



**NSSC PARENT  
ADVISORY  
COUNCIL**

**COMMUNITY  
NEWS**

**JANUARY  
2013**



**“GOOD JOB” - THE POWER OF OUR WORDS** by Chris David

Judgment: “Be a good girl and give me the paint” or “that is not a nice thing to do.” In the past I have used similar judgment phrases when referring to a child or an action of a child. Judgment phrases were so commonplace that I used them without much thought. Now I avoid using judgment words, because through my education I learned there is a better way to communicate to children.

Words have power over children and how they think about themselves, especially judgmental words employed by parents or teachers. Even positive words can have a questionable impact on a young child’s mind. For example, “Be a good girl and get me the paint.” What are the alternatives for this child? If she does not get the paint, is she bad? Is she good only when she is doing what everyone else wants? Will people still like her if she doesn’t get the paint? Positive words can teach a negative lesson.

As a new teacher I tried to teach a positive self image to children. I said: “good listening,” “good eyes,” “good work,” and many other “good” things. Any behavior or activity I wanted to encourage received a “good job.” I didn’t realize how silly I sounded until children started using my words; “good eyes,” “good girl,” and “good walking.” The “good” comment sounded so empty, automatic and not authentic. Then I started to hear the children say: “bad girl,” “bad running” and “bad boy.” Had I taught these little children that it is okay to judge each other?

Every word teaches children something. I realized I have a huge impact on children and I better do it right. I went back to school to complete my degree in Early Childhood Education. I had much to learn. How could I talk to children in a way that sounds authentic and non-judgmental? One of the first lessons I learned as a student was to observe children: write down their behaviors objectively. A teacher pointed out any judgment is an opinion and not fact. I don’t know what made a child behave in a certain way. But if I describe the

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**HELP US GET THE WORD OUT!**

As we head into prime preschool recruiting season, we need YOUR help in getting the word out to North Seattle parents about co-op preschools. How can you help?

1. “Like” co-op posts on Facebook and share them on your own page. That helps them reach your friends in the area.
2. Let folks know about Open Registration on March 16—a great time to check out the schools and sign up.

[www.facebook.com/coops.northseattle](http://www.facebook.com/coops.northseattle)

**WEDGWOOD SEEKING TODDLER TEACHER**

After 30 years of wonderful service, Sandi Dexter has decided to not teach the toddler class at Wedgwood next year.

Complete job description appears at the end of the newsletter - please share with anyone you know who may be qualified and interested.

It’s a lovely job at a great school!

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## Calendar

### January

14 PAC Meeting

21 Martin Luther King Jr. Day

### February

4 Free Parent Lecture

11 PAC Meeting

18 Presidents' Day

21 Priority Registration

### March

7 Crossover registration

11 PAC Meeting

16 Open registration

## CO-OP Openings!

### Infants

North Seattle (Tue, Wed & Thu)

### Toddlers

Northgate (Sat)

Victory Heights

### Pre 3's

Broadview

Latona

Meadowbrook

Northwest

Sandhurst

Victory Heights

Wedgwood

### 3-5's

Broadview

Crown Hill

Latona

Meadowbrook

University-Ravenna

Wallingford (3-4's only)

Wedgwood (4's only)

### Multi-Age & 5's

Meadowbrook 5's

Northgate 2-5's

Woodland Park 5's

*Help spread the word about our NSCC Co-ops!*

## HELPING CHILDREN DEAL WITH TRAGIC EVENTS IN THE NEWS

Timeless wisdom from Fred Rogers for parents, caregivers and teachers

During his lifetime, Fred Rogers became known for his reassuring way of helping families of young children deal with difficult times, beginning with his response to Robert Kennedy's assassination. Over the years since then, there have, unfortunately, been other tragic events during which parents and educators turned to him for his calming and thoughtful insight. Fred Rogers' wisdom is timeless, and his messages continue to be valuable for children and the people who care for them, as we deal with the events of today's world.

Hard copies of the article will be available in classrooms.

For reading at home, you can find the full article at:

<http://www.ncdhhs.gov/mhddsas/services/disasterpreparedness/MisterRogersFINAL.pdf>

### FREE PARENT LECTURE

AMY LANG: 4 GOING ON 14—THE RUSH TO ADULthood

MONDAY, FEBRUARY 4—SEE ATTACHED FLYER FOR COMPLETE DETAILS

**"GOOD JOB" - THE POWER OF OUR WORDS—** continued from Page 1

behavior and the results of the behavior, I might find out what motivated the action. Instead of "good work," I might say, "you put a lot of yellow in your painting." Now the child might look at the painting and tell me more about it. The child may not always seek my approval of the painting, "do you like it?" After much practice I can describe a child's behavior without judgment even when the behavior is clearly against the class rules. When I took judgment words out of my vocabulary, I found that I control my emotions more easily. I remember two children fighting over one truck. I described what I saw; "Erin was playing with the truck. Joel came over and grabbed the truck. Erin yelled and hit Joel." Without emotion I could state, "This is the problem: you both want to play with the same toy." Now the children can work on the problem, they can learn a different way to behave.

