Following (preschool—3 to 6 years): The child follows rules set by the adults in charge and often talks out loud as a means of controlling her behavior.

Not until elementary school (6 to 12 years) do children typically reach **Stage 4: Awareness of impulses** and in adolescence (ages 12 to 20 years) **Stage 5: Internal control orientation.**



Parents as Teachers and Community Events

Jefferson City has lots of family-friendly activities to offer! PAT events are held at 812 St. Mary's Blvd. unless otherwise indicated. Information presented as it is available at time newsletter is printed. For a more frequently updated events calendar, check out the Macaroni Kid online calendar at www.jeffersoncity.macaronikid.com and signup for their weekly e-newsletter.

ONGOING LITERACY EVENTS

Storytime at Barnes and Noble: Free storytime for pre-K children, held Wednesdays and Saturdays from 10:30-11 a.m. (No reservations needed).

Laptime at Missouri River Regional Library: For children under 2, and their caregivers. Music, movement, and socialization. First Friday of the month from 10:30-11 a.m. (No reservations needed).

Preschool Storytime at Missouri River Regional Library: Each Tuesday 10:30-11 a.m. for ages 3-5 (No reservations needed).

Family Fun Wednesdays at Missouri River Regional Library: Each Wednesday from 10:30-11:30 for all ages (No reservations needed).

FEBRUARY

Character Trait: Honesty (Doing and saying things that are truthful).

Tuesday, Feb, 11: Drop in and Play open until 7 p.m.

Friday, Feb. 14 & Monday, Feb. 17: Drop in and Play center closed.

Thursday, Feb, 20: Drop in and Play open until 7 p.m.

Friday, Feb. 21: Family Movie Night at Missouri River Regional Library, 6-8 p.m. (doors lock at 6:15). This month's movie is Planes (PG)

Tuesday, Feb. 25: Tropical Tuesday Party at Missouri River Regional Library, 6:30-7:30 pm. Island games, activities, and crafts for your family. All ages.

MARCH

Character Trait: Trustworthy (Keeping your promises).

March 1: Registration begins for Runge Nature Center Little Acorns Programs (573-526-5544). This month's theme is "Mother Opossum and Her Babies." **Babes in the Woods:** (Ages 0-2 years), Tuesday, March 11 at 10 a.m. or Wednesday, March 19 at 10 a.m.

Little Acorns: (Ages 3-6), Wednesday, March 5 at 10 a.m., or Thursday, March 13 at 6 p.m.

Little Acorns PLUS: (Families with a child 0-2 and 3-6), Saturday, March 8 at 10 a.m. or Wednesday, March 26 at 10 a.m. Reservations are required as attendance is limited.



MARCH (cont.)

Monday, March 3: Read Across America: The Cat in the Hat at Missouri River Regional Library, 11-11:30 a.m.

Celebrate Seuss with a reading of the The Cat in the Hat and other Seussical fun at the library. Activities, music, and more!

Saturday, March 8: Puppet Show: A Fungus Among Us Tree Dwellers at Runge Nature Center, 1-2 p.m.

Wednesday, March 12: Parents as Teachers 30th Anniversary Advocacy Day at the State Capitol; block play activities and lunch from 11 a.m.-1 p.m. See p. 6 for details. We hope to see you there!

Saturday, March 15: Kindergarten Transition at Southwest Early Childhood Center, 9:30-11 a.m. See sidebar on p. 5 for details.

Saturday, March 15: Story Tree at Runge Nature Center, 10-11 a.m.

Wednesday, March 19: Drop in and Play open until 7 p.m.

Friday, March 21: Family Movie Night at Missouri River Regional Library, 6-8 p.m. (Doors lock at 6:15). Cloudy with a Chance of Meatballs 2 (PG)

Monday, March 24: Family Spring Fling at Missouri River Regional Library, 6:30-7:30 p.m. Celebrate spring at the library with games, activities and crafts for the entire family.

Monday, March 24-Friday, March 28: Drop in and Play Center closed (spring break).

APRIL

Character Trait: Accountable (Doing your job right).

April 1: Registration begins for Runge Nature Center Little Acorns Programs (573-526-5544). This month's theme is "SNUGS—Snails and Slugs."

Babes in the Woods: (Ages 0-2 years), Friday, Apr. 11 at 10 a.m. or Tuesday, Apr. 22 at 10 a.m.

