

# E-News



The One Stop's Monthly E-News

August 2020

## One Stop August Updates

Hi! We are continuing with the new business as usual practices. You must wear a mask to enter the One Stop office. If you do not have a mask we will provide one for you.

We are still providing full referral services. We are currently compiling referral information for families that are needing alternate care due to Springfield Public Schools' Fall hybrid schedule. Please remember we are here if you need us!

On Facebook we are continuing to post timely content everyday, as well as hosting live videos on Tuesday and Thursday at 12:30 pm.

Find us at: [www.facebook.com/TheOneStopCCO](https://www.facebook.com/TheOneStopCCO)

Conscious Parenting classes in August and September will continue to be offered online via Zoom. See details to the right. We are still making decisions about October and beyond.

The STARS Kids Club goodie bag and birthday gift pickups have resumed. If your child is signed up for the Kids Club you will have an email that gives you instructions on how to make an appointment for pick up.

Please reach out if you need anything! We are here for you!

## New Schedules, New Routines

Well, here we are deep in the month of August. Some of us now find ourselves rearranging our schedules to include children going back to school or back to childcare and even for some back to work. This year seems to be filled with change and adjustments. Our children went on spring break and never went back to school so we scrambled to figure out how to finish out the rest of the school year online. We worked on finding a new routine for ourselves when we were asked to work from home.

Now, we need to re-examine our routines again to accommodate changing work and school schedules. So where do we begin? We can start by taking a deep breath and reminding ourselves that we got this, that we can handle whatever changes come our way. We breathe deeply and remind ourselves that we are enough. Then we focus on what we want.

What do you want? Most of us want our children to be happy and healthy and have access to quality education. With that as our focus we look at the choices that are presented to us. While the choices may not be ideal for everyone in every situation, they are the choices that we have at this time. Which one suits your family best and helps you attain what you want for your children, to be healthy, happy and receive a quality education?

## Conscious Parenting Online

**Conscious Parenting:  
From Chaos to Calm**

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

All sessions will take place via Zoom. Space is limited and pre-registration is required to receive the online workshop information to participate. To register and for more information, email [consciousparenting@cozarks.org](mailto:consciousparenting@cozarks.org) or call 887-3545, ext 222.

**Positive Intent:  
Creative Teaching Moments**

- Tuesday, August 11, 6-7:30 p.m.
- Saturday, September 12, 10-11:30 a.m.

**Consequences: Helping Children Learn from Their Mistakes**

Wednesday, September 30, 6-7:30 p.m.

Powered by Community Foundation of the Ozarks

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

[Click here for full details](#)

## Connect with Staff

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We also want to remember to extend grace and love to our children's teachers, to other parents, to ourselves and our children. These are uncharted waters we are all attempting to navigate. Will there be some missteps? Probably. Will there be some things decided you are not completely happy with? Maybe. But if we focus on what we want and we extend grace to others then we can remind ourselves that we got this, we will become stronger and more resilient and so will our children. Our children are looking to us for guidance. They need us more than ever to be their point of reference. Let's model for them how to be a good human. Let's show them that even though we may not know all the answers right now and things are uncertain we can stay composed, work together, be flexible and patient all while we stay focused on what we want which is happy, healthy children.



Through our Conscious Parenting classes The One Stop is here for you and can give you some of these skills and more to practice and to teach your children. We are also here to help you find the answers to the needs of your family. Give us a call! Now close your eyes, take a deep breath and say to yourself, YOU got this, YOU can handle whatever comes your way, YOU are enough.

## Visual Schedule

One idea that can be a big help to families when teaching a new routine is a visual schedule. Adults use visual schedules all the time. We have a calendar that we refer to that keeps us on track with all of the upcoming appointments that we have scheduled. We use a clock to keep us on time throughout the day.

Unlike adults who use words and numbers in these two examples, children think in pictures. So providing them with a visual schedule can be helpful so that they know what is happening or should happen next. Think about where a visual schedule might be helpful right now as we prepare to go back to school. Do your children need to get used to a new bedtime routine? What about a new morning routine? Evening routine?

