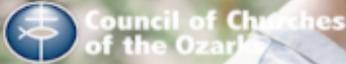




Answers • Referrals • Connections



E-News

Early Childhood One Stop's Monthly E-News

July 2018

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. Past editions are available at: www.ccozarks.org/CCAsouthernMO.

Resource Spotlight : Ambassadors for Children

Ambassadors for Children (AFC), an outreach service of the Council of Churches of the Ozarks, provides self-esteem items to over 1,000 children in foster care each year. AFC provides new clothes, vouchers for new shoes and haircuts to foster children and youth twice a year.

With each visit, a foster child is able to pick out 3 shirts, 3 bottoms, 3 pairs of socks and underwear, 1 set of pajamas, and a coat or jacket. AFC has recently added a Mobile Kids Closet to its program. The Mobile Kids Closet is able to travel to Taney and Christian county to give foster children and youth the same shopping experience.

Comfort items are also selected by foster children. We recognize that children lose a lot of their personal items when transitioning from one home to the next so we keep items in our Comfort Closet for them to have.

Often foster teens choose to not attend school dances because of the expenses. AFC has a Prom Closet full of gently used formal wear for those wanting to participate in homecoming, prom, or graduation. Extra-curricular expenses help boost the self-esteem and build self-confidence in a child who struggles

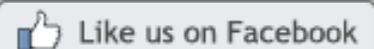
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Visit our website at:
www.ccozarks.org

to find stability.

AFC has multiple programs to provide assistance to this population of children, at no cost to them. For further information or questions about our program, please contact us at 417-708-0565. Don't forget to follow us on Facebook [@ambassadorsforchildren](#).



Conscious Discipline Continued... The Survival State and The Skill of Assertiveness

This month we are continuing our focus on the Survival State from the Brain State Model. Remember, the Survival State is a reactive state that is activated when we feel threatened real or imagined. When we feel unsafe our internal alarm system is set off and we choose one of three ways to respond: fight (hit, push, scream, bite, tantrums,), flight (withdraw, run away, hide) or freeze (surrender, comply, give in or give up). These are unconscious and automatic responses and it puts the body into a high state of alertness.

An important skill to put into practice during the Survival State is the Skill of Assertiveness. When a child is upset or confused they cannot access their decision making skills. They need help from adults. Brains are amazing and what we focus our attention on remodels our brain and directs our learning. To increase a positive action or behavior we need to focus on that positive behavior. Helping a child to focus their brain on the positive action will assist in learning the action we want.

Parents can issue calm, assertive commands and focus the child on what they want them to do. Modeling appropriate behavior gives the child a clear picture such as, "Pet the cat softly like this." This process begins early in life when we describe an infant's movements to them. With young children, noticing their positive actions can look like, "You walked through the store with your hands like this (model how they walked with their hands to their sides), etc. Make sure to match your comment to their level of understanding. This gives a sense of security while building positive relationship and their understanding of boundaries and expectations.

Other things to know about the Skill of Assertiveness:

Outreach Service of:



**Council of Churches
of the Ozarks**

Assertiveness Requires:

- Focusing on the behavior we want to see:
"Stop running." "Walk."
"Don't be so loud." "Match your voice to mine."
- The intention of helping children be successful:
Teach instead of punish.
- A tone of voice that has no doubt in it:
Speak in the same matter-of-fact voice you would use to say, "The sky is above me."
- Words and hand motions that clearly tell what to do with Name, Verb, Paint:
Name: "Caitlin,"
Verb: "Put..."
Paint: "...the block in the box," while pointing first to the block and then to the box.



Remember to S.T.A.R.: **S**mile,
Take a deep breath **A**nd **R**elax!
Three deep belly breaths calm
your brain and body.

Taken from Conscious Discipline's Parent Education Curriculum

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[ConsciousDiscipline.com](http://www.consciousdiscipline.com)

For more information about the Skill of Assertiveness visit:
<https://consciousdiscipline.com/free-resources/book-portal/chapter-5-assertiveness/>

Visual Schedules

Even older children need assistance staying focused and remembering what they need to do. Getting ready and out the door for school or child care on time can be stressful. Calm yourself and assertively give direction. Make eye contact, state the action you expect, show them visually (Bailey, 2014).

Tools such as a bed time routine visual schedule can be useful. Children think in pictures, so prepare a poster of steps to complete a task or make books of photos with step by step procedures. The child then knows what to expect and what is expected of them. Photos of your child brushing their teeth and putting on pajamas are cues to keep the child focused and in control of their evening routine.

Example for bedtime routine:

Bedtime Routine

Bath Time	Brush Teeth	Put on Pajamas	Comb Hair	Read Books	Lights Out
					

Taken from Conscious Discipline's Parent Education Curriculum
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Join us!!!

Big Rig Night: July 17 from 5:30-8:30pm



Family Friendly FREE Event in Springfield!

Join Community Partnership of the Ozarks, Parents as Teachers and Battlefield Mall as they take over the parking lot just North of Macy's, behind Nakato's.

Big Rig Night is an opportunity for children & families to explore a variety of vehicles, both big and small.

Big Rigs can include: Semi Trucks, Trash Trucks, Race Cars, Buses, Construction Trucks, Mail Trucks, Delivery Trucks, Fire Trucks, Police Cars, Ambulances, Bucket Trucks and More!

Visit the Early Childhood One Stop booth for additional free activities for kids!

We hope to see you there!

For information: www.facebook.com/events/374091456442609/

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

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