



The Skill of Encouragement and Noticing

Think about the people who have been encouraging in your life. How did they help you or motivate you? Did they notice the great things you were doing and give you support to move forward and take the next step?

How do you feel when you think about the people who were most encouraging to you? Do you smile and feel appreciative of them? How did they make you feel about yourself? Do you feel like the power to accomplish anything is within yourself? That's the feeling we want to give our children; and we do this by being present in the moment and noticing when they are successful, have completed a task or are being kind, helpful, loving, etc.

We want our children to feel good about themselves and want to continue to strive to do their very best. This month in our e-newsletter we will take a look at ways to be encouraging and ways to be purposeful when we are noticing our children's actions. If you would like more information, this is the topic of our September 25th Conscious Parenting Session at the Connecting Grounds. The Connecting Grounds is located at 1109 E. Commercial. A free meal is served from 5:30-6:00 and then the session is from 6:00-7:30. Child care is full at this time. You do need to call our office at 417-887-3545 ext. 210 to register to attend. We would love to see you there!!



To read more about the Skill of Encouragement and Noticing go to www.consciousdiscipline.com

Noticing

Last month we said that what we focus on we get more of. So now let's expand that concept to noticing. Have you ever bought a car and all of the sudden you see cars just like yours everywhere? That's the power of noticing.



Now that you have this new or different car, your focus seemed to shift automatically to see other cars just like it and you wonder where in the world all these cars were before. Here's the thing, they were always there, you are just noticing them now!

This same concept applies to our children and their behaviors. When we begin to shift our focus to what they are doing that is positive and we point this out, our children respond to this by wanting to do more to get our attention. When we notice we describe our children's actions out loud without judgement. When we verbally notice children engaging in positive behaviors, we train their brains to see

Join us for Conscious Parenting

You MUST RSVP! There are limited spaces for child care. Please note that child care at the Connecting Grounds is full for the September session!

You do not have to attend all sessions. You will gain information to use immediately by attending any of the sessions individually. We would love to have you attend the full series but that is not necessary in order for you to benefit.

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



Encouragement: Noticing, Accepting and Connecting with Children

- Saturday, July 13, 10-11:30 a.m. in the Library Center auditorium, 4653 S. Campbell Ave. Registration begins June 28. Call 616-0563.
- Tuesday, August 27, 6-7:30 p.m. at the Lighthouse Child and Family Development Center at Life360 Fairbanks, 1126 N. Broadway Ave. Dinner provided at 5:30 p.m. Call 887-3545, ext. 210 to register.

Choices: Building Self-Esteem and Willpower

- Tuesday, October 8, 6-7:30 p.m. at OTC Early Childhood Education Center, 936 N. Hampton Ave. Dinner provided at 5:30 p.m. Call 887-3545, ext. 210 to register.
- Saturday, November 9, 10-11:30 a.m. at the Library Center, 4653 S. Campbell Ave. Registration begins October 23. Call 616-0563.



Presented by the Springfield-Greene County Library District in partnership with The One Stop for Early Childhood, Community Partnership of the Ozarks, Lighthouse Child and Family Development Center and OTC Early Childhood Center.

[Connecting Grounds](#)

positive. They then become less likely to engage in hurtful behaviors to gain our attention. Here's how it might sound: 'Look at you! You folded the washcloth!' Or 'You did it! You picked up the toys and put them in the toy box so we could walk safely in the room. That was helpful!'

Noticing Games

There are lots of fun ways to practice noticing while working on other skills with your children. Take a walk around the neighborhood, park or the Springfield Conservation Nature Center and choose a color, shape, type of tree or animal to notice. Count how many times you can notice this item during your walk. If you're looking for a particular animal, talk with your child about where the animal lives, what it eats and what it might like to do for fun. Focusing on a particular color? Ask your child what other things they can think of that are that same color. What letter does this color start with? What other words sound like they start with the same letter? It won't be long and the leaves will begin to change colors. Notice the different colors in each leaf. The possibilities are endless!



Another fun game that helps us describe what we are noticing is called Hey-Hey. Pass a soft ball back and forth with your child. When your child catches the ball describe how their face or their body looked. Encourage them to do the same when they throw the ball back to you. See who can make the silliest face to describe. For younger and nonverbal children, describe what you see when you look at them while you are changing their diaper, getting dressed or rubbing their arms and legs. These games help all of us become more aware of our surroundings and each other, help us to focus and practice our noticing skills.



Resource Spotlight:



diaper bank
of the ozarks

The Diaper Bank of the Ozarks (DBO) was founded in the fall of 2012 and has grown to serve 59 counties, over 100 non-profit organizations, and consequently almost 350 babies every day of the year.

As a diaper "bank," most provisions support other agencies that support families in need. However, the DBO has a Cloth Diaper Loan Program offered directly to families wanting cloth diapers during the potty-training years. Cloth diaper use comes highly recommended, as it reduces the time spent potty-training, allergic sensitivities, diaper rash, and the negative impact on the environment compared to disposable diapers. Not to mention, it's free, which ultimately saves a family about \$2500 per child in diapers.

There is no government assistance for purchasing diapers, and diapers are taxed as a luxury item. That's why diaper banks, such as the Diaper Bank of the Ozarks, is such a vital operation for local communities. The impact from having clean, dry

September 25
5:30 - 7:30 pm

Conscious Parenting
From Chaos to Calm

Join us for this third 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. Dinner will be provided from 5:30 -6pm.

Encouragement: Noticing, Accepting, and Connecting with Children

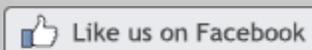
Call (417)-887-3545 Ext: 210 to Register
The Connecting Grounds: 109 E Commercial St.
In the shopping center next to Save-A-Lot

Connect with Staff
417-887-3545 or 800-743-8497

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Visit our website at:
www.ccozarks.org

diapers for your baby is huge. It reduces sleep deprivation for the baby and the caregivers, and reduces the depression brought on by feelings of inadequacy for giving proper care.

Although diaper donations are encouraged, monetary donations can make more of an impact due to the DBO's buying power, since the DBO purchases massive quantities of diapers at a time.

To learn more about how to get diapers for families in need, visit www.diaperbankoftheozarks.org, or call 417-501-4411 during business hours. Search for DBO affiliates in your county.

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

Trauma Training September 21st

ALIVE AND WELL COMMUNITIES
AND
RESILIENCE BUILDERS
PRESENTS:

TRAUMA AND RESILIENCE

IN EARLY CHILDHOOD

This 6-hour interactive training, participants will gain a deeper understanding of trauma, how to support young learners when their trauma becomes triggered, and how to begin their organization's journey of becoming trauma informed. Additionally, participants will gain tools to support building resilience of children in early childhood, as well as understanding the importance of nurturing their own resilience. Resilient educators help to foster resilient learners.

As a result of this training, participants will be able to:

- Identify trauma's broad impact;
- Identify healthy and unhealthy attachment in early childhood;
- Understand the core principles of trauma informed care and the process of becoming trauma informed;
- Learn ways to foster resilience in early childhood learners; and
- Recognize the importance of self-care and personal resilience

September 21st 9 a.m.- 3 p.m.

Community Partnership of the Ozarks

330 N Jefferson Ave, Springfield MO 65806

Register here: www.traumatrainings.eventbrite.com



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

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