

Discipline – A Latin word meaning to teach...

I'm feeling warm and fuzzy. At a busy parenting workshop I had three families especially eager to learn about positive parenting. Not so unusual really. The difference was that these were all new parents whose first child was still an infant. How exciting to see them keen on starting out in a positive way. Parenting workshops are for everyone: the new parent, the good enough parent and the struggling parent.

What are they here to learn? CROW teaches positive parenting - how to have a positive relationship with your children and still maintain authority when you need it. When we discipline, we teach skills, responsibility, empathy, morals and much more. When we teach discipline through positive parenting, we are modeling healthy ways

for our children to interact with others. Many, many times a loving connection with a child is more effective than any other action. Commenting on caring, helpful behaviours, helps them be repeated. When that's not enough, here are a few tips.



Acknowledge your child's feelings. Always start here. *You are disappointed.* Show empathy for how your child feels. *It must be hard to feel that way.* All feelings can be accepted, however behaviours need boundaries. We need to be able to choose what to do when we feel that way.

Give information. Help them figure out what to do. *Balls are for throwing, not blocks.*

Describe what you see. If your child is acting inappropriately. *You hit your brother.*

State clear expectations. Tell them what you want them to do. We often say "don't do this, don't do that", but forget to state what they need to do. *When you are angry, you can use your big voice and words to tell me that but we don't hit.*

Model how to do it. *Say I'm mad. I don't like that!*

Give a choice. Only offer a true choice. Don't offer something you are not willing to accept. Choices must also be age appropriate. *Do you want to wear your blue pj's or your red pj's?* Not... *Do you want to go to bed?*

As soon as... Say it in a calm, firm voice. *We can go play as soon as your clothes are put away.*

Connection before compliance. When you are asking for cooperation from a child, try and connect in a friendly positive manner first. *It looks like you are having a good time. Colouring is fun! Just letting you know, 5 minutes till it's time to go.*



Take time to have fun. Enjoy each other. Learning how to work together, share tasks, compromise and problem solve, happens when we play together. It also reduces stress!!

If you want to know more about positive parenting and discipline that really works, check out our parenting workshops at www.crowlanark.com.

By Jane Paul, Parent Education Coordinator, CROW

How Does Learning Happen Part 2

1. An Understanding of Children, Families and Educators *

The way we view others influences how we interact with them. *How Does Learning Happen?* Promotes a shared view of children families, and educators - and the relationships between them - that will help shape all aspects of your home childcare program.

Specifically:

- when you see **children** as competent, capable of complex thinking, curious, and rich in potential, you value and build on their strengths and abilities.
- when you see **families** as experts who know their children better than anyone else and have important information to share, you value and engage them in a meaningful way.
- when you see **yourself** as a competent caregiver and educator, and as someone rich in experience, you are responsive and nurturing. This view of yourself, along with what you learn through relationships with children, families, and others in the community, allows you to create engaging experiences and environments.

**in this guide and in How Does Learning Happen?, the term “educator” refers to all those who work with children and families in early years programs, including home childcare providers.*

Adopting these perspectives in your practice can help you work towards the goals for children and expectations for programs set out in *How Does Learning Happen?*

2. Foundations, Goals, and Expectations

How Does Learning Happen? Sets out goals for children and expectations for programs, organized around four foundations that are central to children's learning and growth. The goals for children provide a basis for thinking about and creating the kinds of environments and experiences that are meaningful for children. They are not

meant to measure children's development but rather to guide what you do on a daily basis.

3. Questions for Reflection

How Does Learning Happen? includes questions to help you reflect on what you do everyday.

What does this mean for me?

As a home childcare provider, you play an important role in the lives of children and families. What you do has a big impact, now and in the future. The meaningful connections you make with children and their families help you to create experiences in which everyone can grow together. *How Does Learning Happen?* doesn't mean doing more but looking at what you are already doing with a different focus. This different focus helps you be aware of what you're doing and why it matters. For example, as a home childcare provider, you have a unique opportunity to

support how learning happens by:

- being flexible in your daily routines and building on children's natural curiosity about the world around them
- thinking about your home environment and neighbourhood as rich in possibilities for children to learn through exploration, play and inquiry
- enabling children of varied ages to develop strong relationships, learn together, and care about one another
- connecting with your community by participating in its programs and accessing its resources

—adapted from *How Does Learning Happen?* pamphlet for Home Childcare Providers.

Foundations	Goals for Children	Expectations For Programs
Belonging	Every child has a sense of belonging when he or she is connected to others and contributes to their world.	Early childhood programs cultivate authentic, caring relationships and connections to create a sense of belonging among and between children, adults, and the world around them.
Well-Being	Every child is developing a sense of self, health, and well-being.	Early childhood programs nurture children's healthy development and support their growing sense of self.
Engagement	Every child is an active and engaged learner who explores the world with body, mind, and senses.	Early childhood programs provide environments and experiences to engage children in active, creative, and meaningful exploration, play, and inquiry.
Expression	Every child is a capable communicator who expresses himself or herself in many ways.	Early childhood programs foster communication and expression in all forms.



