

February Newsletter

I presented a keynote this fall where I shared tips on a child's "restart button" and in one of the evaluations, someone wrote that they thought it was terrible that I encourage children to "break the rules." I respect this opinion, but stand by my position. I do think it's a good thing, now and then, to allow some rule breaking. If you look at history, some of the greatest accomplishments were because of rule breaking. In fact, we wouldn't even be a country if some rebels hadn't decided to break the rule of paying taxes to England at one point. No, I don't encourage complete chaos, and certainly not disrespect of any form, but do I think it's okay to jump on the couch sometimes or sing in a library once or use peanut butter for glue, absolutely! The key to healthy rule breaking is this - be sure it's safe for people and things, be respectful of others by being sure they are okay with it too, and do it for the sake of being creative, not rebellious.

Hug a kid for me! (With your FEET!)

Patricia

Finding the Restart Button

Did you ever have one of those days with your children where you just wish you could hit the restart button? Start the day over and this time avoid all the chaos or bad moods? We've all experienced those times when the children are just a little out of control, a little louder than we'd like or not paying attention to what they should be doing. While a restart button isn't positioned clearly on your child's back, ready for use, there are ways to find it.

To hit a restart button for a child, break the pattern they are stuck in. Get this behavior to stop abruptly and be replaced with one completely different. This is most effectively accomplished by doing some action yourself that will surprise them and garner their attention.

Get creative in finding ways to get their attention, forget the typical such as clapping your hands or singing a "pay attention" song, make it fun and you'll be much more effective in getting their cooperation! Break the rules, or join them when they do, to snap them into attention. Act in a manner they would never expect, surprise them with your talents! To "restart" effectively means to STOP, then START again.

First, consider what would get them to stop what they are currently doing. For children, this usually means presenting them with some thing or some action that is much more interesting than that which they are playing with or doing at the moment. Once their attention shifts, you can direct it to an activity you'd prefer for them to engage in.

You've all heard the expression that "you catch more bees with honey," meaning being nice is always a better way to gather the attention or cooperation of others. Children are no different. For them, the ruling factor is how much fun they think they will have. If they consider what they are doing more fun than stopping to listen to you talk about the rules of an "inside voice" then you'll lose. But, if you present them with something more fun than their current activity, such as the possibility of a surprise or something new, then you'll win their hearts and attention.

Another can phrase we hear is "curiosity killed the cat" but in our case it's - curiosity kills the chaos! Present the children with something to pique their curiosity and they'll stop the chaos in a hurry to check it out.

For example, your children are running in circles around the room, possibly screaming just for the fun of it. You walk calmly into the middle of the room with a chair set it down, stand on it (or sit if this is physically challenging), and cover your head with a blanket. The children will possibly slow down to watch with curiosity when you enter the room carrying a chair, but when you stand and cover your head - WHACK! - the restart button is hit and they will not be able to resist stopping and coming over to see what you're doing. While under the blanket, take a 10 second hiatus from the chaos! By the time you're done, the children will be fully engaged in wondering just what you're doing! You can then surprise them, throw off the blanket with a shout and jump to the floor where giggles and hugs await you. You have effectively restarted their day.

Some other tools for finding that restart button:

If a child is dumping toys, join them and dump too!

In a large box, wrap special items such as a book to read together or a cookie recipe to bake together. Bring out into room when things get crazy - but don't talk about it, just sit box down and walk away! The wrapped box will get their attention and after you firmly have grasped their attention, allow them to rip it open to find the surprise.

Put on a head set and play music, dance and sing to it in the room until the children ask what you are listening to, then plug into a speaker and have a dance party!

Using a deck of cards, begin to wordlessly walk around the room placing cards in a variety of spots. When you've gained their attention, play a seek-and-find game: name a card for them to find.

Bring a pile of dress up items into the room, slowly begin to put them on. (Hat, gloves, feather boa, ruffle dress, cape, etc.) It won't take long before they will want to join in the fun.

The next time things go a bit crazy with the kids don't hit the panic button - hit the restart button!

For more fun ideas on working creatively with children, check out my book: Teaching the 3 Cs: Creativity, Curiosity & Courtesy, 20% Off this month and available at www.patriciadischler.com/books.shtml

Tips & Tricks

Winter Fun!

I know Wisconsin isn't the only state buried in snow, so let's all get out and enjoy it while we can!

