

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: Fairness

In last school year's newsletters we began to look at ways to help our children develop character using Michelle Borba's book Building Moral Intelligence. If you want to review the traits we have discussed (*empathy*--which helps a child feel the emotion of another, *conscience*--which helps a child know right from wrong, *self-control*--choosing not to act on an impulsive thought, *respect*--showing regard for the worth of someone or something, *kindness*--showing concern about the needs and feelings of others, and *tolerance*--recognizing that all people deserve to be treated with kindness, respect, and understanding even if we disagree with some of their beliefs or behaviors), past issues of the PAT Newsletter are available on our website or from your parent educator.

Our book study concludes with a look at the trait of *fairness*, the virtue that helps us treat others in a righteous, impartial, and just way. It requires being open-minded and honest, and kids who have developed these traits play by the rules, take turns, share, and listen to all sides before judging. A child who learns fairness will have the courage to stick up for those who are treated unfairly and will grow up to be an adult who is more tolerant, civil, understanding, and caring so she can be the best kind of citizen, worker, friend, parent, and neighbor we can have.

Unfortunately, instead of looking out for the good of others, our society seems to be based more on values such as competition, individualism, and materialism and these self-centered values contradict the ideas of fairness. So what are we as parents to do? Firstly, if you want your child to be fair, *expect* your child to be fair, and work to increase fairness by reinforcing fair behaviors. For specific ideas, continue reading on page 2 (Boosting Fairness in Kids).

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1. JCPSS PAT Program Evaluation					
This program increases my understanding of my child's development.	<input type="radio"/>				
I have made connections with other families as a result of my PAT enrollment.	<input type="radio"/>				
I feel the screening program was beneficial.	<input type="radio"/>				
I feel the number of group connections was sufficient.	<input type="radio"/>				
I attended at least one group connection.	<input type="radio"/>				
I feel I received enough home visits this year.	<input type="radio"/>				
I have more confidence in my role as a parent as a result of my PAT enrollment.	<input type="radio"/>				
I feel this program has helped me become a better observer of and	<input type="radio"/>				

Help us improve your Parents as Teacher program

Parents as Teachers values your feedback about the services we offer, and uses it to assist in planning for the next program year. If we have your email address, you should have already received a link to the survey from Survey Monkey. If you did not, please email katie.epema@jcschools.us for the link. If you need a paper copy, please call 659-2350 and one will be sent to you. Your comments are always carefully reviewed and appreciated!



Boosting Fairness in Kids

Like most of the other virtues we've looked at, instilling fairness starts with us as parents. We tell our kids to be fair and play fair because we know it's important for their making friends as well as their moral growth, but just telling them about fairness will never help them achieve the virtue that way that walking our talk does. Children learn about fairness standards by observing our decisions and reactions, and listening to our casual remarks. Ask yourself: Do I show favoritism? Do I pay attention to my child's needs and listen openly to his concerns? Do I admit mistakes? How do I treat others? Do I admit it and say I'm sorry if I made a mistake? *If my child had only my actions to copy, would she know what fairness looks like and sounds like?* Studies show that kids learn behaviors essential to fair play—such as taking turns, sharing, and

cooperation—by copying others, and they are much more likely to adopt the new behavior if the person modeling it is important to them.

Every parent knows that fairness is a big issue for kids at any age, and it becomes one very early. "That's not fair!" is probably one of the first moral judgments kids make. One of the best ways kids learn fairness habits such as taking turns, sharing, negotiating, compromising, and mutually solving problems is by playing with friends in natural, unstructured settings. This free play time can occur at daycare or preschool, with neighborhood friends, on play dates, at the park, etc. Toddlers and preschoolers often have a hard time sharing; these tips may help.

1. Create sharing boundaries—if there are special items that would be very hard to share, put them away before a guest arrives. Explain that your

child has to share toys left out.