Workshops

Workshop—Pre-registration is necessary— call OEYC ext 300	Date	Time	Location
Good Discipline Good Kids (2 session workshop)	Tuesdays April 12 & 19	6:30 - 8:30 pm	Arklan School, Carleton Place
Music and Play	Tuesday April 12	10:00 - 11:00 am	Perth & District Union Library
Tips for Twos (2 session workshop)	Wednesdays April 13 & 20	6:30 - 8:30 pm	Stewart School, Perth
Art-Tastic for children 2.5—4 years	Wednesday, April 13	10:00 - 11:00 am	Maple Grove School, Lanark
Preschool Play and Learn (3 session workshop)	Mondays May 2, 9, 16	1:00 - 3:00 pm	Tay care Senior Centre, Perth
How To Talk So Kids Will Listen... (3 session workshop)	Tuesdays May 3, 10, 17	6:30 - 8:30 pm	Ontario Early Years Centre, Smiths Falls

Staff Directory

Children's Resources on Wheels 613-283-0095	EXT
Diane Bennett, Executive Assistant	313
Kathy Boelsma, Early Literacy Specialist.....	312
Emily Cassell, Data Analysis Coordinator.....	316
Sue Cavanagh, Executive Director.....	303
Linda Cybulski, Playgroup Facilitator.....	304
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Cindy Goodfellow, Playgroup Facilitator.....	307
Linda Lalonde, Reception/Office Manager.....	300
Janice LePage, Home Visitor Licensed Home Child Care.....	306
Issie Mullen, Playgroup Facilitator.....	311
Jane Paul, Parent Education Coordinator.....	305
Sherry Rodger, Accounting & Admin Support Licensed Home Child Care	301
Andrea Snyder, Playgroup Facilitator.....	318
Janet Wheeler, Resource.....	311
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This months featured program or service in Lanark County: **Big Brothers Big Sisters**

As Canada's leading child and youth mentoring charity, Big Brothers Big Sisters facilitates life-changing relationships that inspire and empower children and youth to reach their potential, both as individuals and citizens. Big Brothers Big Sisters of Lanark County is a not for profit volunteer organization which helps children develop to their unique potential through consistent, dependable and non-conditional adult friendship.

- We believe all children should be given the opportunity to reach their full potential. In providing these opportunities, the children will enhance their personal development as well as become engaged citizens in their community.
- We believe that by changing the course of young lives we can in turn be **changing the course of our community's future**. That it could lead to a reduction in poverty and unemployment; to safer schools and neighbourhoods; to a renewed optimism for growth.
- We believe that it has the potential to lead to change on a broader, more far-reaching scale.
- We believe that opening a child's eyes to "what is" opens his/her mind to "what could be."

(613) 283-0570 <http://www.bigbrothersbigsisterslanark.ca/>



Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte - Holy Name of Mary School	9:00 - 1:00 pm	Linda	April 4, 11, 18, 25
Monday	Carleton Place - Carambeck Community Centre	9:30 am - 11:30am	Issie	April 4, 11, 18, 25
Monday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	April 4, 11, 18, 25
Monday	Smiths Falls - Duncan J. Schoular School	9:30 - 11:30 am	Andrea	April 4, 18, 25
Monday	Intergenerational playgroup Smiths Falls— Willowdale Retirement Home	9:30 - 10:30 am	Andrea	April 11
Monday	Smiths Falls - OEYC Baby Talk (infant playgroup)	1 - 2:00 pm	Lori	April 4, 11, 18, 25
Tuesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	April 5, 12, 19, 26
Tuesday	Carleton Place - Arena, 75 Neelin Street	9:30 - 11:30 am	Issie	April 5, 12, 19, 26
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	April 5, 12, 19, 26
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	April 5, 12, 19, 26
Tuesday	Smiths Falls - OEYC	9:00 - 12:00 noon	Lori	April 5, 12, 19, 26
Tuesday	Almonte - Holy Name of Mary School	6:00 pm – 7:30 pm	Linda	April 5, 12, 19, 26
Wednesday	Almonte - Holy Name of Mary School	9:00 am –1:00pm	Linda	April 6, 13, 20, 27
Wednesday	Carleton Place - Carambeck Community Centre	9:30 - 11:30 am	Issie	April 6, 13, 20, 27
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	April 6, 13, 20, 27
Wednesday	Perth - Perth & District Union Library	10:00 - 12:00 noon	Cindy	April 6, 13, 20, 27
Wednesday	Smiths Falls - Trinity United Church	9:00 - 12:00 noon	Lori	April 6, 13, 20, 27
Thursday	Almonte - Naismith School	9:00 am –1:00pm	Linda	April 7, 14, 21, 28
Thursday	Carleton Place - Arena	9:30 - 11:30 am	Issie	April 7, 14, 21, 28
Thursday	Lanark - Maple Grove School	9:30 -11:30 am	Andrea	April 7, 14, 21, 28
Thursday	Perth - The Dance Studio	9:30 - 12:00 noon	Cindy	April 7, 14, 21, 28
Thursday	Perth -The Dance Studio Baby Talk (infant playgroup)	1 - 2:00 pm	Cindy	April 7, 14, 21, 28
Thursday	Smiths Falls - Lower Reach Park	9:00 - 12:00 noon	Lori	April 7, 14, 21, 28
Friday	Smiths Falls - OEYC	9:00 - 12:00 noon	Parent Run	April 8, 15, 22, 29
Friday	Intergenerational Playgroup — Perth at Carolina Retirement Suites	10:00 - 11:00 am	Cindy	April 15, 29