

ICNS General Meeting Minutes October 18, 2018

Meeting Called to Order at 6:59

- Speaker Hailey Goldberg: Positive Discipline
 - Licensed family and parenting therapist
 - We all want happy, healthy, well adjusted kids who do well in school and in life
 - Discipline vs. punishment- Discipline is different from punishment. How do we stay in the realm of discipline and not punishment?
 - Punishment- Time out, spanking, taking things away, punitive and closed. No way to wiggle or move. It involves shame, pain, blame, and force
 - Discipline- Boundaries, consistency, guidance, learning opportunity. Discipline is about teaching. It takes a long term approach to help children learn. It won't happen right away, but will learn these skills throughout 18 years.
 - 10 positive discipline tools
 1. **Connect before you correct/redirect-** Connecting is more important than looking at the correction and redirection first, dealing with behaviour and making it go away. Connecting means saying something like, "I see you are frustrated, I see you are mad and you want a cookie before dinner." This **Validates the emotion** by naming and acknowledging the emotion. Once you connect with your child, you can redirect or correct the behavior.
 2. **Set limits and boundaries-** Limits and boundaries and expectations have to be clear and consistent.
 3. **Ask more than you tell-** If we ask our children about what they need to do rather than just telling them what to do, this empowers your child while building problem solving and decision making skills.
 4. **Focus on strengths and use encouragement.** Acknowledge when children are cooperating and behaving. Notice that and let them know you noticed. Reinforce the positive behavior we do want as much as possible. If you want it, notice it and it will grow. After the basic needs of food, shelter, clothing, there are emotional and attention needs. Meeting this need with positive attention will fill up the child, but if positive attention is not available, they will feed on the negative attention instead.
 5. **Do the unexpected.** Children don't have a great work ethic, but they have a great play ethic. If you can make it a game, do it. It's so much more fun to get it done in a positive and fun way. You have to exert

energy either way. Play with them, make it a game, make it a challenge, they hate to lose!

6. **Look for “Yes” opportunities.** Save your “Nos” for when you need them. “Yes, you can read a story after you brush your teeth.” “Yes, you can do that, but first we need to do this.”
7. **Establish routines and make agreements ahead of times.** Have your children be a part of establishing the routines, the more buy-in they have if they can make decisions about the schedule and routines.
8. **Decide what YOU will do.** If children are fighting, instead of telling them, “Don’t make me pull over!”- pull over and say, “I’ll drive again when it’s quiet in the back.” Let your kids know what you will do.
9. **One on one time with each child** lets your child know they are important to you. If that relationship part is not there, they don’t have the incentive to work with you. Label it and give them undivided time. It’s all about quality, not quantity. Take 10-15 minutes without any distractions, and do this more often than not. Try for at least 4 days a week, if not every day. Work with what’s real for your family.
10. **Model self control and self calming.** They need to see in in us before they can do it in themselves. Self control and self calming techniques are so important for our children to learn from us when they are angry, frustrated, or mad.
 - This is hard work! It’s a marathon. Take care of you- there’s no way to pour from an empty cup! Again, it does not need to be a huge chunk of time- 15 minutes of focused time will do.

Break

- Evelyn: Board vote results on schedule change
 - Board discussed the schedule and voted to have inside activities at the tables for the first hour, followed by group time and snack, with outdoor activities at the final hour of the day.
 - Discussion of the schedule and questions about the schedule
- Margaret: Fundraising reminders
 - Pumpkin City will be next Thursday, October 25 from 3:30-8:30 - Margaret will pick up wristbands on Monday afternoon, so turn in money to Diego’s folder in the 3-day class by Monday at the latest. Cost is \$20 per child. We have to sell 30 wristbands at a minimum, but we are only at about 15 sold.
 - Jamba Juice cards are sold out, but we can get more! \$10 per card for 6 “buy one, get one free” cards. The school receives \$5 for each card.
 - See’s Candy- Please have order forms by the November general meeting. Orders will arrive at ICNS in early December.

- Chelsea Turner: Fall Photos
 - There is a sign-up form in each child's file. Picture day will be next Wednesday and Thursday, October 24 and 25.
 - You can choose only the "add-ons" without choosing a photo package

- Holiday party
 - Working on getting donations from businesses- tickets, classes...
 - We need help with themed raffle baskets
 - We need baskets, cellophane, ribbons, and wrap

- Donna: Harvest Festival
 - We need bales of hay, pumpkins, flowers, fall related items
 - Bring in decorated pumpkins at any time
 - Costume parade will be Tuesday and Wednesday, 30 and 31, and at 11:00, we will walk around the park in a parade. On Wednesday, the children will make a stop at the library
 - ASQs- Ages and stages assessment
 - Age-based assessment of children to identify any children who may require early intervention.
 - In your file, there is a form. Fill it out with your child's name and date of birth of you would like a questionnaire
 - Working days- please check the schedule and show up on time for your working day. Take a photo, put it in your phone, write it down.
 - If you need to get on the Google group, please see Michelle Bardis and she'll get you set up
 - Separation anxiety and crying- The best way they have found is the quick rip-- get in, get out. Children will calm down much quicker that way. We are caring, and acknowledge their feelings.
 - Vote to approve September general meeting minutes. Priscilla makes the motion to approve, Bryanne seconds, and the motion passes.
 - Parent/teacher conferences will be held in November.

Meeting adjourned at 8:23