



Berrien RESA's

PLAYGROUPS

¡Mira adentro!

www.berrienresa.org

-OCTOBER 2019-

You and your young child are invited to join in the fun!



Parent Connection: Discipline and Positive Parenting

All parents have to make decisions about the best way to discipline their child. There are many different discipline approaches and techniques for parents to consider. It is important to remember that the word discipline means "to teach" and should not be confused with punishment. Using discipline in a positive way teaches children the difference between acceptable and unacceptable behavior, in a manner that is deeply respectful and encouraging for both children and adults.

Let's look at what the American Academy of Pediatrics has to say about discipline:

"Disciplining your child is not easy, but it is a vital part of good parenting. The AAP recommends a three-step approach toward effective child discipline. First, establish a positive, supporting and loving relationship with your child. Without this foundation, your child has no reason, other than fear, to demonstrate good behavior. Second, use positive reinforcement to increase the behavior you want from your child. Third, if you feel discipline is necessary, the AAP recommends that you do not spank or use other physical punishments. That only teaches aggressive behavior, and becomes ineffective if used often."

Discipline is a very broad subject and there are a lot of resources available to parents. One of our favorite books is "Love and Logic Magic for Early Childhood" by Jim Fay. Join us for a playgroup for further resources about discipline. A certified Parent Educator will be available to answer your questions about discipline or other developmental topics.

Featured Recipe: Slime

Ingredients:

- 2 cups of school glue
- 2 cups of very warm water
- 1 teaspoon of Borax
- 1 & 1/3 cups of very warm water
- Food coloring of your choice

Directions:

In a bowl mix 2 cups of clear school glue with two cups of very warm water and stir well. Add food coloring.

In a separate bowl mix one teaspoon of borax with 1 1/3 cups of very warm water and stir well.

Once the borax is dissolved, combine the two bowls together and begin to mix with your hands. The slime will immediately begin to form.

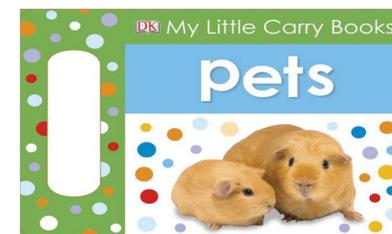
At first the slime will appear very sticky, but as you mix and handle it, it will become very smooth on the outer surface. If it is still a bit sticky add a very small amount of borax to a teaspoon of hot water and add it to the slime.

This month's featured book:

"Pets"

by My Little Carry Books

Each family attending a playgroup will receive a free book to enjoy!



Playgroups are a chance for parents with young children (infants - age 5) to get together with other parents and young children and have some fun! Each month Berrien RESA's highly qualified staff choose a children's book as the theme for Playgroup activities. At the beginning of the group, the story is read during circle time. Then parents can play together with their children through a variety of activities. At the end of the group, every family gets a copy of the book to take home and enjoy over and over again. Each month, information is also provided on a popular parenting or child development topic.

For more information about Playgroups or other early education services, please visit www.berrienresa.org!



In accordance with Section 504 of the Rehabilitation Act of 1973, it is the policy of the Berrien Regional Education Service Agency to prohibit discrimination on the basis of handicap against qualified handicapped persons, in admission or access to, participation in, or treatment of employment in, its programs and activities. Inquiries regarding this policy should be directed to Human Resources, Berrien RESA, 711 St. Joseph Avenue, Berrien Springs, MI 49103; telephone (269) 471-7725; fax (269) 471-2941.



Check it out!

¡Mira adentro!

Berrien RESA's

PLAYGROUPS

This Month's Playgroup Calendar: OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8 Eau Claire 10-11 a.m. St. Joe (Lincoln) 6-7 p.m.	9 Berrien Springs 9:30-10:30 a.m	10 Watervliet 9:30-10:30 a.m.	11 Three Oaks 9-10 a.m.
14	15	16	17	18
21	22 Benton Harbor 10:30-11:30 a.m. Berrien Springs 6-7 p.m.	23 Stevensville 10-11 a.m.	24 St. Joe (Brown) 9:30 a.m.-10:30 a.m.	25 Niles (Northside) 10-11 a.m.
28	29 Niles (Ballard) 6-7 p.m.	30 Buchanan 9:30-10:30 a.m.	31 Bridgman 9-10 a.m.	

BENTON HARBOR
Sammie Smith Family Investment Center
301 S. Martin Luther King Dr.

BERRIEN SPRINGS
Mars Elementary
430 West Mars St.

BRIDGMAN
Bridgman Elementary
3891 Lake Street

BUCHANAN
Ottawa Elementary
109 Ottawa St.

***EAU CLAIRE**
Eau Claire District Library
6528 E. Main St.
(This location will be lead in both Spanish and English.)

NILES
Ballard Elementary
(P.M. playgroups)
1601 Chicago Road

Northside Child Development Center
2020 N. Fifth Street

ST. JOSEPH
Brown Elementary
2027 Brown School Road

Lincoln Elementary
(P.M. Playgroups)
1102 Orchard Avenue

STEVENSVILLE
Christ Lutheran School
4333 Cleveland Ave.

THREE OAKS
Three Oaks Elementary
100 Oak Street

WATERVLIET
South Elementary
433 Lucinda Lane

Ustedes son bienvenidos en todos los grupos de juegos, pero el grupo de juego de Eau Claire será bilingüe.
Ven y acompañanos!