



Goldstream Preschool News

June 2010

Hello Families,

When I started the year off as president I was feeling pretty overwhelmed however thanks to my strong executive team my job was not as intimidating as one might think. It was a team effort and I feel we worked well together, made some positive changes and accomplished many great things. Thank you to everyone on the executive for all of your time and effort you put into the preschool. I really appreciate everyone's dedication to the school.



Sadly I must say goodbye for a year. My son is excited to be starting Kindergarten although he is already talking about missing all of his friends from preschool. I assured him that we would keep in touch and continue to have play dates with all of his friends.

Thank you to all of the preschool families for making this a wonderful year!

Have a safe and happy summer.

Regards,

Carla Bodman

Past President 2009/2010



Dates to Remember

Last Day of Preschool – Thursday, June 17th

Year End Clean-Up – Thursday, June 17th 6:30 – 8:30

Year End Party – Saturday June 19th 10:30-1:30



Thoughts on 'On a different level' a short column written by Ryann Mcquarrie-Salik published in Island Parent, December 2008.

The column entitled "on a different level" was an insightful journey into the working thoughts process of children as they deal with difficult questions and how our responses tend to add dimension to their understanding. Her general point seems to be that we as teachers and role models need to listen to the questions carefully and to consider our responses honestly before offering a reply as the child has a unique way of understanding what we try to tell them. The point she uses is that children see the world as if it revolves around them leading them to believe that they control the outcomes of most things that occur, so in dealing with their inquisitiveness we must be honest and thoughtful and always try to separate the person from the answer. She used an example of her grandfather passing away and as she sees crows or ravens she always responds to them as if her grandfather were in it's body. In doing so her son had inadvertently begun to do the same thing and it seems as though he was allowing life to continue after death. This seems to be a healthy relationship response to a difficult situation. Though this response is interesting and in its own way a good way for the child to react to the inevitable, it may not be the response that all parents would want to be the outcome and in their own way the parent must be an active part of the Child's understanding and try to help the child relate in a positive manner.

In a way I found that the column had a good message about the incredible ability for children to understand and deal with very sensitive subjects and that as a parent we need to be willing to give as much time and attention to even the most simple sounding questions as they may ultimately lead to larger questions and deeper understandings in the future. The column tries to open the gate to the most obvious fact that even though a child may ask a flurry of questions on any given day it is our ability to listen and try to understand what our responses truly mean that can make a child fear or respect such larger questions as life, death, and the meaning of it all. The author had some suggestions about other publications that may aid in the teaching of sensitive subject matter to sensitive minds and without reading them I can only hope that they are as thoughtful as her offering here.

I feel that in reading this column I was given an honest vision of the interaction between parent and child and the incredible effect our words have on their growing minds. It must be understood that even the best of us may get mentally pre-occupied with the millions of outside influences that seem to bombard us daily it is hoped that we as teachers and role models at least understand the importance of our words and deeds as we may be laying the groundwork for much larger questions and much more profound statements to come. In the silence of our living room on a quiet night any one of us may look up as our child stands in the hallway asking to no-one in particular "where do babies come from?" The point is to know when to hold the child close and take the time to explain the mechanics and the relationships that are involved and not to shrug and just pawn off the old Stork and chimney fodder. It is a responsibility and an honor to kneel down at least once a day and look at the world from their eyes.
(Written by Marshall & Tiffany Taylor)

Parenting with Dignity – Mac Bledsoe.

I chose to write about a book that I fell in love with when my first born was two years old. I keep this book in my bedside table and pull it out when I feel discouraged as a parent, we all have our days! The book is “Parenting with Dignity” by Mac Bledsoe. Mac Bledsoe, President and founder of Parenting with Dignity, is a parent, school teacher, coach and author. The premise of his Parenting with Dignity philosophy is...

“Our children will make all of the most important decisions in their lives – on their own. As parents, the only thing we can do is teach them how to make good decisions.”

Parenting with Dignity shares with parents how to instill a sense of pride in their children’s behavior and to be accountable for their actions. It shows you the surest way to build self-esteem is by letting your children know they are loved. There are great ideas for showing your children how to set goals and realize their dreams. It can seem like many of the chapters are directed towards older children but I feel that learning these things now will better prepare us for what there is to come. Start now and see where it takes them! So many of his stories are helping me now with my eight year old and I am finding ways to make them work with my four year old. I am constantly trying to omit the word “BUT” from my vocabulary! It’s the magic erase word... kids will forget anything you say before “BUT” and only hear what you say afterwards. How often do we say “I love you but you make me really upset when you do that!” All our kids hear is “You really make me upset when you do that!” I am forever trying to find different ways to word our post discipline talks.