Little Acorns: (Ages 3-6), Saturday, Apr. 12 at 10 a.m., or Thursday, Apr. 17 at 10 a.m..

Little Acorns PLUS: (Families with a child 0-2 and 3-6), Wednesday, Apr. 16 at 10 a.m. or Thursday, Apr. 24 at 6 p.m. Reservations are required as attendance is limited.

Friday, April 4: If you would like your child's artwork displayed for the Week of the Young Child, please have it to your Parent Educator no later than today.

Join Jefferson City in celebrating the WEEK OF THE YOUNG CHILD April 6-12 with a variety of special events!

Monday, April 7: Children's artwork will be placed in area businesses to celebrate the week.

April 7-14: Storybook trail at W. Edgewood ("We're Going on a Book Hunt.")

Tuesday, April 8: Field Day at Southwest, 9-11 a.m. Come with your child, complete obstacle courses and enjoy a free book and popsicle.

Wednesday, April 9: Story hour at Southwest, 10-10:30 a.m. Bring your child to watch our parent educators dramatize a familiar children's story! Enjoy a free book at this event as well.

Saturday, April 12: Carnival at Riverside Park, 9:30-11 a.m. Cancelled in the event of rain.

Saturday, April 12: Parents as Teachers Book Fair at Barnes and Noble 9 a.m.-9 p.m. (see p. 6 for more details).

Saturday, April 12: Week of the Young Child activities geared for young children at Runge Nature Center from 10 a.m.-2 p.m., including a puppet show from 1-2 p.m.

Monday, April 14: Family Book Bingo at Missouri River Regional Library, 7-8 p.m.

Friday, April 18: Drop in and Play Center closed.

Friday, April 18: Family Movie Night at Missouri River Regional Library, 6-8 p.m. (doors lock at 6:15). Frozen (PG)

Saturday, April 19: Jaycees and Parks and Recreation Easter Egg Hunt at Memorial Park. \$1/child fee. Ages 2-3 at 11 a.m., 4-5 at 11:10 a.m., and 6-7 at 11:20 a.m. Parents will only be allowed in the hunting area with 2-3 year-olds.

Saturday, April 19: Story Tree on the Trail at Runge Nature Center, 1-2 p.m. (Inside in case of inclement weather)

April 28-May 5: Storybook Trail at Memorial Park ("Arthur's Family Vacation").

Ages and Stages: Games to Play...

Have a child going to Kindergarten in August? Don't miss these events!

Parents as Teachers Kindergarten Transition Meeting

Feeling anxious about sending your little one off to kindergarten? Come learn about how to make this transition easier from a panel of experts, including the parent of a Kindergartener, Kindergarten teacher, preschool teacher, public and parochial school principals, and a representative from the bus company. Receive your kindergarten registration packet early and learn about bus safety. Bring your child (eligible for kindergarten in 2014-2015) with for special activities! Sorry, no child care for younger children will be available.

Jefferson City Public Schools Kindergarten Registration

Thursday, April 3 from 3-8 p.m.
Friday, April 4, 9 a.m.-6 p.m.
Saturday, April 5, 8 a.m.-noon

Dix Road Education Center
204 Dix Road

Bring your child's birth certificate, immunization records, and 2 proofs of residency.

Visit www.jcschools.us and select Kindergarten Registration under the Quick Links on the left side of the screen for information about enrolling your student online.

From Games to Play with Babies by Jackie Silberg (2011)

0-3 Months: Baby Boop Lay the baby on her back. Touch the baby's body in different places and make the sound "boop" with each touch. Your baby may smile each time you touch her and visibly anticipate your next touch in a new place. When you make the "boop" sound, also name the part of the body you touch.

3-6 Months: Bouncy, Bouncy. Sit on a comfortable chair with your legs crossed. Sit the baby on our legs and grasp him under his arms. Move your legs up and down and recite this rhyme: *Bouncy, bouncy baby. Bouncy, bouncy baby, Up and down, up and down, Bouncy, bouncy baby, Hippety Hop, hippety hop, Bouncy, bouncy, BOOM.* When you say "Boom," lift the baby up and give him a big hug.

6-9 Months: Feels Good. Hold the baby on your arms and take a texture walk through the house. Let your baby feel objects as you name their texture. Find and describe objects that are rough, slick, smooth (stuffed toy), soft (carpet), hard (floor), prickly, silky (scarf), bumpy, and cool (refrigerator).

