



# PARENT CONNECTION

## BIRCKMAYER'S 7 PRINCIPLES OF DISCIPLINE

### 1. Focus on DO rather than DON'T

Tell children what they *can* do instead of what they *can't* do. If caregivers restrict their use of strong negative words to critical situations of great importance, children are more likely to hear and respect the words their caregivers use.

### 2. Protect and preserve children's feelings that they are lovable and capable

People need big strong "I AM LOVABLE AND CAPABLE" if they are to love and be loved, and if they are to feel good about their capacity to learn and to function well in the world.

### 3. Offer children choices only when you are willing to honor their decisions

We want children to like us and because we want to be polite, we offer children too many or inappropriate choices. Children take us seriously when we offer them a choice.

### 4. Change the environment instead of children's behavior

Conflicts arise because some part of the physical setting or environment is inappropriate for young children or because adults expect more control or more mature behavior than children can achieve.

### 5. Work *with* children instead of *against* them

Sometimes standing back and observing children and then figuring out (with their help) mutually acceptable ways for them to do what it is they are trying to do can turn a conflict into a pleasant experience.

### 6. Give children safe limits they can understand

Children see the world differently from adults. Rules and safety precautions that may be obvious to adults need to be stated and explained clearly and simply to children. Be sure children know your expectations for their behavior.

### 7. Set a good example

Speak and act only in the ways you want children to speak and act.



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## FALL FAMILY BUCKET LIST

Go apple picking

Make apple crisp

DIY Fall craft

Visit a pumpkin patch

Get lost in a corn maze

Go on a hayride

Carve a pumpkin

Make Halloween costumes

DIY Halloween craft

Trick or Treating

Watch Halloween movies

Drink apple cider

Play outside

Make s'mores

DIY Thanksgiving craft

Eat Thanksgiving dinner



## FALL BOOKS

### *Leaves*

By David Stein

### *The Runaway Pumpkin*

By Kevin Lewis

### *Mouse's First Fall*

By Lauren Thompson

### *Duck & Goose Find a Pumpkin*

By Tad Hills

### *Leaf Man*

By Lois Ehlert

### *Fletcher and the Falling Leaves*

By Julia Rawlinson

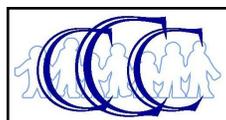
## LOOKING FOR SOME FALL FUN???

**DuBois Farms** • 209 Perkinsville Rd, Highland • 845.795.4037 • [www.duboisfarms.com](http://www.duboisfarms.com)

**Kelder's Farm** • 5755 Rt 209, Kerhonkson • 845.626.7137 • [www.kelderfarm.com](http://www.kelderfarm.com)



## CHILD CARE CONNECTIONS



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