



# North Toronto Early Years Learning Centre

An Adlerian "4C Model" School

## March 2010

### Dear Parents,

I hope you all enjoyed Family Day - my family had a day of snow tubing! It's one of our favourite winter activities. I also took up skating over the winter. It was a promise to Alex that if he learned to skate then so would I. Not an easy feat as an adult! I have to say especially when you have little ones whizzing past your feet when you're trying to skate!

Photo day went very smoothly, the children did wonderfully. Some I noticed were very apprehensive when they saw the big bright lights and camera the photographer used - it can be a little intimidating and scary for some. With a little help and encouragement from the photographer (Eli) and their teachers the children filled with courage and by the end of their photo shoot there was a big beaming smiles!

In January and February we had a couple of workshops for you. Meri Soltis had her *Early Years Writing* workshop at the end of January, which was the follow up presentation to the *Early Years Reading* workshop we had in November. The writing workshop was filled with lots of excellent information, techniques and activities you can do to encourage and have fun with your budding writer. We hope you left with some great ideas.

February 4<sup>th</sup> we had an evening with parenting expert, Alyson Schäfer. She talked about her newest book, *Honey I Wrecked the Kids*. Alyson also opened the floor for the remainder of evening to a Question and Answer period. We hope you had all your questions answered, but if you didn't please do not hesitate to talk to one of your

child's teachers or you can always go to Alyson's website [www.alyson.ca](http://www.alyson.ca).

The proceeds of ticket sales and Alyson generous donation of her fee went to two excellent causes, *YWCA of Toronto* and *World Vision's* efforts to provide soccer balls for children in need worldwide. We are very happy to announce from the ticket sales we raised over \$1250 for these worthy causes. Thank you to all who attended!

**Until next time,  
Catriona Smith  
Program Director**

### A little inspiration from Jodi...

#### Making It Happen

By now you all know **4 Crucial C's** kids need to **feel** in order to succeed in life - *connect, capable, count* and *courage*. Last time I wrote about the **essential skills** kids need to **possess** in order to succeed in life - *communication, self-discipline, responsibility* and *good judgment*. If you're asking yourself, with everything else in life, *how can I fit in the time to nurture the 4 Crucial C's and fit in the training for the essential skills?* you first should ask yourself, how are you doing so far?

Answer these questions about your current parenting techniques:

1. *Do my parenting techniques stop the misbehaviour?*
2. *Do my parenting techniques help develop the qualities I value in my child?*
3. *What opinions is my child forming about him/herself and others?*

4. *Does my child contribute to society (family, classroom, friendships) or do they act as though the world should serve them?*

If you're not happy with the answers to these questions here are some tips on *making it happen*.

By creating opportunities for experience and skills learning as we do at NTEYLC, you can put into effect **direct and indirect parenting techniques**, in as little as 30-60 minutes a week that will move your children towards the development of the 4C's and the essential skills.

**Direct** techniques allow you to observe your child's perceptions about themselves, the world and their place in the world. One such approach is the *Adlerian Family Meeting* where children learn by experience and observation all the essential skills. Family meetings reinforce *connection*. Using compliments, appreciations, problem-solving and decision-making all point out that everyone, child included, is *capable*. Children see they *count* when they experience that they make a difference by positive contributions. Discussions are focused around problem-solving rather than who's to blame (and can be reviewed and amended at subsequent meetings) so children develop *courage*. Think of it like circle/carpet time at school.

**Indirect** techniques are techniques we use daily in our interactions with each other such as how we talk to others, how we resolve conflict, how we problem solve and how handle and go about life in general. Two such indirect techniques are **encouragement** (develops self-esteem, self-reliance, courage, and feelings of competency) and **logical consequences** (demonstrates positive social order,

teaches cause and effect, fosters self-evaluation, good judgment and responsibility).

*Encouragement* places value on the *try* or the *effort* children make rather than on the final product. Value judgments are eliminated and focus is put on fostering internal motivation for positive behaviour and to not give up. This type of encouragement can be applied to a fight between siblings - "It's hard to share with your brother isn't it? But I know if you keep trying and use your words you'll get it figured out. We'll put the truck away today and try again tomorrow." - or homework - "Wow, you're getting really good at letters, you know so many! You must be proud! I'll bet you'll know them all in no time."

*Logical consequences* teach the child they have choice over their circumstances and experience BUT they MUST meet the criteria of the 3 R's:

1. **Revealed in advance** (so they have a chance to choose their behaviour)
2. **Respectful** of the child (so neither of you hold a grudge or get hurt feelings)
3. **Related** to the incident/behaviour (so it makes sense and is can be understood)

the 3<sup>rd</sup> R – related - tends to be the least understood, so lets go back to the previous example of a fight between siblings - "It's hard to share with your brother isn't it? But I know if you keep trying and use your words you'll get it figured out. We'll put the truck away today and try again tomorrow." – The truck is the physical object of the problem, the truck goes away. Losing TV privileges would make no sense in this scenario.

As always, I'd love to hear any thoughts or questions you might have about this article!

**Until next time...**  
**Jodi Davies**

## **Reminders**

### **School Closures**

#### **March Break**

Mon March 15 – Fri March 19, 2010  
No school for ALL classes

#### **Easter**

Fri April 3, 2010  
Mon April 5, 2010  
No school for ALL classes

## **Community Board**

### **Parenting Bootcamp**

*With Alyson Schäfer*

Alyson's *Parenting Bootcamp* is a one weekend intensive parenting seminar designed for parents of children ages 0 - 10years. This is the essential parenting primer and toolkit every parent should have to be effective at raising children who are caring, co-operative and responsible.

### **New 2010 dates:**

Mar 27 & 28 2010  
Apr 17 & 18 2010

For more information and to register please visit [www.alyson.ca](http://www.alyson.ca)

### **The Magic of Turning Pop Can Tabs into Wheelchairs**

You may have noticed the collection bin for pop can tabs in our lobby. Why are we collecting pop can tabs? Well, because the Elora Legion, Branch 229 has been turning Pop Can Tabs into wheelchairs since 1989. The tabs are sold to Environmental Recycling in Guelph and the money raised goes to purchasing wheelchairs for those in need. With lots of help from across Canada and the US, Branch 229 has turned an estimated 1 billion tabs into over 523 wheelchairs!

Please help us in supporting Elora Legion, Branch 229 by bringing in pop can tabs for our collection!

## **The World Needs Your Kid**

### **The World Needs Your Kid: How to raise children who care and contribute**

by Craig Kielburger, Marc Kielburger and Shelly Page

You may have heard about this book on *Oprah*, in *Canadian Living*, *Canadian Family* or in countless other places lately, but if not, you should stop and take a look!

With contributors such as Desmond Tutu, Jane Fonda, Jane Goodall, Mia Farrow and Steve Nash, ***The World Needs Your Kid*** is a book that will inspire you in parenting and encouraging your kids to grow into socially conscious young people with something to give back to their world.

*Thanks Liisa Winkler for the tip!*

## **Need to contact us?**

### **To reach a teacher - Parents Only Line**

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