2. Encourage sharing behaviors—catch your child acting right and reinforce it: *"I noticed how you divided the toys so you both had the same amount. That was acting fairly."*
3. Emphasize the effect sharing has on others—reinforce your child's sharing effects by pointing out the impact they had on the other child: *"Did you see her smile when you shared your toys? That made her happy!"* When your child is not fair, ask her to put herself in the other child's place: *"How would you feel if he treated you that way and took more toys to play with?"*

Kids who treat others fairly have parents who expect them to do so. Teach your children that unfairness and cruelty are never acceptable, and stop it the moment that you see it: *"That's not fair, and I expect you to treat your friends fairly."*

What to Do When Your Kids Say "That's Not Fair!"

Teach your child problem-solving:

1. **Calm everyone down.** Intervene when emotions are high, but before an argument escalates if possible.
2. **Clarify feelings.** Sometimes all that is needed is to acknowledge the hurt child's feelings. "You're frustrated because you're not getting a turn with the bike."
3. **Let each child have a turn to tell**

the story, with no interruptions.

When each child is finished, briefly restate his view to show you understand.

4. **Don't take sides.** Stay neutral—taking sides builds resentment and feelings of favoritism.
5. **Make the kids part of the solution.** Ask those involved what they plan to do to solve "their" problem.
6. **Ask kids to see it from the other**

side: "How does your brother feel?" This also helps build empathy.

7. **Offer a mediator.** If kids can't think of a fair solution, you may need to provide suggestions.
8. **Find out the real cause.** When one child keeps crying "unfair," there is often a deeper issue involved, so find out the real issue before it turns into something bigger.

Summertime Events

Even though the Parents as Teachers program takes a break for the summer, Jefferson City has lots of family-friendly activities to offer! For a more frequently updated events calendar, check out the Macaroni Kid online calendar at www.jeffersoncity.macaronikid.com and sign up for their weekly e-newsletter.



ONGOING EVENTS

Storytime at Barnes and Noble: Free storytime for pre-K children, held Wednesdays and Saturdays from 10:30-11 a.m.

MRRL Summer Reading Club: Every Hero Has a Story:

May 26-August 31 for ages 3-12. Register at the library or online. Complete hours of reading, fun activities, and create your tale of being a Hometown Hero.

Family Event Mondays at Missouri River Regional Library: June 8, 15, 29, July 13, 20, August 17 from 11 a.m.-noon. An hour of themed family activities; a different theme each time.

Family Fun Wednesdays at Missouri River Regional Library: Each Wednesday from 10:30-11:30 for all ages. A different theme each week.

Learning@11 at the Missouri State Museum (inside the Capitol): Tuesdays, June 2-August 18 at 11 a.m. A series of interactive programs exploring various aspects of Missouri's cultural and natural history specifically focused on ages 4-7 years.

What's Going On? At Runge Nature Center: Exploratory tables, activities, and/or crafts every Saturday throughout the year from 10 a.m.-2 p.m.

Little Splashers Playtime at Memorial Park Family Aquatic Center, 10:30-11:30 a.m. Mondays-Fridays (May 28-August 11). A special playtime in the play structure geared for children age 6 and under with an adult, \$1.50

/person.

MAY

Character Trait: Forgiving (Moving on from feeling sad)

May 1: Registration begins for Runge Nature Center Little Acorns Programs (573-526-5544). Reservations are required as attendance is limited. This month's theme is "Wildflower Power."

Babes in the Woods: (Ages 0-2 years), Wednesday, May 13 at 10 a.m. or Friday, May 22 at 10 a.m.

Little Acorns: (Ages 3-6), Wednesday, May 6 at 10 a.m., or Thursday, May 28 at 6 p.m.

Little Acorns PLUS: (Families with a child 0-2 and 3-6), Wednesday, May 20 at 10 a.m. or Tuesday, May 26 at 10 a.m.

Saturday, May 9: Mom and Me at Missouri River Regional Library, 11 a.m.-noon. A special day for children to celebrate with their mothers. Decorate flowerpots together and choose which seeds to plant inside.

Saturday, May 9: What's Going On? Mighty Mussels at Runge Nature Center, 10 a.m.-2 p.m. Explore mussels through activities and displays.

