Seven Tips for Practicing Positive Discipline

Understand the meaning behind the behavior. Naomi Aldort, the author of "Raising Our Children, Raising Ourselves," says that children want to behave well; if they seem to miss the mark, it's not without a valid reason. "The most important [thing] is to realize that whatever a child does, we may label as bad, [but really] the child is doing the best he can. It's our job as parents to find out why [he is] doing it," says Aldort. "Once we know the valid root of the behavior, we can easily remove the cause or heal the emotions, and the child won't be driven to behave in that way anymore."

So ask yourself: is your child hitting her sibling in a desperate bid for your attention? Maybe you stayed on the phone too long or ignored her as you rushed to get dinner on the table. If so, what correction can you make to your own behavior that will satisfy your child's need? "A lot of what we expect of children is unreasonable," says Aldort.

Focus on controlling yourself—not your child. It's hard to keep cool in the heat of the moment, but Dr. Katharine C. Kersey, the author of "The 101s: A Guide to Positive Discipline," says that parents need to model the types of behavior they want their children to emulate. Remember, yelling begets yelling, hitting begets hitting. "We should not do anything in front of [our children] that we don't want them to do," she advises. In the case of an extreme behavioral flare-up, this may mean counting to 10, taking a deep breath or simply walking away until you've had time to collect yourself. Jim Fay, the founder of the organization Love and Logic, agrees. "Anger (Continued on page 2)
and frustration feed misbehavior," he says. Fay offers an unusual tactic for keeping your voice in check: instead of yelling that your child is doing something wrong, try singing it. Fay teaches parents what he calls the "Uh Oh" song. If a child throws a toy after he's been asked to stop, you might sing, "Uh Oh, that's sad you threw your truck again. I think it's time the truck went away."

**Be consistent with your expectations.** Aldort says that parents often overlook a certain behavior in the hope that it will pass. "But guess what?" she says. "It doesn't pass." If your child bites another child, for instance, you should hold her arm and tell her that the behavior is not acceptable. If she continues, then it is time to remove her from the situation.

Sometimes a child might try to test the limits by arguing with the rules. When this happens, Fay suggests neutralizing negotiations by repeating one simple mantra as often as necessary: "I love you too much to argue."

**Give attention to the behavior you like—not the behavior you don't.** Children often act up because they want your attention, so sometimes it pays to ignore those actions you don't want to see more of. Kersey calls this the "Rain on the grass, not on the weeds" principle. Tantrums and whining? Play deaf or walk away, and your child will quickly learn that there's a better way to communicate.

**Redirect, redirect, redirect.** Kids who hear "No" or "Don't" all the time tend to tune those directives out. So instead of telling your child what not to do, Kersey recommends instead offering a positive behavior to replace the misbehavior. For instance, a child acting up at the grocery store could be enlisted to help pick out oranges or rearrange the items in a grocery cart, or a kid running around a swimming pool might be challenged to walk "as if on marshmallows."

**Exploit the "energy drain."** Any parent who's been in the trenches knows how tiring it is when a child acts up—but did you know that that fatigue can be used to your advantage? Fay calls this the "energy drain" principle. For instance, you might defuse a sibling confrontation by saying, "Wow, you need to take that fight with your brother somewhere else, because listening to that could cause me a big energy drain, and I don't think I'll have the energy to take you to the park after dinner."

**Don't bribe.** It may be tempting to offer your child a cookie for behaving well during an outing, but Fay warns against it. Offering a child a reward sends the wrong message; what kids hear is "'You don't want to be very good and you have to be paid off,'" says Fay.

Instead, Fay says, "the best reward for a kid is time with the parents." Kersey agrees that quality time is key to a happy, well-behaved child. She recommends that each parent spend at least 15 minutes one-on-one connecting with a child every day. "Do something your child wants to do [during that time]," says Kersey. "Whisper in their ear how wonderful they are, how much you love them. … It's the best investment you can make in your child."

(article from http://www.pbs.org/parents/talkingwithkids/positive_discipline_tips.html)
Milford Kindergarten Registration to Open on March 15th

Online Registration Streamlines Process
MILFORD – Kindergarten Registration will open on March 15, 2017 for children entering the Milford Public Schools in the fall. Children who are 5 years old on or before December 31, 2017 are welcome to enroll in kindergarten for the 2017-18 school year. The registration process requires the completion of a registration packet and reserving a final registration appointment that occurs at the school. Both of these functions are completed exclusively online.

Parents are directed to access the registration link that will appear on the district’s website home page (www.milforded.org) and then enter the required information to begin the process. It is important for parents to read the instructions first before they begin their online registration. It will take approximately 30 minutes to complete the online registration materials. Upon completion of the registration packet, the parent is then automatically directed to an online scheduling system where they will reserve their registration appointment for the school visit. At the school registration appointment, parents will meet with staff to complete the validation process while their children visit with a selection of teachers, school nurses, and other professionals. These short visits with your child will give school officials the chance to meet their ‘newest’ students while ensuring any services that might be needed are in place when the school year begins. Parents can expect the appointment to last approximately 20 minutes.

Documentation You Will Need to Register Your Child
In order to formally register your child, you will need the following documentation. It is suggested parents also have this information handy when they begin the online registration process. The actual documents must be presented to school staff at the time of the school visit.

