

NEWSLETTER

Using Attention to Improve Behaviour

The secret to encouraging the behaviour you want from your child is to give your child lots of positive attention when they are behaving well. Tune into whatever your child is saying and doing, and use eye contact and open body language to let your child know that you're paying attention. Attention like this shows children that behaving in a way that you like will get positive interest, builds their confidence, and makes them open to exploring new ideas and interests (including your ideas of good behaviour).

Five steps:

Positive attention includes **praise, encouragement and physical affection.**

- 1. Follow your child's lead:** Let your child choose the game or activity whenever possible and whenever safe. Your child discovers how much you value her company. She gains confidence that her interests are important. She also learns that you're there if she needs you when she explores the world.
- 2. Take your time:** Slow down. This will help you recognize and enjoy all sorts of funny and lovely moments with your child. You show him that he's valued if you stop and take an interest in things that fascinate him.
- 3. Get close:** You can sit on the floor, kneel in the grass, or squat beside your child's chair. Face your child and move to her side rather than turning from across the room. Look into her eyes, uncross your arms, and smile. All of these things show your child that she's great company, that you're deeply interested in what she's doing and builds confidence and trust.
- 4. Watch your child:** If you take your cue from what your child says and does, you'll see new skills and areas of interest as they emerge. These new interests are great opportunities to build your child's confidence and help him explore the world.
- 5. Comment on what your child is doing:** Talk about what your child is doing. Describing what your child is doing shows that you're paying attention and are interested. There's no need to ask questions, although you can answer any questions your child has. This is your child's time. You build the relationship and her trust and confidence simply by giving attention and appreciating what she's doing.



Some tips for using attention

Bite-sized moments work: Tuning in even for a minute or two works if you do it often, rather than occasionally. Giving attention is easy even when you're busy.

You can do it anywhere: There are so many opportunities throughout the day to tune into what your child is doing and saying. Try at the supermarket, when you're eating, doing the dishes, walking to school, and in the car. Anywhere – whatever you're doing together.

Look out for the attention trap: If you pay more attention to difficult behaviour you might fall into the attention trap. Your child might find negative attention such as yelling or scolding powerful. It's immediate, intense and personal.

Look through your child's eyes: Trying to see the world through your child's eyes helps you to understand his feelings. This can also reduce misunderstandings about behaviour. You might see that what seems like misbehaviour to you is just part of how the world looks to your child!

Condensed from <http://raisingchildren.net.au/articles/attention.html>



CROW has an ongoing need for people to provide child care in their homes throughout Lanark County. To learn more and to apply: <http://crowlanark.com/.../procedure-for-home-child-care-prov.../>

HELPING CHILDREN COPE WITH FAILURE

As I was testing bread recipes in preparation for writing an article on cooking activities with children, I made several mistakes. First, I tried using a bread dough recipe with honey in it. The result was a sticky mess that I could hardly knead. Next, I tried rolling the dough into little balls. I soon discovered that it was hard to roll bread dough into balls. So I made bread-stick shapes instead. My mistake was to burn the bread sticks. I had forgotten to reduce the cooking time for the smaller sticks!

As I was sitting there, happy to have tried things out before writing this article, I suddenly had a disturbing thought. What exactly do we teach children by providing them with activities that never fail? Would all my hard work leave them with the impression that adults never fail? Or, that an activity has only one goal – to make a perfect product? Or, that we should always try to avoid mistakes?

With this thought, I realized that in my attempt to provide well-planned activities, I was actually keeping children from a valuable learning experience – making a mistake. Research has shown that the children who are good in math are also those who tend to make mistakes. These children are not stopped by failure. Rather, they continue to explore the problem and search for new solutions. Eventually they are successful.

One of our jobs as caregivers should be to help children distinguish between mistakes that are “ok” and those that are not. Acceptable mistakes are those that arise through experimentation and creativity, those that result from conditions beyond our control, or those arising from lack of knowledge.

Of course, children do have to learn to avoid mistakes under some conditions. When the outcome is very important, it is better to be careful. I wouldn't like to fly on an airplane whose pilot took a rather relaxed view of making mistakes during landings. And I definitely don't want my surgeon to make a mistake if he can help it! I also have little tolerance of individuals who routinely make mistakes out of laziness or carelessness. Sometimes, it is important not to make a mistake.

But most of the time mistakes are a fairly routine part of life. When children make mistakes we need to help them cope effectively. As children become more product-oriented around eight or nine years, they begin to develop the mental ability to evaluate their products against a standard. They may become very critical of their mistakes.

We can help children learn to have a more relaxed attitude about mistakes by:

- Laughing at ourselves when we make mistakes.
- Providing enough materials and supplies so children always feel they can start over if they make a mistake.
- Reacting calmly when mistakes do happen (e.g., “Oh well. It didn't turn out. Too bad. We'll try again some-time.”).
- Helping children learn from their mistakes by focusing on what they could do next time to avoid a problem.
- Encouraging children to turn their mistakes into successes (e.g., change the odd-looking bird picture into a very colourful free-form design).

It is a terrible burden to feel you can never make a mistake. The next time your activity flops just relax and laugh. Realize that you have just changed the goal of the activity from “developing cooking skills” to “helping children cope with failure.”

Take chances,
make mistakes,
get messy!

