

Parents, Here Are 11 Powerful Thoughts to Help You Change Direction at Any Age By Lolly Daskal

1. The present is what matters.

When you're busy concentrating on what has been, or what will be, you rob yourself of the moment. Be here with the present, because right here, right now is where the change you want begins.

2. Everything changes.

Life rarely goes as planned, and most of us end up in a career that's nothing like we expected. If you can accept that change will be happening at every step, you can turn anything around. You don't have to linger in your failures or wallow in the things that went wrong.

3. We all get derailed.

We all put on such a good front for each other, but if you ask people about their failures and truly listen to what they've been through, you'll realize that everyone has struggles, wrong turns that left them on uncharted roads, and detours that they had no clue how to navigate. If you can accept your derailment as a new path instead of an obstacle, you'll have an easier time getting through it.

4. Start in small increments.

If you're turning around something big, start small. Give yourself baby steps and small wins, until you start to build momentum.

5. Focus on the journey, not the destination.

If all you can think about is where you're headed, you'll lose touch with where you are. Every step of the way has its own wisdom, lessons and beauty, so don't miss out by getting ahead of yourself.

6. Don't make excuses.

It's natural to try to explain away why you may have messed up or failed. Excuses might help you save your pride (that is, assuming the people around you accept them), but they will do absolutely nothing to advance you toward your goals. Far better to simply own it and move on in a spirit of self-acceptance.

7. Risks are worth taking.

Especially if you've been burned before you might be understandably wary of risk-taking behavior, but in most situations the best thing you can do is take another chance--or even a different version of the same chance again. You cannot protect yourself from failure without also protecting yourself from your happiness.

8. Discomfort is OK.

There's a strange but widespread idea that success comes without difficulty, but with rare exceptions that's far from the truth. When you learn to be okay with discomfort is the moment you turn that feeling into an action of personal growth.

9. Safety is an illusion.

We all seek to be safe, but that safety is always an illusion. The moment you accept this is the moment you can be free to try all the things you were scared to try. The false seduction of safety is always more dangerous than the alternative.

10. Surround yourself with right kind of people.

You can surround yourself with the wrong people and keep doing the wrong things, or surround yourself with the right people and start doing the right things. You're only as good as the people you surround yourself with, so be brave enough to let go of those who weigh you down and stick with the ones who reflect who you want to be and how you want to feel.

11. Uncertainty is the only certainty.

You can't possibly know exactly how things will turn out, so if you give in to your desire to see the path ahead, you'll avoid life-changing opportunities for the safer, more predictable options. It is how we embrace uncertainty in our lives that leads to great transformation of our souls.



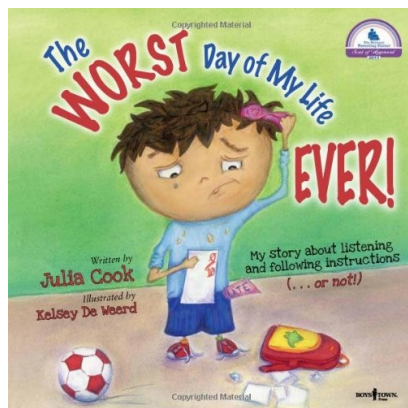
Parenting and Essential Life Skills for Children

As parents we are often thinking about how we can nurture, encourage and support our children to be strong, confident and self-assured now and as they grow up.

Mind in the Making, a program of the Bezos Family Foundation, (<http://mindinthemaking.org/>) has published a book that highlights the seven life skills every child needs. The world is an ever-changing place and we all need these skills to ensure our children keep learning and growing as they become adults.

So, what are those skills and how can we as parents support children to develop these skills:

Children Develop Essential Life Skills . . .	When Parents . . .
Focus and Self Control	Provide age appropriate guidance and limits for behavior Recognize and regulate their own feelings, emotions, and behaviors before they respond to their children
Perspective Taking	Work to understand or imagine the child's point of view
Effective Communication	Respond sensitively to their child's cues
Making Connections	Delight in the moments of connection with their child
Critical Thinking	Act as a role model by seeking help, support or additional information when needed
Taking on Challenges	Balance both parental needs and child needs. Recognizing and celebrating their child's strengths, abilities and capacity to learn.
Self-Directed, Engaged Learning	Recognize that parenting is a process of learning and it can be stressful! Missteps are a natural part of child-rearing.



HEY PARENTS, CHECK OUT THIS BOOK FOR YOUR CHILD!

RJ has a rough day. He wakes up with gum stuck in his hair, misses recess because he's late to school, earns a zero on his math homework and messes up Mom's kitchen. With his mother's help, RJ learns that his problems happen because he doesn't listen or pay attention to directions.

Author Julia Cook's new book shows RJ as well as all K-6 readers the steps to the fundamental social skills of listening and following instructions. When RJ learns to use these skills the right way, he has the best day of his life!

Life Skills for Preschoolers

Life Skills – Age 2

- Undress self
- Put own pajamas away
- Wash face and hands
- Comb or brush own hair (with help)
- Brush teeth (with help)
- Pick up toys



"I can brush my teeth all by myself!"

Life Skills – Age 3

- Dress self (with help)
- Make own bed (use comforter)
- Wipe up own spills
- Help set table



"I can help clean the house!"



The Chubby Snowman

The chubby little snowman
Had a carrot for a nose.
Along came a bunny,
And what do you suppose?
That funny little bunny,
Was looking for his lunch-
So he ate the snowman's nose
Nibble, nibble, crunch!



5 REASONS TO LET YOUR KIDS PLAY IN THE SNOW

By Donella Crigger

1. Time Away from the TV

In the winter, it's so easy to just let kids watch television. Dressing everyone in multiple layers only to have them come back in every 15-20 minutes sounds tiresome, and television is so easy! But those precious minutes of outdoor time are more stimulating (and let's face it, more FUN) than sitting in front of the television.

2. Fresh Air

There's nothing quite like taking a deep breath out in the cold, snowy air. It's invigorating. Going outside on snow days give you and your kids a break from those icky indoor germs that are recycling through the vents in your home.

3. Exercise and Gross Motor Skills

Have you ever tried moving through a foot or more of snow? It takes some serious effort. Things like sledding, tubing or just running through piles of snow work the large muscle groups and give you and your kids plenty of exercise.

4. Opportunity to Observe, Solve Problems and Create

Snow offers so many opportunities to solve problems and get creative! Build a snow fort or a snowman... make snow angels... figure out what type of animal tracks you see in the snow... learn why sleds are so much easier to move downhill than uphill.

5. Uninterrupted Family Time

There's something about being outside in the cold, blustery air, surrounded by fresh, white snow that makes you forget about everything else.



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