

HCI Parent Training

Topics: Stress and Positive Discipline



April 17, 2018 -10:00 A.M.
Toddlers University

April 20, 2018 -1:00 P.M.
Kid's Kingdom

April 27, 2018 -8:30 A.M.
Clara's Little Lambs



7 Tips and Tools for Positive Discipline

- ◇ Try to Understand Your Child's Behavior.
~All behavior has meaning.
- ◇ Support your child's feelings.
~All people, including children, want to be heard.
- ◇ Be clear about what you expect. Encourage the behavior you want.
~Behavior is learned. We need to teach children the behavior we want to see.
- ◇ Tell Your Child What He/She Can Do "you can"
~Avoid or Reduce saying, "No", "Don't", "Stop"
- ◇ Give choices.
~Do you want the blue shirt or the red one?
- ◇ Spend time playing, reading, singing, telling stories.
- ◇ Pay attention to your own thoughts and feelings.
~Ask yourself, "How do I feel right now?"
~Take 3 deep breaths before responding.

Every Day Strategies to Reduce Stress

- **Eat Well.**
- **Drink Plenty of Water .**
- **Sleep Well .**
- **Exercise.**
- **Create time each day to relax.**
- **Play with your children.**

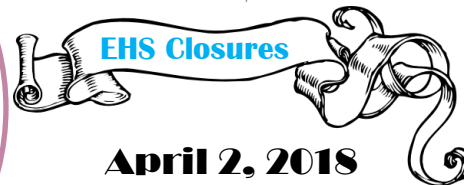
Riddle:



What goes up when rain comes down?

Together-Time Activities

The outdoors! Children should go outdoors every day for exercise, fresh air, and fun. You and your children will have greater freedom outdoors to jump, hop, swing, look, and listen. Let your children make noise! Remind them about any rules you have for playing outside. Talk about all the things you and your children see in the sky, near the house or apartment.



April 2, 2018

Professional Development Day

April 25, 2018

Early Dismissal

Professional Development Day



Child Care Partnership

Fulltime Teaching Opportunities



Minimum Requirements:

Infant/Toddler CDA OR

Associates/Bachelors/Masters

Degree in Early Childhood.

Please inquire at your child's Daycare Center



April



LSUHSC Early Head Start Child Care Partnership

WELLNESS WEDNESDAY



The health benefits of drinking tea

Are you a coffee lover?

- ◇ You might want to switch to tea — your body will thank you. We chatted with Dr. Karen Latimer about the reasons to drink more tea, and as opposed to your cup of joe, it offers a lot of variety, is gentler on your system, and has a host of health benefits.
- ◇ It has less caffeine than coffee, contains cancer-fighting antioxidants, offers cardio benefits, protects your bones, and more.
- ◇ Herbal teas like chamomile and lavender helps with insomnia because they reduce your stress levels, ginger and peppermint are great for digestive health, echinacea boost immunity, and lemon balm decreases anxiety.
- ◇ Think of it this way: Herbal teas offer immediate relief for ailments, and traditional teas offer more long-term benefits.



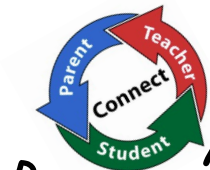
Riddle Answer:

An Umbrella (LOL)

Re-Enrollment Dates
@ LSUHSC

Saturday, May 19, 2018 @ 10:00 AM
Tuesday, May 22, 2018 @ 5:00 PM

Mark Your Calendar



May 2018
Parent Teacher Conference

