

# Spokane Child Development Center

# Preschool Newsletter

May 2018

## CONSCIOUS DISCIPLINE—Think “Name, Verb, Paint” instead of Don’t. By Karen Hickman, Conscious Discipline

Concepts adapted from *Conscious Discipline*  
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[www.ConsciousDiscipline.com](http://www.ConsciousDiscipline.com)

Pretend with me for a moment: You just purchased a new riding toy for your child. It requires assembly. You pull out all of the pieces and find the sheet with the printed directions. Imagine what would happen while constructing the toy if the directions read like this:

1. Don't put part A on top of part B.
2. Don't make a mess.
3. What did I say?
4. Are you listening to me?
5. Stop whining.
6. Don't leave the tools all over the floor.

How are you feeling so far? Encouraged? Frustrated? Confident about how to assemble the toy?

Now think about how we sometimes talk to our children:

- “Don't hit your sister.”
- “Don't leave your toys on the floor.”
- “Don't lean your chair back like that!”
- “Did you hear me?”
- “What did I say?”
- “Don't make me pull this car over!”

Young children have immature inner speech. They think in pictures, much like seeing a movie playing in their mind. (Adults, on the other hand, have a never-ending diatribe of words going through our minds.) The more the adults use words, gestures and visual pictures to paint clear pictures for children, the better children understand what is expected.

- “John, when you want your sister's attention, touch her like this.” *Demonstrate.*
- “Sue, pick up the puzzle pieces and put them in this box like this.” *Demonstrate.*
- “Devon, keep your chair legs on the floor like this.” *Demonstrate.*
- “I am going to pull the car over so we are safe.” *Once the car is pulled over, continue,* “Jena, reach over and pull the seatbelt strap out like this and then put it in the buckle.”

Think of one small, everyday behavior that often triggers you with one of your children. It could be leaving a bath towel on the floor, not hanging up a jacket, running through the house, etc. In your mind, picture what you want your child to do. Next, write down what to do with a clear command. State your child's name, followed by a verb that tells the action you want him/her to do and then paint a clear picture of the expectation using words and gestures. In Conscious Discipline, we call this process “**Name, Verb, Paint.**”

Let's say your trigger is Jamie sitting sideways at the dinner table and subsequently dropping food.

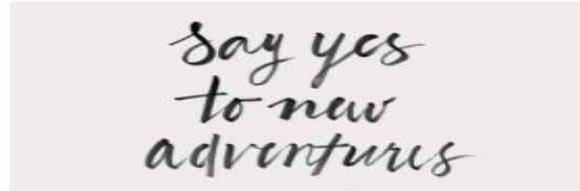
**Name:** “Jamie.”

**Verb:** “Turn your whole body to face forward...”

**Paint:** “...like this.” *Demonstrate.* “Your knees will be under the table and your smiling face will be pointing toward me.”

My blog post *Encouraging Words to Feed Children's Brains* might be a helpful refresher in encouraging your children as they learn expected behaviors. Also, I highly recommend Dr. Becky Bailey's free webinar on the **Power of Attention** (Part 3 of the **Becoming The Best You Can Be Series**).

What you notice  
You get more of...  
Notice the good & get more  
good!



## **Dates to Remember:**

**Wednesday morning Coffee & Donuts (or muffins):** Every Wednesday morning in our family office from 8:30-9 am.

**May 4:** No school today for **all** ECEAP enrolled children (Pathfinders and Eagles) Our teachers will be at an All-Staff training. Childcare is not available for ECEAP enrolled children . See Vick if you have questions regarding your child.

**May 25:** Early Memorial weekend begins. No school for the Eagles classroom and children enrolled in the full-day Pathfinder's program. Child-care is available for those with authorized childcare. See Vicki if you have questions regarding you child.

**May 28:** Memorial Day, SCDC closed.

**June 6:** Wednesday 6:30-7:30, SCDC End of the School year picnic at Discovery Playground (2426 N Discovery Pl, Spokane Valley) Sandwiches and chips will be provided, bring your own drinks (non-alcoholic, of course) and desserts to share.

**June 13:** Last day of preschool for the Eagles classroom and ECEAP full-day enrolled Pathfinders. Preschool graduation and achievement ceremonies will be held for Eagles and Pathfinders classrooms today. (Eagles @1:30, Pahtfinders @2:30)

**June 29:** Last day of preschool for ECEAP Extended Day model enrolled Pathfinders. ECEAP will resume for these kids on **July 9<sup>th</sup>**.

## **Pathfinders Classroom News:**

This month, we will continue our building study. We will be learning all about how buildings are made. From creating blueprints, learning about foundations and where to start building, to exploring what materials are used, we will discover it all!

If you or a family member is in the construction business, we would love for you to come in and share with us what happens on a construction site and share with us about your tools.

We will be constructing lots of houses, buildings and even skyscrapers over the next month or so. Be on the lookout for all our awesome art projects.

We also encourage you to ask you child to tell you what we are learning about so they can expand on their knowledge. Maybe they can even help repair something around the house.

Finally, although days are warming up, mornings are still especially chilly. Please continue to send your

child to school with a jacket  
each day.



Research indicates that 10  
minutes a day of focused play  
with children ages 5 and under  
reduces power struggles by 50%.