9-12 Months: Tunnel Fun. Cut off two opposite sides of a large cardboard box. Turn the box upside down and encourage your baby to crawl through the tunnel. Position a toy at one end of the box and your baby at the other to encourage him to go after the toy. After he has done this once, he will do it over and over.

From Games to Play with Toddlers by Jackie Silberg (2010)

12-15 Months: Boom, Boom, Down. Toddlers adore piling up blocks and knocking them down. Help your child build a tower of blocks. Three or four is about all a toddler can stack because she can hardly refrain from knocking them over. When the blocks are stacked, say "One and a two and a boom, boom, down!" On the word down, knock down the blocks. After you have played this a few times, try stacking the blocks higher.

15-18 Months: Choo, Choo. Spread a large beach towel on the floor. Sit your toddler on the towel. Use the towel to pull him very slowly across the floor. Pretend with him that he is traveling in something. If it's a car, make a car sound. If it's an airplane, make an airplane sound. If it's a train, make a "choo choo" sound. Even though toddlers may not understand the mode of transportation, they enjoy making the sounds!

18-21 Months: Do What I Do. Play a game of imitation with your toddler. Perform different actions and encourage your child to imitate you (wave your hands, wiggle your fingers, stomp your feet, pretend to be asleep). Encourage your toddler to do something while you imitate her. At first you may have to make suggestions. Suggest easy movements such as waving bye-bye or clapping hands. Adapt this activity to jobs such as raking leaves, dusting, and sleeping.

21-24 Months: Walking on Shapes. Use wide, sturdy tape to create shapes on the floor, such as circles, squares, triangles, and zigzags. Show your toddler how to walk on the tape. Start with the circle. Hold your toddler's hand and walk together. After you have walked on all the shapes, try other ways to move across them: walk backwards, sideways, on your tiptoes. Try to hop, jump, crawl, and march on the shapes.

From Games to Play with Two-Year-Olds by Jackie Silberg (2010)

Young Twos: The Pilot. Ask your child to stretch her arms out to the side. Show her how to run around the room like an airplane saying "Zoom." Tell your child, "Now it's time to come in for a landing." Show her how to move slowly and finally land.

Middle Twos: The Movement Game. Your two-year-old has an amazing agility by now and can begin to use the movements he already knows in different ways. This game will also improve his vocabulary. Demonstrate the following movement to your child, one at a time, and ask him to imitate you after each demonstration: take giant steps, walk backward, take tiny steps, walk sideways, jump fast, march backward.

Older Twos: Shape-agories. Cut out a paper circle and show it to your child, Explain that today you are going to look for round shapes. Throughout the day, point out circular shapes such as a round sign, round knobs, tires on cars, doorknobs, or a ball. When you feel your child is beginning to understand what a circle is, try a new shape.



30th Anniversary Advocacy Day

50 states, 98 tribal communities, 6 countries...And, it all began right here!

Wednesday, March 12, 2014, 10:00 a.m. to 2:00 p.m.
Missouri State Capitol Third Floor Rotunda

Join us for:

Block play activities for you and your child from 11-1, an opportunity to **thank your legislator** for 30 years of support for Parents as Teachers, and a chance to **explain what this investment means** to your family!

Light lunch provided if you register by March 5th

To register or if you are willing to share what Parents as Teachers has meant to you, please contact Katie Epema, Parents as Teachers Coordinator for Jefferson City Public Schools by calling 659-2350, texting 691-0253, or emailing katie.epema@jcschools.us with your first and last name, names and ages of children attending with adult, street address and email address, and the number of lunches needed.

Parents as Teachers Barnes & Noble Bookfair

**SAVE
THE DATE**

Saturday, April 12th, 2014, 9 am – 9 pm
Barnes & Noble @ Wildwood Crossing
3535 Missouri Blvd. Jefferson City, MO 65109

Your child's artwork can be displayed at the store on this date! Please have it to your parent educator by April 4. If you would like to have it back after the event, it will be available in our Drop in and Play center from 9 a.m.-5 p.m. beginning April 21.

Watch for more details on other special in-store events as the date gets closer!

Can't attend our bookfair at Barnes & Noble?

Visit BN.COM/bookfairs to support us online from 04/12/14 to 04/17/14 by entering Bookfair ID 11298502 at checkout.

A percentage of your Barnes & Noble purchases will benefit Parents as Teachers so we can purchase new books for our Drop in and Play room and to use on our visits with families.



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