



Pacific Primary

SUNspots

February 3, 2010

CALENDAR

Friday, February 12 -YSS Sleepover (Sign-up Monday February. 8)

Sign up goes up at 7:30am and pay by check!

Monday, February 15 School Closed

President's Day

Tuesday, February 16 School Closed

Staff Development Day

Friday, February 26 - OSS Sleepover (Sign-up Monday, February 22)

Sign up goes up at 7:30am and pay by check!

Saturday, March 6 Pacific Primary's Auction

Save the date! Find childcare!

ENCOURAGING COOPERATION AND EXPECTING POWER STRUGGLES

We had a lively time at our last parent workshop. Parents shared their success with new strategies learned at the last meeting. Brave parents shared their continuing challenges, which included bedtime, mealtime, going to school and other difficult transitions. We reminded parents that it is their child's job to test as they try to figure out the world around them, and that it is the parent's job to be effective so that children see adults as credible. Parents want their child to change, but they need to change.

We also reviewed the following guidelines for increasing confidence, reducing power struggles and encouraging cooperation (and enjoyment

of being a parent!)

1. Believe you have the power to help children.
2. Expect the behavior and plan for it.
3. Communication is key: say what you mean and mean what you say! Actions speak louder than words and most parents over talk without action, which results in children not listening.
4. Don't talk if the child is not listening. Stop the behavior, and have the child wait until they are "ready to listen."
5. Use a calm voice. You do not have to yell, shame, belittle or punish to change behavior.
6. Describe the problem.
7. Listen quietly and attentively.
8. Describe your feelings - "I" messages instead of "you".
9. Go to solution (problem solving).
10. End with specific positive feedback.

AUCTION FEVER!

We have already received incredible donations - from great bottles of wine, haircuts, birthday parties, trips to Mexico and tempting restaurants! It is not too late to turn in your donations, so please keep the donations coming in.

PRESCHOOL FOR ALL

As you know, we are waiting this week to get the green light from the First Five Commission regarding our status as a PFA site and will let parents know as soon as we have approval. The program will be retroactive to January 2010.

Correction on eligibility: Children who are born between 12/3/04 and 12/2/05, and are a San Francisco resident are eligible.

It has come to our attention that the children of California are in jeopardy of losing a great deal of funding that provides vital services from Prop 10 First 5 Commission funds. Prop 10 is the Tobacco Tax, where all resources now must be used for the health, education and well being of children birth to 5 years of age. There is a movement to raid Prop 10 funds and use the money for other state services and it must be stopped. Please consider sending a letter to your legislators in Sacramento and to the Governor if you would like to help. Samples are in the Sunroom or contact us for an electronic version. Thank

you!

CREATIVE MATERIALS

Thanks for your donations! Please donate boxes or materials that have NO advertising on them! It impedes the creative flow when children are visually distracted by the advertising.

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lynn@pacificprimary.org

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