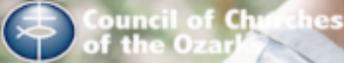




Answers • Referrals • Connections



E-News

Early Childhood One Stop's Monthly E-News

May 2018

Why Am I Receiving This E-News?

Welcome to the 1st edition of the E-News! You are receiving this E-News because you have used the Early Childhood One Stop service in recent months OR you have had contact with our staff at a community event and provided us your contact information. We will be providing information via this E-News each month about available community resources, tips to use as a caregiver, fun activities to do with a children and much more.

In addition to the E-News, we have some other exciting things coming up! Watch for coming editions for information about our plans for you to interact with the children in your life and gain information and incentives as well.

Thank you for coming along on this journey with us!

Reminder:

What is the Early Childhood One Stop?

The Early Childhood One Stop is "the" clearinghouse of information in Greene County for families and caregivers of young children. Services offered include a community referral service based on needs, as well as, education and ongoing support for families and children. Our ultimate focus is on kindergarten readiness and school success.

What does this mean for you? If you are in search of services like family friendly activities, food, child care, medical care, etc. you can call our office and we will give you information

Connect with Staff

417-887-3545 or 800-743-8497

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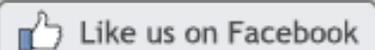
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Visit our website at:
www.ccozarks.org

about what services are available in our area.

Do you have questions about kindergarten readiness or school success? Call our office and our expert staff will give you information or send you to someone who can.

If you are pregnant or have a child 3rd grade and younger then we are the resource for you. Keep our number close and contact us anytime you have a question or need. Staff look forward to being your continued resource!



Conscious Discipline

One of the things we are most excited to share with you every month is information about Conscious Discipline. Conscious Discipline is a social-emotional philosophy that can be used at home and at child care/school. It is an evidence-based program to help us understand our brain/body states in relation to discipline and learning. There is a strong focus on using brain-building and skill-building tools to weave into your everyday life.

Each month we will share information about the overall Conscious Discipline philosophy and include activities that you can use at home. If your child attends child care or is already in a local elementary school we encourage you to ask them if they are familiar with Conscious Discipline. Many of the child care programs and elementary schools in the Springfield area are using Conscious Discipline in their classrooms. What a great advantage for your child if they live in a consistent world where both home and school are using the same tools.

To learn more now visit Conscious Discipline at: <https://consciousdiscipline.com/>

Outreach Service of:



**Council of Churches
of the Ozarks**

Conscious Discipline's Brain State Model

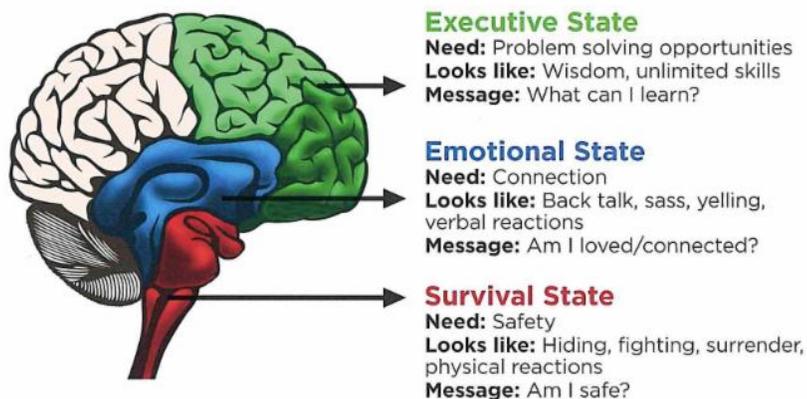
One of the first pieces of information that Conscious Discipline teaches us about is the Brain State Model. The three Brain States are: **Survival, Emotional and Executive**. We will discuss each of the brain states in more detail in future E-News editions.

The **Survival Brain State** asks, "Am I Safe?" and is a reaction to feeling threatened. A child in the Survival Brain State needs to feel safe and may show that by acting out in physical ways such as hiding, fighting or freezing up. This is not the time to try to reason with a child or help them see another person's point of view, the focus is on first calming the child so they feel safe again.

The **Emotional Brain State** asks, "Am I loved and do I feel connected?". Behaviors you may see in the Emotional Brain State are attention seeking, clinginess, tattling, back talking, sassiness, yelling, or name calling because the world just isn't going their way.

The **Executive Brain State** is a state of relaxed alertness and can only be achieved after a child feels safe, loved and connected. In this Brain State we are able to problem solve, empathize and see a situation from another person's perspective.

Conscious Discipline® Brain State Model



Taken from Conscious Discipline's Parent Education Curriculum
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To learn more about the Brain State Model you can visit this page on the Conscious Discipline website: <https://consciousdiscipline.com/methodology/brain-state-model/>

I Love You Ritual

I Love You Rituals are interactions created by Conscious Discipline that you can use to engage the children in your life.



- ♪ **Twinkle, twinkle little star,**
Touch child's fingers, wiggling them.
- ♪ **What a wonderful child you are.**
Bring arms down to gently rest on child's shoulders.
- ♪ **With bright eyes and nice round cheeks,**
Touch child's eyebrows and cheeks.
- ♪ **A talented person from head to feet.**
Touch child's head and feet.
- ♪ **Twinkle, twinkle little star,**
Touch fingers, wiggling them.
- ♪ **What a wonderful child you are.** Hug.

Taken from Conscious Discipline's Parent Education Curriculum
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Libraries Rock! Summer Reading Kickoff

Does your child participate in the Springfield-Greene County Library's Summer Ready Program? If yes, you rock! If no, then you have to check it out! To find out more information stop by your local library or visit one of the Kickoff events.

Friday, May 18, 2018

Midtown Carnegie Branch Library

8:30 a.m.-6 p.m. for all ages

It's the official start of the Summer Reading Program! Pick up your game board, check out books and enjoy some fun activities.

Saturday, May 19, 2018

Republic Branch Library

10 a.m.-noon for infants-grade 6

Kick off a summer of reading fun with activities and crafts, then pick up your game board and check out a book to get started.

Willard Branch Library

10 a.m. for grades K-5

Strategy, movement, a dab of science and engineering -- all of these come in handy when you create and play games. Kick off the Summer Reading Program as you put your imagination and gaming skills to the test, and pick up your game board while you're here! Materials will be provided.

Strafford Branch Library

1 p.m. for all ages

Stop by the library to pick up a summer reading game board. Stay to play, make music, explore instruments and listen to kid-friendly country music with local musician Ryan Wallace of Grandma Strange and The Random Strangers.

For information on library locations and hours visit: <https://thelibrary.org/branches/>

Early Childhood One Stop, 1710 E. Chestnut Expressway, Springfield, MO 65802

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