

# Bear Cub Facts

September 7, 2021



INSPIRING LIFE-LONG LEARNING

THE SCHOOLS OF  
**BETHANY  
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER

## In All Things

Our school and church theme this year is "In All things." Colossians 1:16 God created all things and we will begin our year sharing the Bible story of Creation. We will learn about all of the amazing things God created, we will learn about how God is loving and forgiving. We will move towards Christmas and hear how our Savior came to earth as a baby and then grew to a man to perform miracles only He can. We will continue to learn of His blessings with the Easter story and Jesus' travel to Jerusalem where He died on the cross for our sins. We will discover that our journey doesn't end in death, but eternal life through Christ who rose from the dead on Easter. This year will be an exciting journey in Christ.

## Lost and Found

Reminder: Make sure all items that your child brings to school are labeled clearly with their first and last names. Please check with the teachers if anything is missing or the lost and found on the sign-in rolling cart.

## Newsletter

The preschool will be sending out a digital copy of their preschool newsletter "Bear Cub Facts" every other Tuesday. If you would like to receive a hard copy, please notify the preschool office and one will be sent home.

## Parent Teacher League

Parents, Bethany Lutheran Parent Teacher League (PTL) need your help! Bethany's PTL hosts events throughout the year to support our teachers and students. Every parent is a member and it takes a village to make these experiences happen. Please take this survey to find out ways you can help.

[https://docs.google.com/forms/d/e/1FAIpQLSes\\_vw06iSLNpbZwGc78UEMb6AmkDQq-IQH8hKYMfAuU3-QxQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSes_vw06iSLNpbZwGc78UEMb6AmkDQq-IQH8hKYMfAuU3-QxQ/viewform)

Sometimes it seems like your preschooler has the innate ability to push you to the outer edge of your patience. And that is on a good day. Fear not mom's and dad's. You are not alone. Each preschool newsletter will feature a question and answer technique from our Conscious discipline curriculum that will provide encouragement, tips and tricks.

## Why is everything a power struggle?

People create power struggles when they feel powerless. With young children, power struggles often occur after giving the child a command or when the child is tired, hungry or otherwise stressed. **Child Development:** Before age six, children process information 12 times slower than adults. We must slow down our speech and give only one or two commands at a time. If we speak at a normal pace and say, "Finish your snack, get your crayons and go color in the TV room." The child may only process bits of information, hearing "crayons color the TV." Young children cannot conjugate the word "don't." When we say, "Don't touch the lamp," they hear, "Touch the lamp!" They look at you with a smile and touch the lamp. We think, "You wicked child, you deliberately defied me," and enter power struggle territory. Instead of using "don't," pivot and tell the child what to do. "Don't touch the lamp," becomes, "Hold my hand (offer your hand) so you can learn how to touch delicate things softly." "Don't run," becomes, "Walk slowly like this." Children under age seven also lack mature inner speech. Adults use inner speech to rehearse choices and outcomes before we act. Instead of inner speech, children encode information in pictures. So, we can use pictures to guide children's behavior and avoid power struggles. Use your body as a picture by modeling what you want, use your words to help paint pictures of what you want, and put up actual pictures that show what to do. Instead of, "Walk in the house," say, "Walk carefully with each foot going like this through the house." Not only do you get better compliance (fewer power struggles), you also build language and literacy. Finally, the brain is a pattern-seeking device. The more consistent your routines, the easier it is for the brain to pick up the pattern. If there is a consistent routine, the brain picks up the pattern, the child feels safe, and his neurological resources can be used for learning and exploration rather than for protection, and power struggles lessen. **Connection:** Research indicates that the motivation to behave comes from being in relationship. Research also indicates that five minutes a day of focused play with children ages five and under reduces power struggles by 50%. Ten minutes of my I Love You Rituals per day will improve a child's motivation and willingness, and decrease power struggles. If you don't use I Love You Rituals, be certain to make time daily for specific, focused bonding activity you can share. **Active Calming:** Finally, the absolute key for staying in control of yourself and helping to avoid power struggles is active calming. In Conscious Discipline, I call it "being a S.T.A.R.," which stands for Smile, Take a deep breath, And Relax. Three deep breaths will turn the stress response off in the body. Once you are able to regulate your inner state through deep breathing, you obtain access to the highest centers of your brain. While you are taking these deep breaths, affirm to yourself, "I'm safe. I feel calm. I can handle this." These words are chosen based on research: They unhook you from the survival center of your brain and plug you into the rational part of your brain