Mac’s book is filled with great information and great stories. My favorite story that I re-tell time and again is one of Mac’s teaching stories. In one of his classes he started out the school year by handing out a list to each student. This list outlined the things and behaviors that would not be acceptable in his class. After a short time, he realized that what he really did was hand out a rule book of things that ticked him off! This story is a great example to us all that what we really need to start doing with our kids is telling them what we want from them, not telling them what we don’t want. We need to spend more time preparing our kids to make good choices. We need to set them up to succeed. I think it is so important to spend the time now talking to our children and preparing them for real life scenarios. If we talk about it now, they will have the tools they need to handle situations when they arise, and with confidence. Like Mac says, our children will make all the most important decisions of their lives on their own. All we can do as parents is spend the time now teaching our kids how to make good decisions. Each day that my husband or myself walk our son to school we say “Make good choices, I love you!” and then we watch him walk onto the school grounds where he is left to make all his choices... on his own.

Here’s to making good choices!

(Written by Alyssa MacKrous)

A Review of Supernanny, and My Life

By Suzanne Goudge

If you would have told me a few years ago that I would someday be following the parenting advice of a British Nanny from a reality TV show without any children, I probably would have laughed out loud. However, I believe that the philosophies that Jo Frost outlines in her book, *Supernanny – How to Get the Best from Your Children*, are some of the most important, common-sense parenting 101's that are often overlooked and forgotten in a hectically scheduled modern family. Frost lays out her top 10 rules for caring for children, then runs through some of the most common trouble areas of dealing with young children (toilet-training, eating, bedtime etc), explaining how her rules can apply to each situation.

Frost's rule number one is PRAISE AND REWARDS. Having worked as a Behavioral Therapist with kids with Autism, I know the value of Positive Reinforcement. We practically built our whole program around it. Its premise is simple (stick with me here); elicit a desired behavior and then reward that behavior with a positive reinforcer, which should increase the likelihood of that particular behavior occurring again in a similar situation. Frost is not quite so scientific, but continually relays the importance of praise and rewards, not only to change behavior, but also to increase the child's feelings of self-worth. "The best rewards are attention, praise and love." (p. 14).

Frost's rule number two is CONSISTENCY. "A rule is a rule is a rule." (p.14). Frost argues that sticking to the rules, consequences and routines in day to day life not only lets a child know what to expect, but also what is expected of him. Some slips from the norm are allowed and of course unavoidable, Frost says, but they must be reinstated or the child will get confused, push boundaries, and the like. I know around our house if I'm having a week where I'm too busy, tired or just plain lazy to enforce the "please" and "thank you's" from my children, the ever so polite "May I have some water please?" may quickly depreciate into a low tone grunt with a glass shoved into my side. Keep on it. Stay strong. I get it.

Another theme throughout Frost's book is the power of being involved in your child's life. This may sound like a no brainer, but she really encourages taking time to play and interact with your children. Not while your cleaning the house, talking on the phone or checking emails, she means focusing all your attention is on your child calling it "Quality Time". Taking note, I realized how days can slip away without this happening, even more so as my kids get older and they are able to amuse themselves. It's nice to be reminded that they still need our attention, and really, we need theirs.

So a few months ago, I took up Lego spaceship building, not just sitting watching my son, actually building stuff with him (yes George Lucas has nothing on us in terms of spacecraft design!). I really enjoy it, I know it means a lot to my son and I think our relationship has only strengthened.

Though Frost is the first to admit she has no formal training in her field, just loads of experience (and probably a few helping hands backstage!), it's ironic how much of her techniques and strategies follow the same basic scientific principles of what I practiced through behavioural intervention. What's even more amazing to me is how much of my training and knowledge flew out the window when I had kids of my own! But really, it's not rocket science. In fact, I'm sure most of us practice a lot of the techniques outlined in Frost's book every single day. So why read it you may ask? Because it's a book that encourages parents to improve their relationships with their children through easy, familiar steps that are spelled out in a no frills, no nonsense way. Despite her reputation for her "naughty step technique", Frost also encourages love, respect, patience, reason and simply states "Enjoy your children" (p.13). Something every parent should read... every once in a while.

Supernanny is available in the Goldstream Preschool Parent Ed Library.

Praising Children to Much

I have recently read an article on the disadvantages of praising your child to much.

I read the article in hopes I would understand that they could give a good valid reason to say that.

After reading the article I still could not agree. I believe you can never praise a growing child to much. The article states your child will seek and expect praise, over small tasks or constantly.

In my beliefs how can that be a bad thing? Don't we all strive and yearn for praise? Does it not encourage and boost that child's self esteem?

I believe that through praise and love you will develop your child into a confident happy strong adult.

(Written by Serena Stones)



Goldstream Preschool News

Fifth Avenue Collection
BEAUTIFUL JEWELLERY

**"These gems have life in them:
their colors speak, say what words fail of."
~George Eliot**

If you are interested in fun, beautiful accessories
for men, women, or children - check out my website!

I am also looking to have a Fifth Avenue party
to raise some funds for the preschool!
If there is someone interested in hosting,
please let me know.

I will donate 50% of my profits from the sales
back to the preschool.

Call me or email me if you are interested
in hosting this event

250-733-0715
sean_ange_ohara@yahoo.ca
www.fifthavenuecollection.com/aohara

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and get 10% off.