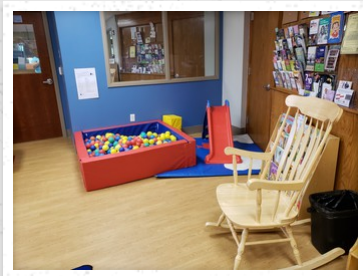


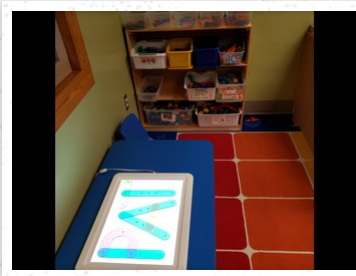
JCPS PARENTS AS TEACHERS

SEPTEMBER 2018 NEWS TO KNOW

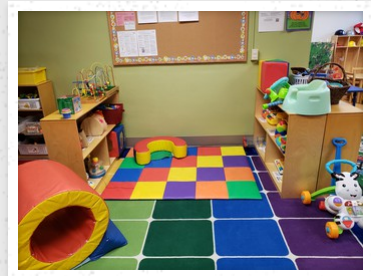
HAVE YOU CHECKED OUT THE DROP IN AND PLAY CENTER YET THIS YEAR?



**WE MOVED
SHELVES
AND TOYS,**



**ADDED A
LIGHT
TABLE**



**AND
EXPANDED
THE BABY
AREA!**

In order to be actively engaged with your child while playing together, we are encouraging parents to put their phones away while in the Drop In and Play Center. There are posted reminders about this around the room. A recent article in The Atlantic by Erika Christakis stated that more and more frequently, parents are providing *unpredictable* care, where they are present physically with their children, but only sporadically present emotionally. When we are chronically distracted by checking texts, Facebook, etc. on our phone, we unintentionally communicate that our child is less valuable than an email. This can negatively impact both our children's language and cognitive development. Dr. Becky Bailey challenges us to "bring your mind to where your body is;" this presence is one of the four key elements of connection with our children (along with eye contact and touch during a playful situation).

I wish I was their phone...



**So they would hold me
and look at me all day.**

DiscoverRE

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TURNING TOWARD OUR CHILDREN: ANSWERING BIDS FOR CONNECTION

by Rebecca Eanes

World-renowned relationship researcher and co-founder of The Gottman Institute, Dr. John Gottman, has conducted 40 years of research with thousands of people. From his research has emerged a practice that is important to the emotional connection between two people – the act of “turning toward” your loved one when a bid is made. What is a bid?

According to Gottman, a bid is an attempt to get attention, affection, or acceptance. It is a bid for emotional connection. “Will you play with me?” is an obvious bid, but not all bids are so clear. Therefore, it is good to familiarize ourselves with what bids are and to be mindful, being on the lookout for what our children say or do that may be a bid for connection. How we respond to these bids has a great impact on the connectedness we share with our loved ones. There are 3 responses to bids: positive (turning toward), negative (turning away), and no response (turning away).

Take for example a simple bid for attention. “Will you play with me?” A positive response would either be “Yes, let’s play” or something like “Oh, I would LOVE to play with you. You are my favorite person in the whole world to play with. At 6:00, I’ll be finished with my work and ready to play. Let’s make it a date!” This helps the child feel acknowledged and important. Each time you turn toward your child in this way, Gottman says you are making a deposit in their Emotional Bank Account.

Bids are offered both verbally and nonverbally, and it isn’t always easy to discern that a bid is being made, which is why being aware and positively responsive is key in building emotional connection. A toddler who holds his arms up to be picked up is making a bid for attention or affection. Poor behavior may also be a bid. How should we respond if a child makes a bid in a negative way, such as through misbehavior or a tantrum? Conventional parenting wisdom says to respond negatively so as not to reinforce the poor behavior or tantrum, but children are

often doing the best they can in that moment to get their needs met. No matter if the bid comes in the form of a sweet “mommy or daddy, let’s play” or a screaming tantrum, the message is exactly the same. “Notice me. Show me I matter.” By giving a positive, loving response to the bid no matter what form it comes in, we fill our child’s emotional bank account and build connection. A child with a full bank is less likely to make bids in negative ways.

