



community connection September 2011

Special point of interest: Please read an important message regarding swipe cards from Ohio State's Lock & Key department on page 5.

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CLOSURE DATES

**SEPTEMBER 5:
LABOR DAY**

The Ohio State University

Professional Development Day

The Child Care Program's summer Professional Development Day featured seven hours of training on *Conscious Discipline*, a multidisciplinary approach to address behavior. *Conscious Discipline* offers a neurodevelopmental model of the brain as a framework for understanding the internal brain-body states that are most likely to produce certain behaviors in children and ourselves.

Conscious Discipline empowers us to be conscious of brain-body states in ourselves and children. It then provides us with the practical skills we need to manage our own thoughts, feelings and actions. With this ability to self-regulate, we are then able to teach children to do the same. We can help children who are physically aggressive through the creation of safety. We can help children who are verbally aggressive by creating connections with others. We can then help children integrate the brain states so they can learn and use problem-solving skills.

Conscious Discipline defines discipline not as something you do to children, but something you develop with them. It teaches new skills to the adult first and the children second. It is specifically designed to provide adults with the conscious awareness and skills needed to create safe, connected and problem-solving environments for children.

Read more about *Conscious Discipline* in this newsletter and online at <http://consciousdiscipline.com>

PROFESSIONAL DEVELOPMENT DAY AUGUST 19, 2011



Teachers (Matt, Eric and Ben, left; Chelsea and Paula below) role play as the "brain" of a child.

This Brain State Model focuses on three basic brain states:

- Survival state
- Emotional state
- Executive state



Teachers Betsy and Jan perform "Dancing Hands", an interactive finger play designed to help strengthen adult-child relationships.

Thank you for partnering with us to allow for all our staff to reconnect and engage in professional development together.

Director's Corner By Maggie Summers



Maggie Summers
Program Director

I was first introduced to Dr. Becky Bailey and her ideas about child guidance in 1995 when I was given her first book, There's Gotta Be a Better Way: Discipline That Works, by a dear friend and colleague. Later that same year, I attended a seminar which featured an entire day with Becky. Not only had I instantly connected with the ideas in her book, I also instantly connected with her energy and passion for the subject.

Many years have passed and the book is dog-eared, the spine broken. The underlined passages and questions written in the margins still stop and make me think. I have used the book to coach teachers, to teach college courses, to help me think about adult relationships and, I hope, to improve my own parenting skills.

While I was doing that, Becky was continuing to dedicate her life to creating positive environments for children, families, schools and businesses. She turned her great ideas about child guidance into a comprehensive program called *Conscious Discipline*.

The most basic concept of *Conscious Discipline* is that effective discipline with children begins with conscious, mindful adults. It tells us that the biggest threat to a child's sense of safety is an out-of-control adult. Becoming conscious of our own hurtful patterns and the willingness to change those patterns is the greatest gift we can give children. In other words: discipline starts with us.

The Seven Powers for Conscious Adults empower us to self-regulate - manage our own thoughts, feelings and actions - building the cornerstone of a successful life. These Seven Powers create long-term, lasting success by guiding us to become conscious, present, attuned and responsive to the needs of ourselves and children.

Power of Perception – No one can make you angry without your permission. Goal: Take responsibility for our own upset and teach children to be responsible for theirs.

Power of Unity – We are all in this together. Goal: To perceive compassionately and offer compassion to ourselves and others.

Power of Attention – What we focus on, we get more of. When we are upset we are always focused on what we don't want. Goal: To create images of expected behavior in a child's brain.

Power of Free Will – The only person you can make change is yourself. Goal: Learning to connect and guide instead of force and coerce.

Power of Acceptance -- The moment is as it is. Goal: To learn to respond to what life offers instead of attempting to make the world go our way.

Power of Love – See the best in others. Goal: Seeing the best keeps us in the higher centers of our brain so we can consciously respond instead of unconsciously react to life events.

Power of Intention – Mistakes are opportunities to learn. Goal: To teach a new skill rather than punishing others for lacking skills we think they should possess by now.

"It is easy to see how powerful simple brain-based concepts can be. Our staff will continue to learn more about Conscious Discipline during this year and we will be sharing with our families as well. Look for more information as we work together to help children build successful lives."

Annual Family Income Update

Each year the Child Care Program gathers income information from each of our families in order to ensure that all families are being charged tuition at the appropriate rate on our sliding tuition scale.

This year, we will begin collecting information in November. Specific instructions and forms will be provided at that time.

It is important that information be returned to the business office in a timely manner as it takes some time to process the information and confirm any changes with each family. Please be expecting electronic messages and a packet of information in your family mailbox at the end of October.

We thank you in advance for your assistance with this important process.

2012 PROFESSIONAL DEVELOPMENT DATES

In addition to the official University closures, the Child Care Program will be closed on the following two days in 2012 for staff Professional Development:

Friday, March 16
Friday, August 17
(TENTATIVE:
this date will be confirmed as soon as Columbus Public Schools 2012/2013 calendar is made available)

I Love You Rituals

I LOVE YOU RITUALS

There are many days it is difficult to take a moment to create rituals between you and your child. Rituals provide a sense of belonging. At the childcare program, teachers are encouraged to use the book titled, I love You Rituals, by Becky Baily. It provides examples of rituals that can be implemented by family members and teachers to create moments of unconditional acceptance between child and caregiver.