Saturday, May 9: Puppet Show: Wild Home, Sweet Home at Runge Nature Center, 1-1:30 p.m.

Saturday, May 9: Circus Pages at Washington Park Ice Arena, 3 & 7 p.m. Adult tickets \$15 (cash only), children 14 and under are free. Pony and elephant rides for an additional fee.

Monday, May 11: Family Book Bingo at Missouri River Regional Library, 7-8 pm.. Winning cards earn book prizes for ages 12 and under.

Tuesday, May 12: Preschool Storytime at Missouri River Regional Library, 10:30-11 a.m. (ages 3-5)

Friday, May 20: LAST DAY THE DROP IN AND PLAY CENTER IS OPEN FOR

THE 2014-2015 SCHOOL YEAR

Friday, May 15: Rhyme Time at Missouri River Regional Library, 10:30-11 a.m. For children under 2, and their caregivers. Music, movement, and socialization.

Friday, May 15: Family Movie Night (How To Train Your Dragon 2) at Missouri River Regional Library, 6-8 p.m. (Doors lock at 6:15)

Friday, May 15: Evening at the Amphitheatre, at Ellis-Porter Riverside Park Amphitheatre from 6-10 p.m., trunk show with art vendors, live music, and showing of "101 Dalmatians."

Saturday, May 16: Story Tree on the Trail! at Runge Nature Center, 1-2 p.m.

Tuesday, May 19: Preschool Storytime at Missouri River Regional Library, 10:30-11 a.m. (ages 3-5)

Saturday, May 23 & Sunday, May 24: Salute to Veterans Air Show at Columbia Regional Airport, 9 a.m.-4 p.m. Free parking and admission, or take the shuttle from the Jefferson City airport for \$5/person round trip. More info

www.salute.org

Saturday, May 23 & Sunday, May 24:

For the People Pow Wow at Jefferson City Jaycee Fairgrounds (Sat. noon-10 pm, Sunday noon- 5 p.m.). Native American art vendors, native food, and more. Admission \$3/adults, \$1 school age, free for preschool.

Tuesday, May 26: Preschool Storytime at Missouri River Regional library, 10:30-11 a.m. (ages 3-5)

Wednesday, May 27: Helen Haynes presents Musikgarten at Missouri River Regional Library. Ages 3 and under 10:30-11 a.m., ages 3-6 11:15 a.m.-noon. Music and movement for children and their caregivers.

Friday, May 29: Summer Reading Program Kickoff Night at Missouri River Regional Library, 6-8 p.m. Every Hero Has a Story! An evening of fun for everyone—snacks, crafts, community booths, and a rockin' family concert by the outrageously fun Babaloo. Reading club signups for all ages will be available.

Saturday, May 30: Kids' Fest downtown Jefferson City, from 10 a.m.-2 p.m. Games, demonstrations, and activities geared for all children, from young to tweens, free of charge.

JUNE

Character Trait: Dependable (Doing what I say I will do).

June 2: Registration begins for Runge Nature Center Little Acorns Programs (573-526-5544). Reservations are required as attendance is limited. This month's theme is "Prairie Days."

Babes in the Woods: (Ages 0-2 years), Wednesday, June 10 at 10 a.m. or Friday, June 19 at 10 a.m.

Little Acorns: (Ages 3-6), Friday, June 12 at 10 a.m. or Tuesday, June 30 at 10 a.m.

Little Acorns PLUS: (Families with a child 0-2 and 3-6), Wednesday, June 24 at 10 a.m., or Thursday, June 25 at 6 p.m.

Friday, June 5: Stars Under the Stars movie "Up" at the Missouri State Capitol South lawn, pre-show activities beginning at 7:30; movie begins at dusk (around 8:45 p.m.) Bring lawn chairs, blankets, and refreshments.

Saturday, June 6: Capital Crappie Club's Roger Mertens Memorial Kids Fishing Derby at Binder Park. 7-8 a.m. registration at Binder Tackle Shop, 8-9 a.m. Capitol Crappie Club Fishing derby, 9-10 WalMart Kids' casting contest, 10-11 awards ceremony.