- Ms. Frizzle, *The Magic School Bus*

Adapted from an article from the National Network for Child Care
By Christine M. Todd, Ph.D. Child Development Specialist, Human Development and Family Studies, University of Illinois Cooperative Extension



Workshops

Workshop (Pre-Registration Necessary—Call 613-283-0095 x300)	Date	Time	Location
Infant Massage	Thurs. November 2	1:00-2:00pm	Perth: Taycare Sr. Centre
Toddler Music	Mon. November 6	10:00-11:00am	Lanark: Maple Grove School
Toddler Boogie	Mon. November 6	12:30-1:30pm	Carleton Place: Carambeck Community Centre
Fun with Science	Tues. November 7	6:00-7:30pm	Smiths Falls: 91 Cornelia St. West
Infant Massage	Mon. November 13	2:00-3:00pm	Almonte: Public Library
Fun with Science	Tues. November 14	6:00-7:30pm	Perth: Taycare Sr. Centre
You're Not the Boss of Me!	Mon. November 20 & 27	6:30-8:30pm	Smiths Falls: 91 Cornelia St. West

Staff Directory

Children's Resources on Wheels 613-283-0095

General/Reception
 Diane Bennett, Executive Assistant
 Joyce Buckley, Playgroup Facilitator
 Emily Cassell, Data Analysis Coordinator
 Sue Cavanagh, Executive Director
 Linda Cybulski, Playgroup Facilitator
 Peggy Lavigueur, Bookkeeper
 Reception
 Janice Kelly, Home Visitor Licensed Home Child Care
 Issie Mullen, Playgroup Facilitator
 Jane Paul, Parent Education Coordinator
 Andrea Snyder, Playgroup Facilitator
 Janet Wheeler, Resource
 Lori Wintle, Playgroup Facilitator

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Rememberance Day Ceremonies in Lanark County

Almonte: Meet at the Almonte Cenotaph. Ceremony begins at 2 pm

Beckwith: Meet at Beckwith Park. Ceremony begins at 10:30 am

Carleton Place: Meet at the Carleton Place Cenotaph. Ceremony begins at 11:00 am

Clayton: Meet at the Clayton Cenotaph. Ceremony begins at 11:00 am

Lanark: Meet at Council Chambers. Parade & Ceremony begins at 10:30 am

Pakenham: Meet at the front of Pakenham Public School. Ceremony begins at 11:00 am

Perth: Meet at the Perth Cenotaph. Ceremony begins at 10:45 am

Smiths Falls: Meet at the Smiths Falls Cenotaph. Ceremony begins at 11:00 am

~We Remember~





Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Nov 6, 13, 20, 27
Monday	Baby Talk Group at Almonte Library	2 - 3:00 pm	Linda	Nov 6, 13, 20, 27
Monday	Carleton Place - Carambeck Community Centre	9:30 am - 11:30am	Issie	Nov 6, 13, 20, 27
Monday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Joyce	Nov 6, 13, 20, 27
Monday	Intergenerational Playgroup Smiths Falls — Willowdale Retirement Home	9:30 - 11:00am	Andrea	November 13 (2nd Monday)
Monday	Intergenerational playgroup Almonte — Orchardview Retirement Living	9:30– 11:00am	Andrea	November 20 (3rd Monday)
Monday	Intergenerational playgroup Smiths Falls —Van Horne Retirement Home	9:30– 11:00am	Andrea	November 27 (4th Monday)
Monday	Baby Talk Group at OEYC - Smiths Falls	1 - 2:00 pm	Lori	Nov 6, 13, 20, 27
Monday	Smiths Falls - OEYC - Smiths Falls	9:00 - 12:00 noon	Lori	Nov 6, 13, 20, 27
Tuesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Nov 7, 14, 21, 28
Tuesday	Carleton Place - Arena, 75 Neelin Street	9:30 - 11:30 am	Issie	Nov 7, 14, 21, 28
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	Nov 7, 14, 21, 28
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Joyce	Nov 7, 14, 21, 28
Tuesday	Smiths Falls - OEYC	9:00 - 12:00 noon	Lori	Nov 7, 14, 21, 28
Wednesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Nov 1, 8, 15, 22, 29
Wednesday	Carleton Place - Carambeck Community Centre	9:30 - 11:30 am	Issie	Nov 1, 8, 15, 22, 29
Wednesday	Baby Talk Group at Carambeck Community Centre	12:30 - 1:30 pm	Issie	Nov 1, 8, 15, 22, 29
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	Nov 1, 8, 15, 22, 29
Wednesday	Perth - Perth & District Union Library	10:00 - 12:00 noon	Joyce	Nov 1, 8, 15, 22, 29
Wednesday	Baby Talk—Perth & District Union Library	1—2:00 pm	Joyce	Nov 22 (This month only)
Wednesday	Smiths Falls - Trinity United Church	9:00 - 12:00 noon	Lori	Nov 1, 8, 15, 22, 29
Thursday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Nov 2, 9, 16, 23, 30
Thursday	Carleton Place - Arena	9:30 - 11:30 am	Issie	Nov 2, 9, 16, 23, 30
Thursday	Lanark - Maple Grove School	9:30 -11:30 am	Andrea	Nov 2, 9, 16, 23, 30
Thursday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Joyce	Nov 2, 9, 16, 23, 30
Thursday	Baby Talk Group at Taycare Senior Centre - Perth	1 - 2:00 pm	Joyce	Nov 2, 9, 16, 23, 30
Thursday	Smiths Falls - Lower Reach Park	9:00 - 12:00 noon	Lori	Nov 2, 9, 16, 30
Friday	Smiths Falls - OEYC	9:00 - 12:00 noon	Parent Run	Nov 3, 10, 17, 24
Friday	Perth - Carolina Retirement Suites 12 Alma St.	10:00 - 11:00 am	Cindy	November 3
Friday	Perth - Lanark Lodge 115 Christie Lake Road	10:00 - 11:00 am	Cindy	November 10