An example of an "I Love You Ritual", currently being used in Buckeye Village 165, is about a woman who lived in a shoe. The teachers note that the children "just melt" when doing this ritual. This ritual allows for gentle touches and relaxation before naptime or bedtime for child and caregiver.

Begin the poem by having the child sit in your lap or lean against your body.

Wrap your arms around the child and hold on to one hand.

"A Wonderful Woman Who Lived in a Shoe"

A wonderful woman lived in a shoe
(Turn the child's hands so they are facing you, palms out, begin massaging child's hands)

She had so many children (Touch each finger on one hand)

She knew exactly what to do (Begin touching the fingers on the other hand)

She held them (Hold your child's fingers into a fist and put both your hands around the child's hand)

She rocked them (Holding the child's hand securely, rock it from side to side)

And tucked them in bed (Press the child's hand against his or her chest)
"I love you, I love you,"

Is what she said (Say these words lovingly to the child and give the child a hug)

Did You Know?

Conscious Discipline is the most comprehensive discipline program available. It is specifically designed to provide parents with the conscious awareness and skills needed to create safe, connected, problem-solving homes.

Easy to Love, Difficult to Discipline is the core Conscious Discipline publication for parents. Conscious Discipline is designed for parents who are facing the overwhelming challenges of raising children today. Conscious Discipline is unique from other ways of guidance because it:

- Defines discipline not as something you **do to children**, but something you **develop within them**.
- Teaches new skills to the adult first, and the children second, empowering you to become the mindful parent you want to be.

We can discipline differently than we were disciplined, break the cycle of "do as I say, not as I do," and learn to discipline without permissiveness, aggression or guilt.

Based on current research, Conscious Discipline can teach both parents and children how to:

- **Set goals and achieve them despite obstacles and distractions**
(instead of yelling, nagging, sending to time out or removal of privileges).
- **Create safe homes by managing our emotions instead of acting them out**

CONSCIOUS DISCIPLINE RESOURCES

WEBSITE:

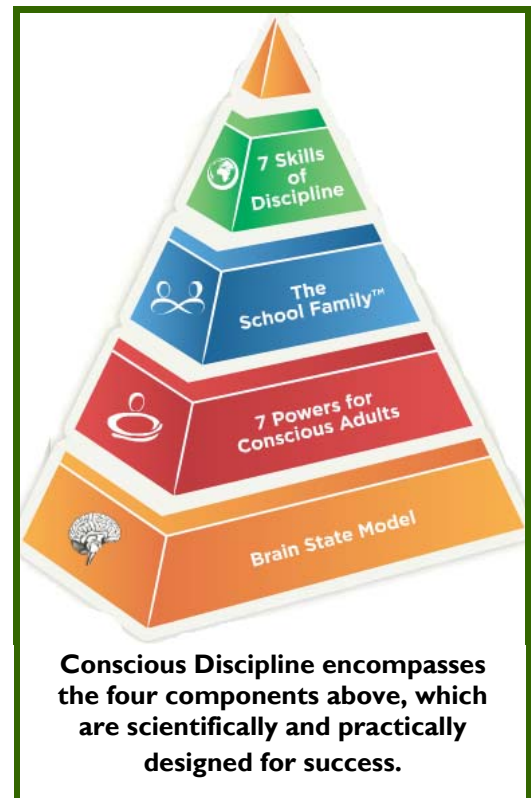
<http://consciousdiscipline.com>

BOOKS:

Easy to Love, Difficult to Discipline

I Love You Rituals

There's Got to Be a Better Way: Discipline That Works



(instead of adults losing tempers, children throwing tantrums, name-calling, hitting or destroying property).

- **Set personal boundaries to prevent bullying and encourage respectful interactions** *(instead of telling others how they should think, should feel or should act).*
- **Resolve conflict in a way that creates closer, more loving relationships** *(instead of pretending issues doesn't exist or having them tear us apart).*



2011 HOLIDAY & CLOSURES CALENDAR

September 5:

Labor Day

November 11:

Veteran's Day (observed)

November 24:

Thanksgiving Day

November 25:

Columbus Day (observed)

December 26:

Christmas Day

December 27:

President's Day
(observed)

2012

PROFESSIONAL DEVELOPMENT DATES

Friday, March 16

Friday, August 17

(TENTATIVE: this date will be confirmed as soon as Columbus Public Schools 2012/2013 calendar is made)

Customer Service Awards

Ben Reed and Chelsea Robinson: B2 parent Danielle Dunnington nominated Ben and Chelsea for going the extra mile to be sure her son, who attends part time, doesn't miss out on any of the fun and learning. "Any time they do an activity on a day that Tye is not attending, they will do the activity with him on a day that he is there. They give personalized care and I really appreciate them." Congratulations Ben and Chelsea!

Cynthia Bronson: Kathy McNutt and Gay Metz, Age-Level Specialists at the Ackerman Road facility, nominated Cynthia, a former program parent, for her five years of service as a parent volunteer for Market Day. "With Cindy's help unpacking, sorting and packing food orders, over \$5000 has been raised for the Child Care Program's

Professional Development Fund through the Market Day fundraiser."

Congratulations and thank you Cindy!



To recognize a member of our child care community for demonstrating outstanding customer service, please email Amy Brandon at abrandon@hr.osu.edu or complete a nomination form available in our program offices.

PROGRAM DIRECTORY

<http://hr.osu.edu/cc/home.htm>

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