



## Concrete Support in Times of Need and Resource Spotlight

Baby it's cold outside! As the weather gets colder the thermostat goes up and along with that comes higher utility bills. More money is spent on heating and that means less money available for other items in our budget, but what if someone was unable to pay their utility bill? Would you know what to do? All parents need help sometimes. Parents may need help with childcare, have parenting questions, or need a point in the right direction for medical, dental or housing questions.

Concrete support in times of need means that we have access to or know where to find services or help to meet our family's needs in times of stress. Knowing where to turn to helps reduce the stress caused by the situation. Asking for help is not always an easy thing to do. We might worry that someone may think that we do not know how to handle our own problems or we simply might not know where to begin. Seeking help is not an indicator of our inability to be a good parent, rather it is a step toward improving the circumstances and that is what a *great* parent does.

The One Stop is one of your concrete supports. We are here to help answer questions and put you in touch with other community organizations that can be a concrete support for you too. Put our number in your phone or on your refrigerator so you will have it when you need it. The One Stop is here for you!

For more information on Strengthen Families™ visit: <https://cssp.org/our-work/project/strengthening-families/>



## Tips: Finding Help When You Need It



What is one need that you have that if met, would lighten your worries?

- Try to come up with at least three possible places you could turn to that might be a source of concrete support.  
(Example: 1. Call The One Stop 2. Call my church 3. Call Crosslines)
- Learn about what is available in your community. Research online, talk with other parents, read The One Stop E-newsletter.
- Help someone else get what they need. Helping others not only feels good but it makes it easier for us to ask for help when we need it.
- Don't give up. Sometimes it feels like we are just getting the run around and it can be discouraging. Keep at it and be kind to yourself.



## Reducing and Managing Stress

Parents and caregivers are who children look to when they are stressed out and not feeling safe. Children can sense when we are upset or frustrated which is why we need those concrete supports in times of need. When a child is not feeling safe we see behaviors like biting, kicking, hitting, running away or hiding. This is the Conscious Discipline® Survival Brain State that we talked about in the June and July 2018 issues which can be found out [ccoarks.org/theonestop](http://ccoarks.org/theonestop) under the Latest News section. We can calm and compose ourselves and then teach these breathing techniques to our children so they can calm themselves when needed to. Be a S.T.A.R., Smile or Stop, Take a breath And Relax.

 <p><b>S.T.A.R.</b></p> <p>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.</p> <p><small>© 2017 Learning Guidance, Inc. All rights reserved. www.ConsciousDiscipline.com</small></p>	 <p><b>Drain</b></p> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhht" sound and release all your muscles, draining out the stress.</p> <p><small>© 2017 Learning Guidance, Inc. All rights reserved. www.ConsciousDiscipline.com</small></p>
 <p><b>Balloon</b></p> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbpbbpbb" sound.</p> <p><small>© 2017 Learning Guidance, Inc. All rights reserved. www.ConsciousDiscipline.com</small></p>	 <p><b>Pretzel</b></p> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p> <p><small>© 2017 Learning Guidance, Inc. All rights reserved. www.ConsciousDiscipline.com</small></p>

Other materials to have on hand and calming techniques for children:

- Rub lotion on their hands, arms and legs
- Provide PlayDoh® to mold and manipulate
- Crayons, colored pencils, markers
- Stuffed animals to cuddle
- Stress balls and other like items to squeeze
- Create a Safe Place in your home for children to practice their calming breathing and use these materials.
- For older children, talk with them about what is calming to them and try to provide those items in their Safe Place.

