

E-News



The One Stop's Monthly E-News

January 2020

Our Inclement Weather Policy

Please note that if Springfield Public Schools is closed due to weather then The One Stop is closed as well. It is important for all to be safe! Thank you for understanding!

Happy New Year!!!

Here we are at the beginning of a New Year with a fresh calendar to fill and a year full of new and exciting possibilities. Did you make any resolutions? If you are like many of us you have several things on your to-do list but now we'd like to encourage you to add one more.

At the One Stop we promote Conscious Discipline because we believe that its principles truly can help us to become the best person and parent we can be. It isn't magic and it isn't something that necessarily comes easy to us because it challenges us to open our minds and hearts to perhaps a different way of interacting with our children and others than we were used to.

Conscious Discipline skills and structures are based on a Power that is essential for the social-emotional health of adults and children. These powers create long term and lasting success by guiding us to become conscious, present and responsive to the needs of ourselves and our children.

The Seven Powers of Conscious Discipline are:

1. Power of Perception

Big Idea: No one can make you angry without your permission.

Goal: To teach adults and children to take responsibility for our own upset.

2. Power of Unity

Big Idea: We are all in this together.

Goal: To perceive compassionately and offer that compassion to others and ourselves.

3. Power of Attention

Big Idea: Whatever we focus on, we get more of.

Goal: To create images of expected behavior in our child's brain.

4. Power of Free Will

Big Idea: The only person you can change is you.

Goal: Learning to connect and guide instead of force and coerce.

5. Power of Acceptance

Big Idea: The moment is as it is.

Goal: To learn to respond to what life offers instead of attempting to make the world go our way.

Join us for Conscious Parenting in 2020!

You MUST RSVP! There are limited spaces for child care.

Still time to sign up for our January sessions!

[Original Series](#)

**Conscious Parenting:
From Chaos to Calm**

Join us to learn about 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.

Registration is required for all sessions. Call 887-3545, ext 210 to register and for more information. If you register after the deadline you will not have access to child care, food or training materials.

**Composure, Part 2:
Being the Person You Want Children to Become**

- Tuesday, January 21, 6-7:30 p.m. at Messiah Lighthouse Child & Family Development Center, 925 E. Seminoe St. Dinner provided at 5:30 p.m. Registration deadline: January 17.
- Saturday, February 1, 10-11:30 a.m. at the Library Center, 4653 S. Campbell Ave. Registration deadline: January 30.

**Empathy:
Teaching Children to Manage Their Emotions**

- Saturday, April 4, 10-11:30 a.m. at the Library Center, 4653 S. Campbell Ave. Registration deadline: April 2.
- Tuesday, April 21, 6-7:30 p.m. at the OTC Early Childhood Education Center, 936 N. Hampton Ave. Dinner provided at 5:30 p.m. Registration deadline: April 17.

Logos for The One Stop, Community Partnership, Lighthouse, and Ozarks Technical Community College are included.

This series is presented by the following partners: Springfield-Greene County Library District, One Stop for Early Childhood, Community Partnership of the Ozarks, Messiah Lighthouse Child & Family Development Center and OTC Early Childhood Center.

[The Connecting Grounds](#)

January 29
5:30 - 7:30 pm

**Conscious Parenting
From Chaos to Calm**

Join us for this fifth session of 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.

Childcare is limited, there is no charge, but parents must call to register.

**Composure Part 2:
Being the Person You Want Children to Become**

Call (417)-887-3545 Ext: 210 to Register
The Connecting Grounds : 1109 E Commercial St.
In the shopping center next to Save-A-Lot

Logos for The One Stop, Community Partnership, Lighthouse, and Ozarks Technical Community College are included.

6. Power of Love

Big Idea: Choose to see the best in others.

Goal: Seeing the best in others helps consciously respond to others instead of unconsciously reacting to life events.

7. Power of Intention

Big Idea: Mistakes are opportunities to learn.

Goal: To teach a new skill rather than punishing others for lacking skills we think they should possess by now.

Taken from the Conscious Discipline Facebook post Dec. 30, 2019.

Whew, that is a lot to digest isn't it? Yes it is, but at the One Stop we present Conscious Parenting classes that are free to anyone who would like to learn more about putting Conscious Discipline into practice at home, and here's the good news, you don't have to do it all at once.

