

# STAR CORNER OCTOBER

## BMS Daycare, LLC

**An Excellent Start to a Lifetime of Learning.**

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*Autumn leaves began to blow,  
Colored leaves fall fast and slow,  
Whirling, Twirling all around,  
Till at last, they touch the ground!*

Hope you had a wonderful Labor Day! Summer is starting to wind down. Many of our stars have transitioned to different classes. Our garden is still thriving and producing. Please take any veggies you see on the computer counter.

### Successful Parenting

**1. Embrace praise** Simply put, giving attention to undesired behaviors increases undesired behaviors, while giving attention to good behaviors increases good behaviors, says Alan E. Kazdin, PhD, a Yale University psychology professor and director of the Yale Parenting Center and Child Conduct Clinic.

**2. Look the other way** Research also suggests that parents should learn to ignore minor misbehaviors that aren't dangerous, such as whining about a sibling not sharing or a toddler throwing food on the floor. In several studies, Kazdin and his team found that when parents changed their responses to behaviors - for example, they ignored screams but gave a lot of attention to their children when they asked nicely for something - the child learned that asking nicely is the better,

more reliable way to get attention ("[The Kazdin Method for Parenting the Defiant Child](#)," 2008).

### 3. Learn about child development

Parents are also more effective when they read up on child development to understand the misbehaviors that are common for each developmental stage, says Eyberg. Often, when a child displays a behavior that a parent doesn't like, such as making a mess while eating, it's because the child is simply learning a new skill, she says. "If parents understand that the child isn't making a mess on purpose, but instead learning how to use their developing motor skills in a new way, they're more likely to think about praising every step the child takes toward the ultimate goal," she says.

**4. Do time-out right** Three decades of research on time-outs show that they work best when they are brief and immediate, Kazdin says. "A way to get time-out to work depends on 'time-in'—that is, what the parents are praising and modeling when the child is not being punished," Kazdin says.

### 5. Prevent misbehavior

- Plan ahead to prevent problems from arising.
- Teach children how to cope effectively with the demands of the situation.
- Find ways to help children stay engaged, busy and active when they might otherwise become bored or disruptive. "We've found in our work over the past 20 years that if you do a good job teaching parents planned activities training, there's no need for time-outs," Lutzker says.

**6. Take care of yourself first** Parents receive some of the best parenting advice every time they take off on an airplane, says Palmiter: If the cabin loses pressure and you must put on an oxygen mask, put one on yourself first before you help your child. "Investing in the relationship with their partner is one of the most giving things a parent can do," Palmiter says. Single parents should establish and nurture meaningful connections in other contexts. A satisfying relationship with a colleague, neighbor, family member

or friend can help to replenish one's energy for parenting challenges.

**7. Make time** Too often, Palmiter says, the one-on-one time parents offer their children each week is the time that's left over after life's obligations, such as housework and bill-paying, have been met.

To combat this issue, Palmiter recommends that each parent spend at least one hour a week—all at once or in segments—of one-on-one time with each child, spent doing nothing but paying attention to and expressing positive thoughts and feelings toward him or her.

**Good read—for more info visit:**

[www.apa.org](http://www.apa.org)

### School Handbook Policies

- BMS Daycare, LLC hours of operation are from Monday through Friday, 7:00 a.m. to 5:30 p.m. Pg. 3
- For the safety of the children who may have allergies BMS Daycare, LLC is a NUT FREE facility. Pg. 9

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### Closing Schedule 2018

Veteran's Day	Nov 12
Thanksgiving Eve	Nov 21
	<b>3pm pick up</b>
Thanksgiving Day	Nov 22-23
Christmas Eve	Dec. 24
	<b>3pm pick up</b>
Christmas - New Yr.	Dec. 25
Staff Dev Week	Jan. 1st