

St. Amant - River Road Child Care

March Newsletter

**March
2013**



**Next PAC
Meeting is
Wednesday
April 24,
2013**

**Happy
Birthday
To**

**Raina- 3
Braedon—3
Gabriel—3**

Centre Closure—

Friday, March 29, 2013—Good Friday
Monday, April 1, 2013—Easter Monday

Staff Absent Reminders-

March 4— Georgina
March 7, 8, 11, 12,13,14,15—Darlene
March 13—Donna
March 22, 28—Monica
March—28—Mike

Scholastic Book Clubs

Scholastic Book Orders for March
are due on Tuesday, March 12th.
Cheques payable to Scholastic Canada.
No cash or coin accepted.

Next Billing Period for Daycare Fees

March 17, - April 13, 2013
**is due on
Friday, March 15, 2013. Thank You!**

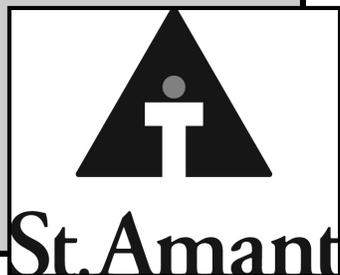
RRCC awarded \$2,500.00 from St.Vital Parent Coalition...

RRCC was awarded funds to complete 10 Take Home Physical Activity Bags that can be used independently or with a parent/caregiver. Parents will be able to sign out one bag much like our Lending Library Bags. Activity Bags will include rhythm, games, academic activities, plans, lessons and instructions. There will be at least 7 items in each bag.

Parent Advisory Committee Meeting:

Wednesday, April 24, 2013

Parent Advisory Committee Meeting held in
the daycare from 6:00—7:00 p.m.



St. Amant—River Road Child Care

Parent Resource Corner

PH: 258-7043

Please save plastic bags for diapering.

RRCC Staff Meeting—
Tuesday,
March 12

Waitlist site for community is now located at manitoba.ca/onlinechildcare-registry, Ph: 945-0776

Staff of St. Amant may contact the RRCC Daycare Office at 258-7043 to register their child.



Positive Discipline Part Two

Tired of yelling? Learn about positive discipline, and how what you say—and how you say it—can get the results you want. *By Paula Spencer*

Avoid Negativity

Congratulate good behavior. You don't have to praise your child for every little action. Balance, your directives and comments should be as much positive as corrective. Not all praise is alike, though; it's most helpful when it's specific and behavior-driven: "Thank you for reading to your sister while I was trying to finish the laundry. It made us both happy. You've really turned into a good reader." Unhelpful praise is generic: "You're so smart." "You're a good girl." The difference is that detailed praise gives a child useful, unambiguous feedback about her abilities.

Issue gentle reminders. When timed right, these help nudge a child toward good behavior. For example, as he's leaving the bathtub, say, "Please remember that wet towels go in the hamper, not on the floor." Reminders can help coach a child before you enter a dicey situation in which he's likely to act up. For instance, when heading into the store, tell him that you expect him to ride quietly in the cart and that he won't be able to run through the aisles.

Reminders also serve as intermediate steps before advancing to punishment. If your child brings crackers into the living room and a rule is that he can't eat there, give a gentle warning. Remind him of the consequences too: "Eat in the kitchen or you won't be able to have any snack at all."

Present choices. Allowing a child to pick between two alternatives ("Do you want to put on your socks first or your shirt?") creates a win-win situation instead of one you risk losing by saying "Get dressed right now or we can't go." Offering choices also helps them to think for herself and assume responsibility for her actions: "Using pot lids for cymbals is too noisy. You can either take them outside or make music with your xylophone instead."

It's How You Say It! By Paula Spencer

Cont'd

Don't ask, tell. You'll circumvent unnecessary battles if you avoid phrases that invite the answer "No." "It's time for bed" is usually more effective than "Are you ready for bed?" "We'll leave the park after you go down the slide two more times" is a better bet than "Should we go home now?"

Try when/then. Kids are motivated more by the prospect of a reward than by a threat. It doesn't have to be a material incentive; letting your child know what will happen next puts a positive spin on the matter at hand. "When you've put away your train, then I'll bring out the play dough." "When I'm finished planting these flowers, then I'll play basketball with you."