Depending on the age of your children, you can work together to create a schedule. Very young children need fewer steps than older children. Typically, five or six steps for older children and no more than three for children under three. Find a piece of paper and write out the steps in as few of words as possible and then include a picture representing that step. For instance, for brushing teeth you might have a picture of a toothbrush. You might also take a picture of the child performing the task. Then hang this poster where it is visible to the child and where you can refer back to it as needed.

Realize that it might take several attempts for the routine to run smoothly, but by starting now you can get a jump start and get some practice in before school starts.

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## Family Time Means Outside Time

As we move into a transitional time with school and work the need to connect as a family in the evenings increases. Let's take advantage of the warm longer days while we can to plan evening activities outside. You can play Frisbee or catch in the backyard, go for a walk around the neighborhood or down to the park. What about taking dinner outside for an impromptu picnic?

During your time outside together you can wave to your neighbors, talk to your children about how their day went, look for specific colored or themed items. Maybe you are mobile in different ways. Maybe you skip part of the way, jog, walk backwards (if safe), walk like a duck, fly like an eagle or any other animal your imagination comes up with.

What is happening during this time together is a strengthening of your family bond. When you incorporate eye contact, touch, playfulness and being present in the moment with your children you are laying a solid emotional foundation for them, not to mention the benefits of being physically active and getting fresh air. Not an outside type of person? Start with one evening and gradually add more. You might just be surprised at how good you feel!



## Resource Spotlight: Kids Win Missouri Needs You!

*Help Us Understand Families Challenges in Navigating through the Crisis*



As we work to develop our policy priorities for the 2021 legislative session, we want to better understand the challenges and concerns of parents throughout Missouri.

Kids Win Missouri invites parents to join us in one of our 10 parent community conversations over the next four weeks. Sessions will be hosted via Zoom, and we will cap each session at 15 parents so that everyone can have a chance to talk. We will cover topics ranging from schools and child care, health and safety, family economic security and other challenges that families are experiencing as they navigate through and beyond COVID 19.

**Each participant will be asked to participate in the 1-hour online discussion via Zoom and complete a short survey. Kids Win Missouri will provide participants with a \$20 Amazon gift card for their time.**

In the end, we hope to create a report to share with legislators and decision makers that helps paint the picture and tell the story of what families are experiencing throughout our state.

[Visit this link for more information and to register!](#)

## Resource Spotlight:

*This is not our typical resource share, but we thought there might be some entrepreneurs in our readership that would appreciate this new resource we found!*

*Have you thought of opening a child care business? The One Stop can provide you with resources to help with this business adventure. MOSourceLink is one of the many resource we refer to.*



**MOSourceLink** connects entrepreneurs and small business owners with a network of nonprofit resource organizations that provide business-building services. We facilitate the linking of these resource organizations to one another and to established, emerging and start up small businesses throughout the region. Our network resource partners provide a wide range of business-related services including marketing, financial planning, sales, loans, product development, education, government contracts, operations, etc. Contact us by phone at 866-870-6500, [via myPlan](#), or schedule a [virtual 1-1 with a Navigator](#). You will talk to one of our staff, who gathers information about your business and your needs. We then guide you to the business resources that can best help you. Your MOSourceLink contact follows up with you to assure service and satisfaction. The MOSourceLink referral services are provided at no cost to you.

MOSourceLink Tools:

**The Resource Navigator:** allows you to do your own customized online search for the network resources in your area that can meet your needs. You can use the Resource Navigator in addition to talking to a real person at MOSourceLink, or you can begin your search with the Resource Navigator.

**The Resource Rail:** MOSourceLink's Resource Rail is your map to entrepreneurial experts across four regions and the entire state who are ready to help your business start, grow and accelerate, whether you're just launching a company or ready to scale it, whether you're disrupting an industry with an innovation-led business or running a Main Street retail mainstay.

**Statewide Events Calendar:** browse entrepreneurial, business and networking events in Missouri, organized by over 600 organizations.

**MOSourceLink Newsletter:** Sign up for our newsletter to receive monthly highlights and stories about Missouri's entrepreneurs and small business owners.



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