Tuesday, June 9: Trash to Treasure—Recycled Art for all ages at Missouri River Regional Library from 10:30-11:30 a.m.

Friday, June 12: Beat the Heat at Missouri River Regional Library, 10-11 a.m. Cool games in the library park, including hula hoops, bubbles, parachute, and more.

Saturday, June 13: Dad and Me program at Missouri River Regional Library from 11 a.m.-noon. Enjoy Lego challenges, bird feeder crafts, and the tallest possible tower of blocks.

Saturday, June 13: Story Tree—on the Trail at Runge Nature Center from 10-11 a.m.

Tuesday, June 16: MidMO Waggies Dog Show at Missouri River Regional Library at 1- p.m.

Friday, June 19: Family Movie Night at Missouri River Regional Library, 6-8

p.m. (Doors lock at 6:15).

Friday, June 19: Little Mermaid Pool Party at Ellis-Porter/ Riverside Pool, 6:30-8 p.m. for ages 2-10. *\$8, pre-registration is required through Jefferson City Parks and Rec.

Sunday, June 21: Dads swim free with a paid child admission at either Ellis-Porter or Memorial Pools.

Friday, June 26: Let's Go Fishing! at Runge Nature Center—an evening of catch and release fishing. Ages 16 and up need a valid fishing permit.

Saturday, June 27: What's Going ON? Fishing Fun at Runge Nature Center from 10 a.m.-2 p.m. Feeding aquarium fish at 11 a.m., and Puppet Show—Wild Home, Sweet Home, 1 p.m.

JULY

Character Trait: Integrity (Doing what is right because it is right).

*NOTE: Runge Nature Center's July events were not yet available at press time. Check out <http://mdc.mo.gov/regions/central/runge-nature-center>
Friday, July 10: Beat the Heat at Missouri River Regional Library, 10-11 a.m. Cool games in the library park, including hula hoops, bubbles, parachute, and more.

Friday, July 10: First Annual All You Can Eat Ice Cream Splash! High St. in front of Arris Pizza, downtown Jefferson City from 5-9 p.m. All funds raised will go toward building a splash park in Jefferson City. Local ice cream vendors with samples, art activities and live entertainment. \$12 (ages 12+), \$7(ages 3-11), under 2: free.

Saturday, July 11: Family Concert by WildHeart at Missouri River Regional Library from 2-3 p.m.

Tuesday, July 14: Trash to Treasure—Recycled Art for all ages at Missouri River Regional Library from 10:30-11:30 a.m.

Friday, July 17: Little Pirate Pool Party at Ellis-Porter/Riverside Pool, 6:30-8 p.m. for ages 2-10. *\$8, pre-registration is required through Jefferson City Parks and Rec.

Friday, July 17: Family Movie Night at Missouri River Regional Library, 6-8 p.m. (Doors lock at 6:15).

Monday, July 27: Superhero Boot Camp at Missouri River Regional Library 7-8 p.m. Time to wear your costume, and put

your powers to the test with relays and other super activities.

AUGUST

Character Trait: Self-Discipline (Controlling Your Own Actions).

*NOTE: Runge Nature Center's August events were not yet available at press time. Check out <http://mdc.mo.gov/regions/central/runge-nature-center>

Friday, August 8: Superhero Pool Party at Ellis-Porter/Riverside Pool, 10-11:30 a.m. for ages 2-10. *\$8, pre-registration is required through Jefferson City Parks and Rec.

Tuesday, August 11: Trash to Treasure—Recycled Art for all ages at Missouri River Regional Library from 10:30-11:30 a.m.

Friday, August 21: Family Movie Night at Missouri River Regional Library, 6-8 p.m. (Doors lock at 6:15).

Looking Ahead to 2015-2016:

* The Parents as Teachers office will be closed for the summer from May 21-August 17. Questions during that time can be directed to katie.epema@jcschools.us.

*Parents as Teachers will not be holding an open house this fall. Instead, returning families should expect a phone call, text, and/or email from their parent educator in mid-August to schedule your first visit of the school year together.