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

## Conscious Parenting

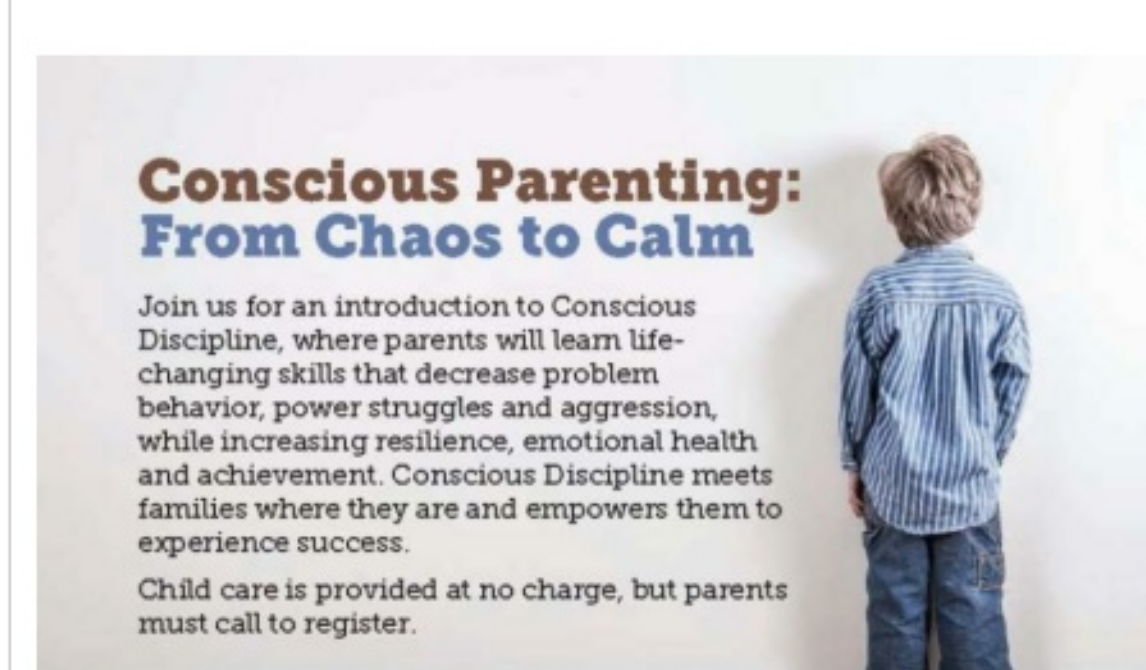
The first two sessions were a complete success! Thank you to those that came!

Please consider joining us at the Assertiveness sessions in March and/or April.

These sessions are designed to learn more about Conscious Discipline and how you can implement strategies at home. We are offering evening and Saturday sessions. We also provide child care, food and giveaways. You MUST RSVP for child care and there are limited spots, so get signed up today!

Feedback from participants that have attended:

- "Good information and I want to learn more!"
- "Great calming techniques to practice with children!"
- "Lori was a really great presenter and she was engaging!"



**Conscious Parenting: From Chaos to Calm**

Join us for an introduction to Conscious Discipline, where parents will learn life-changing skills that decrease problem behavior, power struggles and aggression, while increasing resilience, emotional health and achievement. Conscious Discipline meets families where they are and empowers them to experience success.

Child care is provided at no charge, but parents must call to register.

- Composure: Being the Person You Want Children to Become**
- Tuesday, January 15, 6-7:30 p.m. at Messiah Lighthouse Child and Family Development Center, 925 E. Seminole St. Dinner provided at 5:30 p.m. Call 887-3545, ext. 210 to register.
  - Saturday, February 9, 10-11:30 a.m. at the Library Center, 4653 S. Campbell Ave. Registration begins January 11; call 616-0563.
- Assertiveness: Setting Limits Respectfully**
- Saturday, March 16, 10-11:30 a.m. at the Library Center, 4653 S. Campbell Ave. Registration begins March 1; call 616-0563.
  - Tuesday, April 9, 6-7:30 p.m. in the Lighthouse Child and Family Development Center at Life 360 Fairbanks Campus, 1126 N. Broadway Ave. Dinner provided. Call 887-3545, ext. 210 to register.



Presented in partnership with The One Stop for Early Childhood, Community Partnership of the Ozarks and, Lighthouse Child and Family Development Center.

## Do you work or volunteer with children?

Join us for the annual Called to Care for Kids Conference. This event brings together Sunday school teachers, child care providers, foster families, VBS teams, Children's Ministers and other interested community member that work to support children and families.

Get Registered Today! This year we are pleased to welcome Officer Eric Schroeder as our keynote presenting Surviving An Active Shooter or Violent Intruder: Run, Hide, Fight. This is an excellent presentation on a very important topic. We also are offering sessions on literacy, sensory, trauma awareness and much more.

New this year we will be selling conference t-shirts and we are offering online registration and payment.

I hope to see you on March 2nd! Thank you!

For full event details: [Called to Care for Kids Conference Brochure](#)



**CALLED TO CARE FOR KIDS**

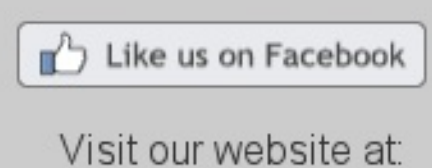
Bringing Together Sunday School Teachers, Child Care Providers, Foster Families, VBS Teams, Children's Ministers and Community Volunteers to Support Children and Families

**Saturday March 2, 2019**  
**First & Calvary Presbyterian Church**  
**820 E. Cherry, Springfield, MO 65806**  
**8:00am - 4:00pm**

Sponsored by:  
 The One Stop for Early Childhood,  
 Community Partnership of the Ozarks,  
 Council of Churches of the Ozarks,  
 Lighthouse Child and Family Development Center,  
 Every Child Promise and Ozarks Chapter of MOAECY

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