



FAMILIES FIRST

March 2023



This publication is not a Pella Community School District publication, nor is it in any way endorsed or sponsored by the district. This publication is being provided only to inform the viewer of other available community activities and opportunities.

Calendar of Events:

-Meet and Eat Parenting Class: Tuesdays, 12-1pm, Jan. 17-Apr. 18 (no class 2/14 or 3/14)

-Evening Parenting Class: 5:30-7:45pm, Tuesdays, Mar. 21, 28, Apr. 4

-Winter Book Bash: March 4, 10-11:30am, Pella Public Library

-Family Gingerbread House Making Event: 2023- December 2

-Father Daughter Dance 2023 (K-5): March 25

-Mother Son Fun Night 2024 (K-5): Date TBD

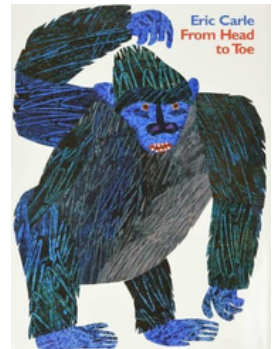
- Thursday in Pella 2023: June 1

For more information and to register, go to www.familiesfirstofpella.org

Facebook: @FamiliesFirstofPella
Instagram: @familiesfirstpella

BOOK BASH-MARCH 4

- *Pella Public Library
- *10-11:30 am, come and go
- *Based on the book, "From Head to Toe" by Eric Carle
- *Free board book for the first 100 families!
- *geared towards ages 0-5



Bring your kiddos and participate in lots of "stations" set up throughout the library! Story time and singing with Miss Katie, a sensory craft, movement games, vet clinic (dramatic play), fine motor activities, animals in rice, and more. Come and go as it works for your family from 10-11:30am.



FAMILY CONCERT-JIM GILL

FRIDAY, MARCH 31

6:00pm

Joan Kuyper Farver Auditorium,
Community Center



Jim Gill, a children's musician, author, and child development specialist, will be coming to Pella! We are very lucky to be welcoming Jim as our guest...we have been hoping to bring Jim to Pella for YEARS. Thank you, JMP Iowa, for funding this event! Mark your calendars and get ready to sing, clap, dance and spin with award-winning musician and author Jim Gill!

Go to www.familiesfirstofpella.org to register.

ONE MORE PARENTING CLASS THIS SPRING

Bedtime battles, talking back, chores, mealtime battles, morning routine....parenting is hard work! If you'd like to learn some new techniques, take advantage of the last Love and Logic® Parenting Class offered this spring. You're guaranteed to laugh, and there is free food and childcare...what more can you ask for?!? :)

TUESDAYS

March 21, 28, April 4

5:30-7:45pm (flexible)

Trinity Reformed Church

Go to www.familiesfirstofpella.org to register!



FATHER DAUGHTER DANCE-MARCH 25



All K-5 girls, and their dads, in the Pella School District (PCSD, PC, Homeschool) are invited to the Father Daughter Dance on Saturday, March 25. Two shifts are available: 4:30-6:00pm or 7:00-8:30pm. There will be dancing, games, and refreshments. Photos, a raffle and glow sticks are also all available for purchase.

To register, go to www.familiesfirstofpella.org or send in the paper form that was sent home with all K-5 girls.

Dust off those dancing shoes and we'll see you on the 25th!

"Anger and frustration feed misbehavior. Wise parents understand that sadness is a much better teacher than anger."

(from "Love and Logicisms: Wise Words About Kids" by Jim Fay and Charles Fay)

Check out the attached article, "Anger vs. Empathy" to learn about the difference in responding to misbehavior with anger or empathy.

Mark Your Calendars!

**First Thursday in Pella
June 1, 2023
6-8pm**

Simply Behavior

Plan to attend a presentation at the Pella Public Library on March 6 at 4pm. Learn strategies for working with others who present challenging behaviors.

Contact Information:

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PELLA COMMUNITY AND CHRISTIAN SCHOOLS 6 TH –8TH

PRESENTS:

PEARLS OF LOVE AND LOGIC

Presented by:

Families First of Pella

Special Thoughts on Raising Kids

Anger vs. Empathy

I feel sad for children who are so controlled that they seldom make mistakes. They are the disadvantaged ones. The children who make poor choices from time to time are the ones who get to learn more about the real world and how it works.

Most of us can look back and see that many of the important lessons we learned were a result of the mistakes we made. The lessons learned best were those in which our parents allowed us to suffer the consequences of our mistakes. These were the times when our parents used more actions than words.

Example

Jennifer often forgets to take her homework to school. She calls home to ask her mother to bring the assignments to school, saying, "Gee, Mom, you don't want me to get a bad grade do you?"

Jennifer's loving mother takes the homework to school, usually with a reprimand: "How many times have I told you that I'm not going to bring this to you anymore?" This mother is giving Jennifer "**forgetting lessons**" by rescuing her. She is using meaningless words and not actions. Her anger is teaching Jennifer that Mom will get angry, but it is not teaching Jennifer to remember her homework.

Let's suppose that Mom changes her approach to this problem and allows the natural consequences to fall. She will be understanding when Jennifer calls and asks her to bring her homework to school. Her answer will be, "I'm sorry, Jennifer, but I'm not available to do that for you." She will use as few words as possible because she knows that children often use our words against us. Jennifer will probably try arguing, "Now I'm going to get a bad grade and it's all your fault!"

Mom knows that the best way to argue with a child is not to argue. "That may be true. I'm sorry you forgot your homework. I'll see you when you get home. Have the best day possible under the circumstances."

Mom's action in this case will provide "**remembering lessons.**" The words she used tell what she will do and how sorry she feels for Jennifer. This mother is using empathy and understanding instead of anger and lectures.

Mistakes or Opportunities?

Our children frequently make mistakes that hurt them. As parents, we have two possible ways of reacting when this happens. One is to use anger and lectures. The other is to use understanding or empathy. Each of these reactions does its own special job of teaching.

It is easy for us to see which is the best. However, it is important to remember that sometimes our grandparents, parents, or teachers taught us through their actions to use anger.

If we saw and heard anger as a child, our hardest job in parenting is overcoming this influence.

Those who are best at this plan ahead. They know that it is difficult to change in the "heat of battle" or when feelings are at a high pitch. Practice and rehearse new actions during quiet times so you can come across in new and surprising ways to your youngster. It's fun to be the one who is in control.



*ANGER teaches children to look at the adult's anger
EMPATHY teaches children to look at their lives and decisions*