*The Southwest Early Childhood Center will be undergoing construction over the summer to install a secure vestibule. This project includes moving the main offices and Drop in and Play Center. We hope that construction will be finished in time for the newly renovated Drop in and Play Center to open in its new location on the first day of school, August 20th. Please check our website at <http://www.jcschools.us/Page/379> for updates and opening date.

*Watch your email inbox (or mailbox if you do not have email) for a newsletter in mid-August that will include our events calendar for the 2015-2016 school year.

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

0-3 Months: Follow the Bee—Sit in a comfortable chair and hold your baby in your arms. Hold your finger in the air and make a buzzing sound. Move your finger around as you buzz. The baby's eyes will follow the "bee." Land the "bee" on the baby with a slight tickle.

3-6 Months: The Spider Game—Lie on the floor with your baby, on your tummies, facing each other. Make your fingers crawl like a spider. Make them disappear and reappear. Wiggle your fingers. Crawl your fingers over your baby's hands, then make them disappear. Always say, "Here comes the spider!" Crawl your fingers on your baby's nose, then make them disappear. Always say, "Here comes the spider!"

6-9 Months: Texture Crawl—Find surfaces that have interesting textures, such as a rubber floor mat, throw rug, carpet sample, soft blanket, silk scarf, or scrap of velvet. (Or grass, concrete, dirt, playground surfacing, beach towel, sand, etc. outdoors) As you crawl over the objects, describe their textures using words such as smooth, bumpy, cool, and so on.

9-12 Months: The Rainmaker—Play this game in the bathtub or outside. Punch holes in a plastic bottle and give it to your baby. Show him how to fill the bottle with water and hold it in the air to make it rain. Your baby will be delighted with this activity. Sing rain songs, such as "Rain, Rain, Go Away" and "It's Raining, It's Pouring."

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

12-15 Months: Washing Fun—Water and young children are definitely attracted to one another. Fill a bucket or large pan with water. Give your child a washcloth or small sponge, plastic dinnerware, old silverware, and anything else that she can pretend to wash. While you are outside, there are many other things that she could try to wash, such as tables, chairs, or several rocks of different shapes and sizes. Observe that many rocks change their color and texture when washed. Note: supervise closely.

15-18 Months: Outside Treasures—There are so many treasures outdoors. Take a basket and go exploring with your toddler. As you find things, put them into the treasure basket. Stones, seedpods, twigs, leaves, flowers, pebbles, and shells are just a few of the many treasures you will discover. After you have gathered several treasures, take each one out and talk about it. Play close attention to the treasures that your toddler seems particularly interested in, to give you ideas for future learning experiences. Ask your toddler for one of the treasures to return to the basket. See if he can remember its name.

18-21 Months: Colored Water Fun—This is a good outside or bathtub game. Take several see-through plastic jars and fill them with colored water. The jars should be small enough that little hands can hold them. Show your toddler how to pour the contents of one jar into the other. Not only will your toddler gain practice in motor skills, but she will see the color of the water change hues.

21-24 Months: Baster Game—The game is a challenge, and your toddler will love squeezing and watching the liquid. Arrange two medium-sized plastic bowls next to one another. Fill one bowl with water. Add food coloring to the water for artistic purposes. Show your toddler how to put the baster into the water and squeeze the bulb. Show him where to look to see the water filling up the tube. Show him how to empty the baster into the second bowl.

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

Young Twos: Where Do You Think the Birdie Lives?—When you are outdoors, observe the birds and talk about where they live, the sounds that they make, and their colors. Here is a fingerplay about birds to do with your child. Hold your child's palm facing you. As you say the rhyme, take your hand and move it around and around in her palm. When you get to the words "up into his house," slowly crawl your fingers up your child's arm, and on the word "house," tickle her under the chin. *Where do you think the birdie lives? Where do you think the birdie lives? Round and round and round and round, and up into his house.* Switch parts and let your child play the game on your hand.