- A certified copy of your child's birth certificate (with raised seal)
- For Homeowners: mortgage or deed or tax bill for the residence
- For Renters: lease or rental agreement signed by the landlord and including the landlord's contact phone number
- (2) Recent Utility bills in the same name to the same address (landline phone, water, electric, gas, oil or cable tv)
- A copy of the student’s latest physical exam and immunization record

Families who do not have access to a computer are welcome to use the computers at the Milford Public Library. Additional questions may be directed to the school.
On February 27th, Missy Whiting and LeeAnn Winder Pastore Dental Hygienist from Big Smiles in Milford came for a visit to share tips for oral care.

Later that week Elaine Colangelo and Jessica Kalakay brought Bugsy in to demonstrate good oral hygiene.

Thank you all for sharing this timely information.

March 18th is the new date for the Milford Saint Patrick’s Day Parade scheduled to begin at 1PM.

Milford Public Library Activities

IRISH DANCE FAMILY PROGRAM Saturday March 18 at 2pm Ever wonder where Riverdance came from and why Irish dancers don’t move their arms? Well, the teachers at the Brennan-Lucey Irish Dance Academy are here to tell all. See the dresses, learn the history and even try a step for yourself! Come join in the fun with the dancers from Riverdance!

MUSIC TOGETHER Tuesday March 28 at 6:15pm Experience the joy of family music with a free demonstration of the Music Together program. This is an opportunity for caregivers and children ages 0-5 to share music, instruments and movement together. Children of all abilities are welcome. Space is limited. Registration required.
On March 2nd, our room was filled with a variety of classes from Kindergarten through 5th grade in celebration of Read Across Mathewson!

Special appearance by

[Insert Dr. Seuss and Thing 1 and Thing 2 pictures]

[Website: www.nea.org/readacross]
The big kids keeping in touch with their inner child

Twincess power
City of Milford School Readiness Grant – Preschool Slots

The Office of Early Childhood, the City of Milford, Milford Public Schools and the School Readiness Council has school readiness slots that will be administered by the Office of Early Childhood School Readiness Program. Therefore, programs in Milford and surrounding communities who are eligible may apply to the Milford School Readiness Council. Criteria includes: Accreditation—All programs must be accredited by the National Association for the Education of Young Children or become accredited within 3 years of the month this site began serving children. Teacher Education Requirement—Any program accepting state funds from the School Readiness Grant must have lead teaching staff who hold a bachelors degree with an early childhood concentration. License—Each program site must hold a current license from the Department of Public Health. Programs requesting consideration by the Milford School Readiness Council are encouraged to contact Peggy Kelly at 203-783-3627 or pkelly@milforded.org no later than March 31, 2017.

City of Milford School Readiness Grant – Quality Enhancement Program

The Quality Enhancement Program Local Request for Proposal is available for the July 1, 2017 - June 30, 2018 fiscal year. The purpose of the Quality Enhancement Grant is to provide funding for programs that focus on education and early care that address quality standards and or expand comprehensive services for children and families.

The Milford School Readiness Council requests proposals from qualified individuals or agencies to implement training on the use of the Connecticut Early Learning and Development Standards (CT ELDS).

Qualified individuals must have expertise with the CT ELDS, as well as demonstrating previous training engagements in the CT ELDS. Interested applicants are encouraged to call the School Readiness Liaison, Peggy Kelly at 203-783-3627 or pkelly@milforded.org by March 31, 2017. Local Requests for Proposals must be submitted electronically and are due on March 31, 2017. The Milford School Readiness Council retains the right to reject any or all bids.
Kids Count of Milford invites you to attend the Annual Legislative Breakfast

Milford Yacht Club
Wednesday, March 29, 2017
8:00am to 10:00am

Special Guests: Mrs. Kathleen Munroe and her Third Grade Students
Mathewson Elementary School

Champion of Young Children Award
In memory of
Susan Henchman Pavelko

Milford Salvation Army Service Unit
Acknowledgement of High School Students

Milford Legislators
Senator Gayle Slossberg
Representative Kim Rose
Representative Pamela Staneski
Representative Charles Ferrara

Sponsored by:
Kids Count of Milford, United Way of Milford, and the William Casper Graustein Memorial Fund

RSVP to Peggy Kelly: 203-783-3627 or pkelly@milforded.org by March 15, 2017
$15.00 Per person. Please make checks payable to Kids Count of Milford
Mail to: Kids Count of Milford
167 Cherry Street, Milford, Connecticut 06460
Payment accepted at the door.
SAVE THE DATE: Pancakes for Parkinson’s
April 11, 2017
Chip’s Family Restaurant
321 Boston Post Road, Orange

Hosted by Team Fox and Jody Culmone to benefit the Michael J. Fox Foundation for Parkinson’s Research
Tickets: $12.00 Seatings: 4:30, 5:30, 6:30, 7:30
Dinner includes: 2 buttermilk pancakes—2 eggs
bacon or sausage, coffee or tea
To purchase or reserve tickets, email jvculmone@optonline.net
The Junior Women's Club of Milford

Presents

“Touch A Truck”

June 4
11AM - 3PM
Eisenhower Park
$5.00 per person
Under 2 free

RAIN OR SHINE