These children are not being naughty; in fact, the children are just exhibiting behaviors that are normal for their age and development. Often adults call children "bad" for displaying this typical ego-centric behavior. It takes a long time for children to move beyond being egocentric; if adults respond with a judgment of "bad" each time, what will children learn?

Now years later, I am an instructor in preschool classrooms and every year I hear parents say, "good job, good work, good walking." I encourage adults to think about the power of their words. I challenge parents to describe the behavior that they want to encourage, "Jane you picked up all the toys off the floor, wow!" I bet this helpful behavior will be repeated. And when there is a problem; describe what the children are doing, point out the problem. Then wonder out loud, "How could you solve this problem?" The children become involved in solving their own problems and soon the problem is resolved, but not always. Remember this is a process and adults are right there to help during the process.

What is more effective: saying "Good job" or "Erin you and Joel worked that problem out by talking." Good job is empty and describing what they did is informative. I would rather be informative.

It is hard to change old habits. At times I slip back and I catch myself saying "good job." And that is okay because most of the time I am choosing my words with care that encourages the learning of social skills, problem solving and self confidence.

## Contact Us

NSCC Co-operative Preschool Program  
206-934-3783 (NSCC Parent Ed Office)  
[www.northseattlecoops.org](http://www.northseattlecoops.org)

Email newsletter submissions to:  
[coop@cyelopsgames.com](mailto:coop@cyelopsgames.com)

**Monday, February 4, 2013, 7 – 9 pm**

Faith Lutheran Church

8208 18th Avenue NE

Seattle, WA

# 4 Going on 14

## The Rush to Adulthood

With Amy Lang, MA

**It seems kids are behaving, dressing and playing at being teens and adults considerably sooner than they used to! Who or what is to blame? What can we do to help curb this sometimes disturbing trend?**

- *Why kids are growing up so quickly these days*
- *How our sexualized culture came to be*
- *How all these sexual messages are impacting our kids*
- *What parents can do to fight against it*

**Free and open to the public**

**Amy Lang,**

**MA** Mom's

Choice Award®

winning author

of *Birds + Bees* + *YOUR Kids*,

Amy Lang speaks, teaches

and writes about talking to

kids about sex in the Puget

Sound area and nationally.

She's been featured in *The*

*Wall Street Journal*, *Seattle's*

*Child* and *Seattle Magazine*.

Visit [www.BBKVideo.com](http://www.BBKVideo.com) for

video so you can see her in

action!



Presented by the Parent Advisory Council of the North Seattle Community College Cooperative Preschools

<http://coops.northseattle.edu/>

## WEDGWOOD TODDLER TEACHER—COMPLETE JOB DESCRIPTION

**Job Title:** Toddler Teacher for the 2013-2014 School Year: Wedgwood Cooperative Preschool

**Location:** Seattle, WA

**Job Description:**

Seeking an enthusiastic, passionate, and organized Toddler Teacher to foster curiosity, encourage exploration, and guide children through changing needs and critical toddler milestones. The Teacher will also serve as a mentor to parents and will lead/help parents develop skills to assist effectively in the classroom. Part-time position (approximately 3 hours per week [includes time for set-up and break-down] and at least 2 evening meetings per month). Additional expectations specific to our school are listed in Wedgwood Preschool policies Appendix Q.

**Job Responsibilities:**

**1. Develop children's social, cognitive, emotional, and physical skills**

- Plan and implement an age-appropriate curriculum
- Work closely with other teachers at the school (incorporate cross-curriculum planning)
- Establish a flexible environment with a variety of activities suitable for toddlers
- Provide smooth transitions between interaction times
- Listen and respond to children at their level with the utilization of positive guidance techniques
- Encourage children's independence and self-help abilities
- Establish the Lead Teacher role by exhibiting confidence
- Encourage a sense of fun in the classroom with both children and adults

**2. Mentor and Lead Parents in Classroom**

- Model appropriate methods of working with children
- Encourage suggestions and ideas from parents
- Delegate responsibilities and/or ask for help when needed

**3. Maintain the physical environment**

- Ensure the environment is ready for the planned curriculum prior to the start of class (requires time spent on prep before class) and that all is put away as needed (requires time spent on break-down after class)
- Monitor the classroom to see that the space and equipment are safe
- Request supplies for the school and coordinate with other teachers using the classroom
- Give input to committee members to help them meet the needs of the class

**4. Enhance professional skills.**

- Attend monthly parent meeting, monthly board meeting, and other planning meetings
- Work with the Parent Educator to ensure parents have access to educational support
- Attend teacher in-services at North Seattle Community College, workshops to gain skills
- Observe similar programs to increase idea, refine skills, and provide continuous improvement on individual-self and for the program

**Requirements:**

- A college degree in related field or an AA in Early Childhood Education
- Experience with children ages 1-2 years old
- Previous cooperative school experience preferred
- Excellent communication skills with children and adults
- Energetic, enthusiastic, and warm personality
- A desire to be part of an inclusive, dynamic, community-based program

To apply for this position, please send a resume and cover letter including three letters of reference to

[jgunth@hotmail.com](mailto:jgunth@hotmail.com)