Middle Twos: Nature's Treasures—A walk in the outdoors is always full of fascinating things to see and hear. Two-year-olds are curious, they want to examine every leaf, stick, and stone. This is a perfect opportunity to bring back treasures that you can continue to enjoy for a long time. Gather together your child's favorite rocks (small ones), leave and sticks (small ones). Caution: supervise closely because young children may put objects in their mouths. Place contact paper on a wall or table with the sticky side out. Let your child stick his treasures on the paper to create a beautiful picture about nature. He will admire and talk about his picture for a long time. Your two-year-old will also discover that if he removes objects from the paper a couple of times, they paper will lose its stickiness.

Older Twos: Fascinating Bugs—Show your two-year-old pictures of bugs such as flies, bees, and spiders. Go outside and section off a small area by drawing in the dirt with a stick. Look closely within that area to see if anything is moving. Give your child a magnifying glass to look for bugs. You will be amazed at what you see.



Physical Activity and Children

Jamie Hall, PT, DPT, PCS

Physical Therapist, Southwest Early Childhood Center

How Much Physical Activity Should My Child Get?

Children should get **at least 60 minutes** of physical activity a day!! Physical activities should include:

- Aerobic activities: activities that get the heart pumping, such as brisk walking, jumping, running, dancing, bike riding, and playing active games like tag, soccer, or basketball.
- Muscle-strengthening activities: activities that strengthen muscles, such as climbing on a jungle gym, swimming, yard work, and riding a bike.
- Bone-strengthening activities: such as hopping, jumping, galloping, and many sports activities.

How do I Help My Child Get Enough Exercise?

- Be an active role model
- Exercise as a family: take family walks, work in the yard as a family, or go to the park. Jefferson City has a great park system, the Greenway, and Runge Nature Center!!
- Limit screen time: limit the time that your child watches TV, plays video games, or plays on the computer.
- Provide active toys: many items that encourage activity are inexpensive such as balls of different sizes and textures, frisbees, balloons, squirt toys, kites, beach balls, jump ropes, and hula hoops.
- On really hot days or rainy days, exercise indoors: make an obstacle course out of pillows, couch cushions, laundry baskets, cardboard boxes and step stools or dance with friends.
- Make play dates with friends and plan activities that encourage children to be physical.

Adapted from the CDC's Youth Physical Activity: The Role of Families fact sheet available at http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_families.pdf

Monkey See, Monkey Do

By: Jamie Hall. Originally printed in the News Tribune in April, 2014 during the Week of the Young Child.

“Monkey see, monkey do” is a phrase we have all heard. For young children, this old adage holds true in the development of healthy habits. As parents, we are the most influential teacher in our children’s lives. They watch us throughout the day and learn from our actions. Our little “monkeys” often go on to mimic these observed behaviors. An important example of our potential to teach our children is in the choices we make regarding physical activity and healthy eating habits.

Parents have the power to increase their child’s participation in physical activity. Research shows that this is as simple as actively playing with your child and being willing to take them to recreational facilities or activities such as the park. As you play with your child it is important to keep it positive. Young children are enthusiastic about everything they do. So emphasize the fun and don’t worry about their skill level at whatever activity they have chosen. The reward for them is fun and spending time with you! Some strategies to help increase physical activity at your house: 1) Have your child help you select physical activities that they think will be fun (a fun way to do this is to place pictures of physical activities into a hat and let your child pick one), 2) try a new activity together, 3) include a friend or sibling in the activity, and 4) set limits on screen time (TV and video games).

Another area that parents of young children have the potential to impact is their eating habits. As parents, we are the one’s doing the shopping and preparing the meals. It is important that we expose our children to a variety of foods and let them see us trying them as well. Some strategies to encourage increasing children’s willingness to try new things include: 1) take your child shopping with you and find as many colors of fruits and vegetables as possible, 2) try a new food with a friend or sibling, 3) sit down to meals together as a family, and 4) always keep it positive and fun at your dinner table!

“Monkey see, monkey do” allows us to influence physical activity levels and healthy eating in our children while having fun. Healthy eating and participating in physical activity are important life-long habits to help our children establish. Both of these habits have the potential to positively impact our children’s long term health.