Here are some ways to “turn toward” your children when a bid is made:

- Be attentive when they’re speaking to you. When we are too busy to look up and pay attention, we miss an important chance for connection. Be intentional about putting away distractions and focusing on your loved ones as often as possible.
- Be concerned about what they are concerned with. Even if what they are concerned about seems trivial, showing that you are concerned because they are builds the relationship.
- Convey the message “you are known and accepted” as much as you can.
- Avoid criticism.
- Say “yes” to play. We have lots of other things to do, but nothing more important.
- Greet with enthusiasm. In the morning, after school, or after any extended separation, greet your children with warmth and a smile. Showing our children that we delight in them is a very simple but powerful connection builder.

It isn’t possible to always give positive responses to bids, and that’s okay. The intention is to try, and when we fail, we can always come back to repair by making our own bids to them. As with all relationships, it’s about the quality of connection, not the presence of perfection.

Accessed at <https://www.gottman.com/blog/turning-toward-our-children-answering-bids-for-connection/>

NEW YEAR, NEW PAPERWORK

If you receive home visits, you will discover that your parent educator has a few additional forms to fill out with you this year. These are due to new requirements we must follow as we seek to provide you with the highest quality of home visiting services. While some questions may feel uncomfortable to discuss (for both you and your parent educator), please know that you always have the option to say that you would prefer not to answer that specific question. Information related to these questions is reported when we do our monthly invoices to the Missouri Department of Elementary and Secondary Education (for funding purposes) and/or our annual Affiliate Performance Report for the Parents as Teachers National Center. They only receive information as a total number NOT connected to any family names, so your information remains confidential.



AM I SAFE?



AM I LOVED?



**WHAT CAN I
LEARN?**

CONSCIOUS DISCIPLINE® PARENT SERIES

Children develop their self-regulation skills from the adults in their lives. In this series, we will learn about Dr. Becky Bailey's Seven Powers and Seven Skills of Conscious Discipline® so that we as parents will be better equipped to be the parents we want to be. This series is aimed at parents and guardians of children birth to age eight, and those who work with children in this age range.

These sessions will be held at the Hawthorn Bank Community Room at 3600 Amazonas Drive. This series is open to the public, so feel free to invite your friends. Sessions are for adults only and advance registration is required at

<https://www.signupgenius.com/go/20f0449aeaa2aa4fb6-20182019>

Childcare providers are also welcome, and they can earn 2 clock hours per session attended. Childcare providers must register by contacting Lisa Dierking at lisa.dierking@jcschools.us.

If you need someone to watch your child(ren) so you can attend, limited childcare will be available for families enrolled in JCPS Parents as Teachers (including PAT Lite and on the waiting list) or another program at the Southwest Early Childhood Center. To register for childcare, contact Katie Epema at (573)659-2350 or katie.epema@jcschools.us. Childcare registrations for each session will be accepted from the day after the previous month's session until spots are full.

Information for parents will be presented from 6-7:30, with additional information for childcare providers from 7:30-8. Parents are welcome to stay for this section but please note that the staff who will be providing childcare during the session must leave by 7:45, so will not be available during this portion of the evening.

*While you are welcome to join us at any session you are able, the information presented will make the most sense if you are able to attend the whole series.
Each session will build upon information previously presented.*

HERE'S A QUICK INTRODUCTION TO THE CONSCIOUS DISCIPLINE® BRAIN STATES:

<https://www.youtube.com/watch?v=fIujIKl8r8w>



SEPTEMBER 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.

Monday, September 3: Drop in and Play Center closed.

Tuesday, September 11: Conscious Discipline® Parent Night Series #1: Conscious Discipline® 101 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>

If you are new to Dr. Becky Bailey's Conscious Discipline® approach or would like a refresher, join us for a discussion on the brain development behind Brain Smart® strategies that parents can use to respond, rather than react, to life events in order to help develop self-discipline within their children. If you need childcare for the event, please contact Katie Epema at katie.epema@jcschools.us or (573)659-2350. Childcare is available 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.

Thursday, September 27: Adventure at the Nature Center, 6-7 p.m. at the Runge Nature Center (330 Commerce Drive). Come explore the great outdoors with your family. In case of inclement weather, the indoor exhibits will be available.

SEPTEMBER COMMUNITY EVENTS:

September Children's Programs at Runge Nature Center: White-tailed Deer

In a single bound, you can see them leap a tall fence, flash white in the blink of an eye, snort, grunt, and stamp their feet. Calling all little "dears" to learn about the life of a white-tailed deer. Registration begins at 8 a.m. on Saturday, September 1st, for the September 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)

September 14 • Friday • 10–11 AM

September 27 • Thursday • 10–11 AM

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

September 6 • Thursday • 10–11 AM

September 18 • Tuesday • 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.)