Count to ten. If he doesn't comply with a request, say, "I'm going to start counting, and I'd like you to do _____ by the time I get to ten or else _____ will happen." Many kids can't resist a beat-the-clock challenge. Bonus: It's an easy way for you to keep calm. Be sure to follow through with your stated consequence if he doesn't do what he's supposed to.

Invite input. Tell a preschooler or an older child, "We have a problem. How do you think we can solve it?" This shifts the dynamics from parent versus child to the two of you together versus the problem.

Say "please" and "thank you." Model politeness in your interactions: "Please hang up your coat." "Thank you for cleaning up the spilled milk."

Focus Your Message

Be specific. You understand perfectly what you mean by the following phrases: "Be good," "Be nice," "Get ready for dinner." Your child, however, is more apt to comply with your wishes if you provide more details. Compare "Get ready for dinner" with "Dinner's almost ready. Please turn off the TV and wash your hands."

Remember that brief is best. Particularly with toddlers and preschoolers, use just a sentence or two to express your thoughts: "Put your bowl in the sink." "No eating grass." Even with an older child, limiting your message to the essentials works best: "Get your coat on or you'll be late for school." "Please don't use that tone of voice. It's not polite."

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Stick to the core issue and a brief description of the consequences -- nothing more. Say "Here's the dog's dish. You forgot to feed him" rather than "You forgot to feed the dog."

Use "I" phrases, not "you" phrases. It's not the child who's unlikable or reprehensible, it's the behavior. Sentences that start with "I" subtly shift the emphasis of your displeasure from the child to the action. Compare "You slob! You forgot to put your dirty clothes in the hamper again" with "I don't like it when you leave your dirty clothes on the floor because they make it hard to walk through your room." Kids like to please their parents and are more willing to comply if it's to make you happy.

Don't overload. Make one request at a time. Young children forget or become confused when given too many directives. Wait for your child to wash her hands before you instruct her to set the table. When the table is set, then talk about sitting up straight or singing with a mouth full of food.

Make it catchy. You can sometimes create catchphrases that stick in a child's mind. Classic examples: "Stop, look, and listen" (before crossing the street) and "If you hit, you sit." One mother signals time-outs by saying "That's enough. Stop and drop."

Respond to noncompliance. When you let yourself be ignored, your child learns that this is an acceptable response and he's apt to try it again and again. If you've taken the trouble to make a request or issue a warning, you've also got to follow through and see that the task is completed or a penalty meted out.

Don't harangue. It's important for a child to understand what she did wrong; tell her in a simple, straightforward way at the time of the transgression. After she's made amends or behaved correctly or you've made your point, it's over. Avoid retelling the story of your child's "badness" to others. Give her a clean slate. When you let her start from scratch, you'll help nudge her toward positive behavior in the future.

Taken from the [Guide to Positive Discipline](#), July 31, 2011, by Paula Spencer.



RRCC Month of March Events Calendar

This Month in
March we will
be learning
about

Wild Weather
Rain, snow,
wind

The Colours:
Grey, Blue,
Yellow

The
Number 8

The letters U,
K, and S

Shape:
Semi- Circle

Dressing for
Wild weather

Monday	Tuesday	Wednesday	Thursday	Friday
4 What will I wear today? A snowy Day— dress me art	5 Wacky weather wreath Weather Poem “Here’s my new umbrella”	6 Semi Circle Pictures Cloud painting	7 Eye dropper blue & yel- low water Art	8 Show & Tell
11 K is for Kite..K is also for? Shamrock Poem	12 Blue Raindrop scissor skill— art Weather types	13 Sparkle Sham- rocks	14 8 little ducks– cir- cle/song Shamron=ck headbands	15 Show & Tell
18 “Looking for a lep- rechaun” U is for Umbrella. Marbleized Eggs	19 Semi circle - umbrellas Counting 8 Eggs	20 Blue Yellow sponge paint- ing Rain, Rain, go away—circle	21 Blue finger painting Egg Hunt— book	22 Show & Tell
25 “There was an old lady who swal- lowed a chick” Sleeping bunnies— drama	26 One elephant went out to play... Rabbit Poem	27 Yellow chick craft Bunny ears	28 Blue flower scissor skill- art Baby chicks and bunnies	Good Friday 