

E-News



The One Stop's Monthly E-News

December 2018

Updated Name & New Logo = Same Service

Notice our new name and logo above? We hope you like it as much as we do! Just know the updated name and new logo still equals the same service for you. It was just time for an update.

Resource Spotlight : Capable Kids and Families

Research indicates that families of children with developmental delays frequently report feelings of isolation and stress, financial difficulties and lack of resources. It is because of some of these challenges that the Capable Kids and Families® program was born in Rolla, Missouri in 2001. Community Partnership of the Ozarks became the fourth site in Missouri to house the free program. Families with a child experiencing developmental delays from birth until six years of age are eligible to enroll. A family specialist is assigned to each family to provide a strengths-based approach to support, education, and advocacy through regular home visits. Parents often report feeling more aware of available resources while also feeling less isolated after only months in the program.

To help reduce financial burdens, the Capable Kids and Families® Lending Library contains equipment that can be borrowed on a short-term basis by participating families at no cost. This allows children to improve developmental skills and to try equipment, so the family is confident the item will meet their needs before it is purchased. Social events are held

Connect with Staff

417-887-3545 or 800-743-8497

Kayla Grosshart
One Stop Coordinator
kgrosshart@ccoazarks.org

X210

Nicole Piper
Director
npiper@ccoazarks.org

X214

Lori Schlueter
Assistant Director
lschlueter@ccoazarks.org

x303

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multiple times each month in the Capable Kids and Families® Playroom to allow children and their families to interact with others who have may have similar experiences to their own.

Families in the Springfield area can refer themselves for the free services by contacting the CPO office at 888-2020.



Discipline = Disciple = Teach

The word discipline comes from the word disciple which means to teach. Understanding this can begin to help us fully grasp the concept of what Conscious Discipline is. It is looking at each mistake or misbehavior as an opportunity for us to teach children how to behave. Then we can stop taking it personally when a child sassses us or back talks or hits another child. Practice your STAR breathing and wish the child well so that you are able to refocus and see the behavior as an opportunity to teach the child a more appropriate way to handle the situation. (We discussed STAR breathing in the June e-news issue. Back issues of the newsletters can be found by visiting www.ccozarks.org/theonestop . Conscious Discipline also asks us to look at others through the lens of positive intent. We don't really know the intentions of another and many times when things don't go our way we make up a story in our mind that isn't always correct or very kind.

During this holiday season and throughout the new year when things don't go exactly the way you planned, or someone cuts you off in traffic or the children are arguing take a deep breath, wish the other person well and consciously decide to view the actions of others with positive intent and an opportunity to teach. You might be surprised how much better you feel making the shift to a more positive outlook that is filled with love, compassion and empathy for others. It will open your heart and mind to a whole new way of looking at the world and how you interact with others. Happy Holidays from all of us at The One Stop!

Past editions of the Enews are available at: www.ccozarks.org/theonestop

Outreach Service of:



**Council of Churches
of the Ozarks**



S.T.A.R.

Smile, Take a deep breath And Relax.
Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

Consequences

Consequences are one way to motivate children to learn new skills and use skills they already possess. It can be difficult to watch children feel uncomfortable as a result of the choices they make, but this discomfort along with our empathy will help children manage their emotions which is essential to learning and understanding the consequences of a behavior. Let's take a look at two different types of consequences.

Natural and Logical Consequences

Natural consequences come about without any prearranged adult planning or control, they happen naturally. They are one of the most powerful means of motivating future behavior change. A child who touches a hot surface is strongly motivated not touch the hot surface again. A child who does not tie his/her shoes might trip and fall. That is a natural consequence for not tying his/her shoes.

Natural consequences help motivate connected children to

want to do things differently and are good for helping children learn new skills. What is a connected child? A child that feels safe and loved. A natural consequence for hitting or pushing is learning how to use appropriate words. For name calling, a natural consequence is learning to regulate emotion.



Does it seem fair to be punished for something you didn't understand or know how to handle? Of course not, and it is the same for children. We teach them appropriate behaviors and remember it can take up to 2000 times before a child fully grasps a new skill. Sure this can take a lot more time than putting a child in time out or yelling, but what are they learning

from this? Are they learning how to act appropriately the next time a similar situation comes up or are they learning to scream and raise their voices?

There are times though when we cannot allow children to experience natural consequences for safety reasons and that's when we rely on logical consequences. Before deciding on a logical consequence ask yourself two questions: 1. Does this child feel connected to me? 2. Does this child already possess the skill that I would like her to use? (Ex. The words to ask for a toy instead of grabbing it from someone.) Both questions need to be answered with a "yes" to be helpful. When establishing an appropriate logical consequence keep in mind the "Three Rs":
Related: Is the consequence related to the misbehavior?
Respectful: Adults use an assertive yet caring voice so the child understands the intent is to teach.
Reasonable: The consequence makes sense in terms of duration and severity. A logical consequence for failing to put toys away may be not being able to play with those particular toys for a determined amount of time.

To learn more about consequences, visit the Conscious Discipline website at www.consciousdiscipline.com.

Time Machine

Dr. Bailey created the "Time Machine" to allow children to "go back in time" to redo hurtful actions in a helpful way. The steps of the time machine can be modified for the age of the children and your home environment but the idea is to get children who have had a conflict to reflect back on their actions and to come up with a different way to handle the situation. The basic Time Machine steps are:

1. Be a STAR (Smile, Take a deep breath, And Relax, then wish well)
2. Coach the victim to speak first, "I don't like it when you _____."
3. Help the victim teach the other child how he/she wants to be treated, "Next time ____."
4. Check for understanding and willingness from the other child. "Are you willing to do that?" "Let's practice now."
5. Connect. Ask the children to show there are no hurt feelings by doing a simple connection like a handshake, high five or hug.

Remember there are no magic words or actions when teaching children. It is highly unlikely that any suggestion will work the first time or every time you attempt to use it. What is important is that you are practicing and have the willingness to try a new and different way of handling a certain situation that will enable children to learn and grow up feeling confident, safe and loved.



Taken from Conscious Discipline's Parent Education Curriculum
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Do you work or volunteer with children?

CALLED TO CARE FOR KIDS CONFERENCE

SAVE THE DATE

Date: March 2, 2019 Time: 8:00-4:00

Location:
First & Calvary Presbyterian
820 E. Cherry
Springfield, MO 65806

Registration information coming soon!
For additional information check out
www.ccozarks.org

Bringing together Sunday School
Teachers, Child Care Providers,
Foster Families, VBS Teams,
Children's Ministers, and interested
community members to support



**CALLED TO CARE
FOR KIDS**

Sponsored by Child Care Aware® of Southern Missouri/Early Childhood One Stop, Council of Churches of the Ozarks,
Community Partnership of the Ozarks, Lighthouse Child and Family Development Center, and Every Child Promise

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

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