Do you see something above that speaks to you? Perfect! Choose that one to start with. You can read more about Conscious Discipline at www.consciousdiscipline.com and you can attend one of our Conscious Parenting sessions. The first sessions in 2020 will give you a great foundation for your Conscious Discipline/Parenting journey this year.

Are you ready to make that commitment? See the Conscious Parenting flyers on the right to see what topics we are offering and find a time that works for you and then give our office a call to register. Classes are always free and everyone is welcome! We hope to see you!



S.T.A.R. Breathing

One of the most important skills children need to be successful in school and in life is to be able to calm themselves during times of stress. The One Stop thinks this is one of the most important social-emotional skills for adults to learn and practice as well.



A technique Conscious Discipline gives us and we practice in our Conscious Parenting classes is called S.T.A.R. Breathing. S.T.A.R. stands for Smile Take a deep breath And Relax. By doing this before we say or do something in a stressful situations we give ourselves a few seconds to think about what we are going to say. When we breathe in deeply it also helps to calm us and send more oxygen to our brain so we can think clearly.

Let's practice. Put your hands on your stomach and close your eyes. Now while breathing in through your nose, take in a deep breath and feel your stomach expand. Release that breath through your mouth while saying to yourself, "I got this, I am safe."

Connect with Staff

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Do this two more times. How do you feel? Can you feel the tension leave you? Can you see how taking a few seconds to do this before saying or reacting to a situation might help you handle things in a different way? Can you see how teaching this to your children will help them calm themselves when they are stressed out? Still thinking about New Year's Resolutions? Practicing S.T.A.R. breathing is a great resolution/commitment for the entire family.

To learn more about S.T.A.R. breathing and the Power of Composure go to www.consciousdiscipline.com

Resource Spotlight: Parents As Teachers

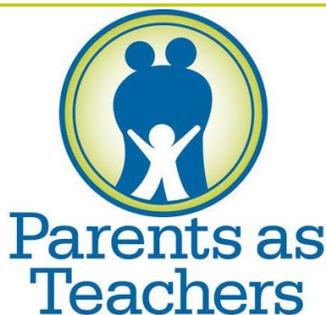
Parents as Teachers (PAT) is a free and voluntary home visiting program available to all families with children aged prenatal through kindergarten entry. PAT believes parenting is uniquely challenging for every person no matter their circumstance, so we want to support all families on their parenting journey. Our focus is on developing strong and healthy families, so every child is capable of reaching their fullest potential.

Families who participate in PAT have their own Parent Educator who visits their home regularly to provide fun, age-appropriate developmental activities and information on child development and family well-being. Developmental activities are aimed at strengthening the bond between parent and child and helping the child learn through play. Parent Educators provide parents with information on child development including milestones, healthy births, sleep, nutrition, attachment, discipline, health, and safety. Parent Educators also help families navigate daycare and preschool options. PAT home visits focus on the well-being of the entire family by connecting families with community resources and providing information to help parents create healthy, loving environments for their children.

Children in PAT are screened by their parent educator annually to show developmental strengths or areas of concern so families may be connected to services if needed. PAT offers a variety of free events for families to connect with others in their community and strengthen their support network. Free events include Story Time, Yoga, Kindergarten Prep, and Playgroup. Parents as Teachers wants all families to thrive so children can grow up safe, healthy, and ready to learn!

Interested in joining PAT? For families living in Springfield, contact the Springfield PAT Office at (417) 523-1160 or visit our Facebook page (Springfield MO Parents as Teachers) for more info on PAT Events.

Families living outside of Springfield may visit the National Parents as Teachers Website (parentasteachers.org) and use the Program Locator tool to find their local PAT program.



**Called to Care for Kids Conference:
March 7, 2020**

We are excited for the 8th annual Called to Care for Kids Conference!

Note the change in location. We are pleased to host this year's event at Campbell United Methodist Church.

NEW! This year instead of pre-purchased box lunches, **FOOD TRUCKS** will be available during lunch in the parking lot with seating available inside.

We will once again have conference t-shirts available to purchase!

The most exciting announcement is that we are bringing Conscious Discipline to town! Our keynote is Velda McKenzie, a certified Conscious Discipline Instructor, who will be presenting Triggered and Terribly Tired: The Secrets to Managing Our Emotions.

We hope to see you on March 7th! 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 who
Support Children and Families

Saturday March 7, 2020

8:00am - 4:00pm

NEW LOCATION!

Campbell United Methodist Church
1747 E. Republic Road, Springfield, MO 65804

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

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

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