

# Inspire

*Families & Caregivers*

January 2021



## Happy New Year!

Congratulations! You made it through a year like no other. Sure, there may have been days when you felt like throwing in the towel but you didn't!

Resilient parents continue to provide care for their children under stress. They take time to enjoy their child and they remain positive about the future. A resilient parent is willing to take time to care for themselves and is willing to ask for help when it's needed.

If you have struggled with any of these, you are not alone. The One Stop is here to help! We are uniquely prepared to walk side-by-side with you through these stressful times. We will help you locate the resources you need to "get your bounce back". Our goal is to help families be strong and resilient.

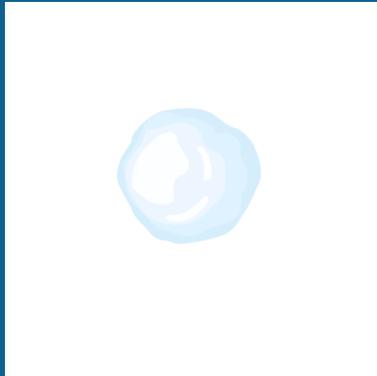
As we begin a new year, we want to remind you to take time for yourself, write down the things you love to do with your children, and think of ways to make more time to do these things. Identify your most challenging

parenting moments and make a plan for what you will do the next time these moments happen. Rehearse how you will handle the situation in your mind so that you will be able to recall this when you are stressed.

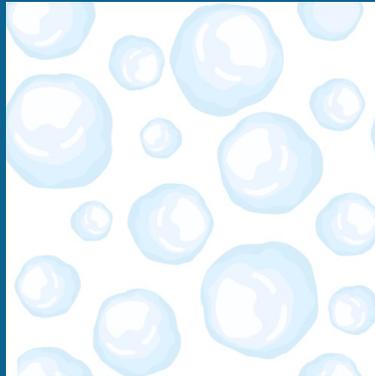
Most importantly remember, all of us at the Council of Churches and The One Stop for Early Childhood are here for you and we wish you a very Happy New Year!!!

## Indoor Snowball Fight

Too cold to go outside? No snow? Why not bring the fun inside and have an Indoor Snowball Fight!



First, create a “snowball court” by clearing out space and dividing the area in half. You can mark the half-line with tape or a rope.



Then gather your “snowballs”. Snowballs can be made with wadded up pieces of paper or rolled socks. A good rule is to have at least 10 “snowballs” per child.



Start with an equal number of children and “snowballs” on each side of the barrier and place the snowballs on the floor. The goal is for the children (and/or adults ☺) to pick up the “snowballs” and throw them onto the other side.

## Encouraging Healthy Habits



It is important for us to model to our children healthy ways to handle stress so they can identify their own healthy ways to de-stress. As parents, we sometimes think we have to be perfect but what we need to be is real. It's ok for our children to know we are sometimes upset just like they sometimes get upset, as long as we also model healthy productive ways to deal with our emotions.

Consider joining us for one of our upcoming Conscious Parenting sessions to help you identify ways to de-stress as well as learn how to model and teach those behaviors to your children. These sessions are

FREE and are currently presented over Zoom. These sessions will help increase your parental resilience and form a support network with other families experiencing many of the same parenting challenges.

To see a list of upcoming classes, click [HERE](#). Get signed up today! Call 417-887-3545 ext. 303 to register.

All sessions will take place via zoom. Space is limited and pre-registration is required to receive the link to the online workshop. To register or for more information, email [onestop@ccoarks.org](mailto:onestop@ccoarks.org) or call 471-887-3545, ext. 303.

**Extended through the  
end of January!**



# We've Got Coats for Kids

**Need help getting a  
coat for your child?**

**The One Stop is the Coats for  
Kids distribution site this year!**

**From now until December 18th  
call **417-887-3545****

**or email**

**[onestop@ccoarks.org](mailto:onestop@ccoarks.org)  
for a coat appointment.**



Resource Spotlight: Springfield Public Schools

# Kindergarten Registration



**READY**

- Register at your child's school
- Use QR code to find your site's date/time and begin the online enrollment process

**SET**

- Complete a developmental screening
- Review screening results with a Parent Educator
- Attend KPrep or Storytime
- Enroll in Explore!

**GO...**

To Kindergarten!

School begins Monday, August 23, 2021



## CALLED TO CARE FOR KIDS CONFERENCE

### SAVE THE DATE

**Date:** March 6, 2021 **Time:** 8:00am-4:00pm

**2021 will be ONLINE!**

**Registration information coming soon!**  
**For additional information check out**  
[www.ccozarks.org](http://www.ccozarks.org)

Bringing together Sunday School Teachers, Child Care Providers, Foster Families, VBS Teams, Children's Ministers, and interested community members to support children and families.



**CALLED TO CARE  
FOR KIDS**

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



Connect With Us

The One  
Stop



**Council of Churches  
of the Ozarks**

CALL Today! 417-887-3545  
[onestop@CCOzarks.org](mailto:onestop@CCOzarks.org)