

# Choices for Children reaches out to care providers

To the community,

In honor of the Month of the Young Child, Choices for Children organized the annual Provider Breakfast honoring our community's childcare providers for the services they provide to families and children throughout the year. The Early Care & Education field came together on April 16 at the Lake Tahoe Golf Course. This year's topic, "Understanding Behavior and Discipline in the World of Young Children" presented by Cheryl Erwin, attracted 76 childcare providers from Alpine and El Dorado counties. The highlight of the event was the opportunity to connect with adults working in the same fields, encountering the same joy and challenges and hearing the importance of attachment in the early years.

The Positive Discipline basics steps include knowing what children need:

- A sense of belonging and significance
- Appropriate personal power
- Discipline that teaches (is kind and firm at the same time)
- Social and life skills to develop character and competence

Knowing that the Latin origin of the word "discipline" mean to "teach", the following Positive Discipline tools might become handy when working with children:

- Connection before correction
- Be firm and kind
- Decide what you will do

- Follow through
- Encourage effort and progress, not just results
- Positive time out
- Take time for training
- Use 10 words or less
- Spend special time
- Take care of yourself
- Hugs, hugs, hugs

As you teach discipline to children ask yourself the following questions:

- Does it create connection and belonging?
- Is it respectful and encouraging?
- Is it effective long-term?
- Does it teach valuable social, character, and life skills?
- Does it help children believe "I am capable?"

The event ended with a green art activity promoting relaxation and creativity. Raffle prizes donated by our community made the CFC Annual Child Care Professionals Appreciation Breakfast very special. CFC would like to THANK: Thran's Flowers, Mont Bleu, Harvey's/Harrah's, Lake Tahoe Golf Course, Sorensen's, Ernie's Coffee Shop, Passaretti's Italian Restaurant, Chevy's Fresh Mex, Sessions, City of SLT Parks & Recreation and Ice Arena, Lake Tahoe Cruises, Embassy Suites, Round Table Pizza, Side Street Boutique, Kirkwood, Freshies, Orchid's Thai Cuisine, Mandarin Garden, 4 Seasons Café, Blue Dog Pizza, Fasta Pasta, Sprouts, Applebee's, Sessions, Sierra@Tahoe/North Star@Tahoe, Bio-Spirit Day Spa, The Ski Renter & Snowboards,

Paradise Beauty Supply/Salon, and Heavenly Village Cinema for their generous donations, especially in light of the current economy. Your support to professionals who provide child care for our community's children and the children of families visiting Lake Tahoe is greatly appreciated!

**Nadine T-Davis, resource coordinator Choices for Children**