



Serra Preschool

A Parent Participation Nursery School
Where Kids and Parents Learn Together.

March
2019
Newsletter

Mrs. Nowicki's Message

But Versus And

You probably haven't noticed all the places the word BUT shows up in your own words **and here's why its** worth noticing:

But discounts everything that comes before it. It denies or disputes the worth or value of what came before, asserting that what came after is actually the truth or is more important.

And on the other hand is inclusive. It allows for the truth of what came before, while also expanding to include the truth of what comes after.

I recently began reading a book. *Wired to Listen, What kids learn from What we do and say,*
By Muffie Waterman

The first chapter is **all about "but versus and"** How making one small change in two words and the way we use them helps children self regulate!!!

" I love you, but I need to leave now and

go to work" or "I love you, and I need to go to work now."

Children hear "but" as an erasure of their needs. If their needs are erased, they do not feel heard or understood, and as a result, **they don't feel safe.** It may seem like a small, subtle difference. It is. And those small differences add up over a lifetime of talking.

"Yes I know you want that, but remember I said I was not going to buy you a toy today."

If you are a child on the receiving end of this, what is there to do but be upset, argue, throw a tantrum, or be mad that you have been controlled and denied something you want? Young children and teens find it easier to be mad at their parent than to deal with their disappointment. **Using "but" just hands them that opportunity on a silver platter.**

"Yes I know you want that, and I am not buying toys today."

When you use the word **"and"** instead of **"but"** it creates **and us** rather than a you versus me. The word **"and"** is **affiliative**, using it helps avoid the power struggles that so many families contend with. When a **child hears "and"** there is less to resist. He or she might still be mad, but it is actually easier to just be sad which gives a parent the opportunity to comfort (young children) or for teens, escape with some dignity.

-But versus And-

Shifting that one simple word changes so much on the receiving end for children:

-What they hear.

-How they react.

-What they are able to self regulate.

-How quickly they recover.



Patty Nowicki
3 Day Director

Things to Try

For one day, just listen for places where people **use the word "but."** Notice how often it is used.

When you hear "but" enter a conversation test out if you think it limits what comes afterward.

Try out a couple of versions for yourself. How does it feel?

I hope you do that and please let me know what you think about **"but versus and."**

Love, Mrs. Nowicki

Yes, and...

Miss Cori's Message

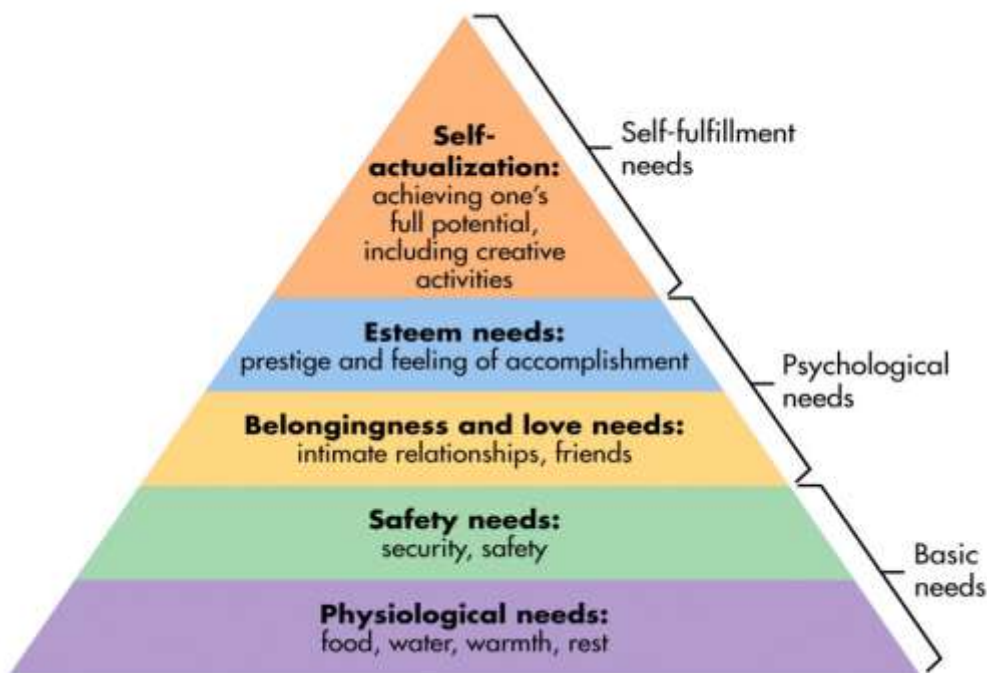
"I Want My Tabby." by Cori Preisler

A few weeks ago I picked up my Kindergartner from school, and another mom and I organized an impromptu playdate at my house between my Luke and her son. After a short while, the boy started looking tired and a bit forlorn. I asked him if he was ok and if he wanted me to take him home. "Yeah," he said, "I want my Tabby. I miss my Tabby." Awww, I thought. That's so cute. He's tired after a long day of school (wasn't expecting this playdate) and wants to go home and cuddle with his Tabby (whatever that was?!). I was thinking of a lovey stuffed animal or maybe he has a tabby cat. Curious, I continued the conversation to find out the magic powers of Tabby because as exhausted as they may be, my own kids would never turn down a playdate at someone else's house.

After the boy lovingly described his Tabby, turns out that his Tabby is his *tablet*, his iPad. Hmm, suddenly this isn't so cute anymore. I took him home, and as he burst through this front door (oh, the glory of Tabby awaits!), I told his mom what he said as an explanation as to why our playdate was ended so soon after it began. The mom giggled and clarified that his Tabby is his comfort object. He needs it every day and anytime they might go somewhere for a good period of time. And with that, the playdate was over.