September 7 • Friday • 10–11 AM

September 20 • Thursday • 6–7 PM

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>

September 7-9: Ferdinand

September 14-16: Sherlock Gnomes

September 21-23: Peter Rabbit

September 28-30: Paddington 2

Wednesday, September 5: Helen Haynes Presents Musikgarten at Missouri River Regional Library, 10:30-11 a.m. for ages 0-3 & 11:15 a.m.-noon for ages 3-6. Music and movement for children and their caregivers.

Friday, September 7: Cultural Concerts--Bach to the Future at Riverside Park Amphitheatre, 7:30-9:30 p.m. Bring your lawn chairs and blankets to hear the classics (Bach, Beethoven, Mozart) performed in exciting new ways--modern jazz, African, and Latin rhythms.

Saturday, September 8: Jefferson City Labor Day Parade in downtown Jefferson City at 11 a.m. Starts at the corner of Missouri Boulevard and High Street, proceeds along High Street to Adams Street, returning by way of Capitol Ave.

Saturday, September 8: Capital Arts Chalk Art Fair & Competition at Ellis-Porter Riverside Park, 1-5 p.m. Watch the sidewalk come alive. For more information visit capitalarts.org

Friday, September 14: Kinderdance with MidMo Conservatory of Dance at Missouri River Regional Library, 10:30-11:15 a.m. Come and enjoy 45 minutes of ballet, tap, and tumbling with MidMo Conservatory of Dance. No experience or shoes necessary. Ages 3-6.

Saturday, September 15: Mighty Machines at Capital Mall, 10 a.m.-1 p.m. A hands-on, fun-filled event where kids and families are invited to see many mighty machines specifically designed to do some amazing things. From large equipment, specialty vehicles, and more.

September 17-October 1: Storybook Trails "If You Give a Mouse a Cookie" at Ellis-Porter Riverside Park starting at noon on the 17th. Read, exercise, and spend family time all in one: run walk, or ride your bike.

Friday, September 21: Family Movie Night: Wreck-It Ralph (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, September 22: Baby Bonanza at the Capital Mall, 10 a.m.-1 p.m. This event is both a unique gift market and expo for parents and parents-to-be. Products, education, and resources needed before, during, and after pregnancy and door prizes. \$5 admission benefiting the Capital City Diaper Bank (who provides diapers to our program). Learn more or pre-register at www.babybonanza.org

Saturday, September 22: What's Going On? Migrating Monarchs & Hummingbirds at Runge Nature Center (330 Commerce Drive), 10 a.m.- 2 p.m. No registration required. Celebrate the amazing migrations of two famous summer residents, monarch butterflies and rubythroated hummingbirds, and bid them farewell and good luck on their journey south. Enjoy indoor and outdoor activities and assist staff with tagging monarchs for research.

Saturday, September 22: The Mid-MO Magic Show with Gerry Tritz at Missouri River Regional Library, 11 a.m.-noon. Performer Gerry Tritz combines magic, juggling, and humor for an amazing hour of fun for the entire family.

Saturday, September 22: In the Park, After Dark at Ellis-Porter Riverside Park amphitheatre. Showing of the movie ET by the Capitol City Cinema, plus food truck fare. \$5 admission.

Saturday, September 29: South Farm Showcase at MU South Farm Research Center (3600 New Haven Rd in Columbia), 10 a.m.-4 p.m. Near-by Jefferson Farm and Garden is also part of the fun via a short wagon ride. Free activities including cockroach races, corn maze, baby animal exhibits, face painting, fishing, and more. Details at <https://southfarm.missouri.edu/events/>

Saturday, September 29: Oktoberfest Street Festival in Old Munichburg (Broadway, Dunkllin, and Washington streets), 10 a.m.- 6 p.m. Activities include a dachshund derby and costume contest, historic car show, music, kids activities, food, vendors, and more. Visit www.oldmunichburg.com for more information including a schedule as it gets closer.

ONGOING COMMUNITY EVENTS:

Mondays: Itsy Bitsy Storytime at the Itsy bitsy Theater 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.

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. S

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.

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 ...

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 jcschools.us/pat