Fill spray bottles with water and a couple of drops of food coloring. Use to spray the snow and turn it different colors.

Make a rainbow in your front yard!

Make ice blocks - freeze colored water in various sized tubs and containers, use to build ice castles outside, or even inside in a tub.

Build a snow fort fast - use a large plastic tub, shovel full of snow, pack down, flip and pop out the "block" to use to build a fort.

Create a garden - use plastic flowers to decorate your yard, create paths in the snow to walk through your winter garden.

Create an outdoor science center - set up a table with containers, food coloring, other liquids (soap, milk, vinegar, anything liquid), and spoons. Let the children experiment with mixing the snow with different liquids to see what it makes.

Make ice cream - find a recipe for homemade icecream, mix ingredients, put into a sealable container and sit in the snow. Have the kids shake it every 10 minutes. May take all day, but it'll be worth the wait!

FREE Tips & Tricks

While in Hayward, Wisconsin to do my Tips & Tricks workshop, I accidently brought the wrong handouts, so I've posted the Tips & Tricks handouts on my website for those participants and anyone to get and share! Go here and click the bright yellow

box - <http://www.patriciadischler.com/resources.htm>

In the News

You know what SHOULD be in the news? YOU!

Take some time this week to invite a local reporter to check out your program. Invite them along on a fieldtrip, or to see a great project the kids are working on. Or write up something yourself about a fun thing the kids did and send it, along with a picture, to your local paper. I think we need more great stories out there about all the great things YOU do!

NAFCC Annual Conference - Planning is in full swing! We've got sessions from Teaching Strategies, CLASS, Easter Seals, Office of Child Care, Early Head Start, and more! You don't want to miss this. Plus, we are going to celebrate like never before with a red carpet event, fireworks, prizes, and so much networking you'll meet your Facebook "friend" limit before the week is through! Sign up for the payment plan today - www.nafcc.org. See you there!

Monthly Sale Items

February Sale Item - Teaching the 3 C's - \$20% Off!

Filled with activities in every developmental area, easy to use index, and information and resources to get your creative juices flowing! Before you get teach those 3 Rs, you'll need to instill the 3Cs: Creativity, Curiosity & Courtesy! This book will show you how and get your kids off to the great start they deserve!

Regular Price - \$27.95 Sale Price - \$22.36

March Sale Item - KIDBIZ Teleseminar Workshops - 30% Off!

Get the training you need in the comfort of your home, you get a CD of the audio from a KIDBIZ Teleseminar training, the handouts, and a certificate. Choose from seven topics: Marketing & Interviews, Professional Image, Holiday Tips & Tricks, Parents Can't Hear Me, From Braggers to Biters, Your Space/Their Space and Creating a Parent Handbook. Each training is one hour.

Regular Price - \$30 each Sale Price - \$21 each

Order yours today at: www.patriciadischler.com or www.KIDBIZResources.com!

Speaking Events

February 21, 2013

Tempe, Arizona

Choice 4 Care Provider Training

Tea Party Celebrations

6:30 p.m. - 8:30 p.m.

For more information visit: www.childrenschoice.com

February 23, 2013

Gilbert, Arizona

Intel Providers Support Group Training

Crazy for Kids

9:00 a.m. - 11:00 a.m.

For more information visit: www.childrenschoice.com

March 2, 2013

Lac du Flambeau, Wisconsin

Wisconsin Family Child Care Association Training

Full Day Training: NAFCC Accreditation

For more information visit: www.wisconsinfamilychildcare.org

March 9, 2013

Wheaton, Illinois

Chicago Area Families For Adoption Conference

Keynote: Perspectives From The Adoption Triad

Workshop: Trusting a Stranger for the Sake of a Child

For more information visit: www.caffa.org

March 16, 2013

Kimberly, Wisconsin

Wisconsin Family Child Care Association Training

Full Day Training: NAFCC Accreditation

For more information visit: www.wisconsinfamilychildcare.org

March 23, 2013

Chicago, Illinois

McCormick Center Family Child Care Institute

Full Day Training: From Babysitter to Business Owner

For more information visit: www.mccormickcenter.nl.edu

To learn more about bringing me to your child's school to inspire the emerging writers there check out:

www.patriciadischler.com/school.htm

If you are a member of a group planning a training event and would like to book one of my keynotes or workshops, use the Speaking link on my website and contact me for availability. Visit

www.patriciadischler.com