I'm all for unwinding at the end of a long day, the boy's very real "need" for his iPad made me once again ponder the power of screen time. For children, screen time, which includes anything with a screen like a tablet, a tv, a computer, a smartphone, etc., satisfies the need for so many things. Truly, it's an uphill battle. And the "need" doesn't seem to wane as the years go on.

I recently saw a presentation given by Clayton Cranford, the Cyper Safety Cop, (www.cybersafetycop.com), and he reported that after Orange County teenagers across many high schools were given a survey, they ranked their cell phones not with "Belongingness and Love Needs" from the triangular chart below (as you might expect), but with "Physiological Needs." They likened their phone and internet use to food and water. So while studies show that cell phones may fit psychological needs (that's another discussion all to its own), the *perception* from teenagers is that they fill a basic need.



McLeod, S. (2018). *Maslow's hierarchy of needs*. Retrieved from <https://www.simplypsychology.org/maslow.html>



Cori Preisler
2 Day Director

Dates to Know:

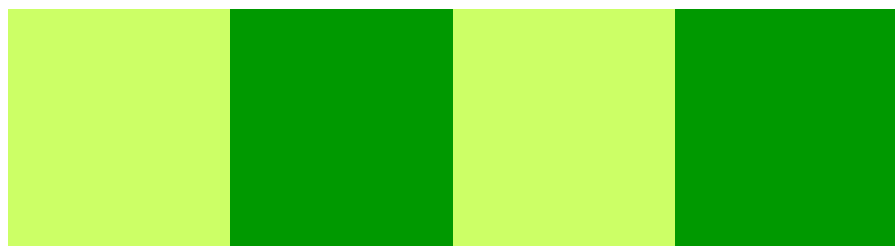
- Mar 2 | 6 Week Clean Up
- Mar 9 | OC-CPPNS Conference
- Mar 13 | Street Sweeping
- Mar 13 | Board Meeting
- Mar 14 | Street Sweeping
- Mar 17 | Trike-A-Thon
- Mar 21 | Prospective Parent Meeting
- Mar 27 | Street Sweeping
- Mar 27 | General Meeting
- Mar 28 | Street Sweeping

Mrs. Cori's Message Continued

What are the needs that you want your child to feel? What are the needs that you want your child to communicate with you about? Many households have their own philosophies on a great array of topics like food and nutrition, car and bike safety, education, religion, etc. Many parents believe they are and want to be role models for their children, to guide them using you as an example, and for them to follow your lead. While there is that catchy expression, "Do as I say, not as I do," it unfortunately can't always ring true. I believe technology use is one of those philosophic topics that sneak their way into your house and sometimes, before you even know it, an unpleasant pattern has been established with screen time. So, take the time now to talk with your spouse about how you want smart devices to be used in your home, how you want them to be perceived by your children. If devices are super important to you, they will be super important to your children.

I hate to admit that technology is here to stay, but that doesn't mean we have to give up on guiding our children through their inevitable use of screen time. It's *hard* to navigate through technology use because as children grow, they will be required to use it more and more. If you're good parents like I know you all are, you'll be required to monitor it, just like you monitor their food and nutrition and everything else. I invite you to use technology to help you along the way. You can visit <http://www.fredrogerscenter.org/> to read about The Fred Rogers Center For Early Learning And Children's Media. The website gives some helpful suggestions as to how to allow your child to be involved in the world of technology while staying committed to their belief that "the foundation of every child's healthy development is the power of human connection. Whether we are parents, educators, media creators, or neighbors, each of us has a unique and enormous potential to nourish children's lives with positive interactions." ~Miss Cori

Editors Note: This is an image that is popular on the internet. Like all jokes there is truth behind it, both for kids and adults!



MEET Play LOVE

Engage, Enrich, Enlighten

70TH ANNUAL CCPPNS Conference for Parents & Teachers MARCH 9, 2019

CCPPNS conventions excite minds, inspire meaningful connection, and update key components of best practices for the education of children. Education for the next generation must reach horizons beyond the traditional Three “R’s (reading, writing, ‘rithmetic). The Three “N’s”: Engage, Enrich, Enlighten, grow minds and offer opportunities to take charge of learning. Learn how to integrate techniques that encourage ability and effort, and build the skills and confidence to negotiate an ever more complex society. A premier One Day Education Conference, within a family friendly resort, CCPPNS Convention 2019 offers teachers and parents an unparalleled opportunity to learn and play.

Dad Joke of the Month

What do you call a droid that takes the long way around?
R2 detour.



Please use www.smile.amazon.com
when shopping on Amazon, and Serra will receive a percentage of your purchase
(you pay what you would normally pay anyways, but Amazon will
donate funds to Serra!).

March Birthdays

- Mar 3 | Mia Palomo
- Mar 7 | Fitch Tertany
- Mar 21 | Leo Waldner
- Mar 22 | Jacob Piper
- Mar 31 | Elliot Dawson

Serra Preschool Board of Directors

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Ways & Means, Erin Bright
OCCPPNS, Shelby Long
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allgriff@yahoo.com
shanepowell99@hotmail.com
alliejwaldner@gmail.com
Dayna.spencer@yahoo.com
Alison.hegarty@gmail.com
erin@brightapc.com
mrsshelbylong@gmail.com
jenandconnor@hotmail.com
Kadeboisseranc@cox.net
alykade@cox.net

Serra Preschool
1005 Calle Puente
San Clemente, CA 92672
949.492.8188

serrapreschool@gmail.com
www.serrapreschool.org

