

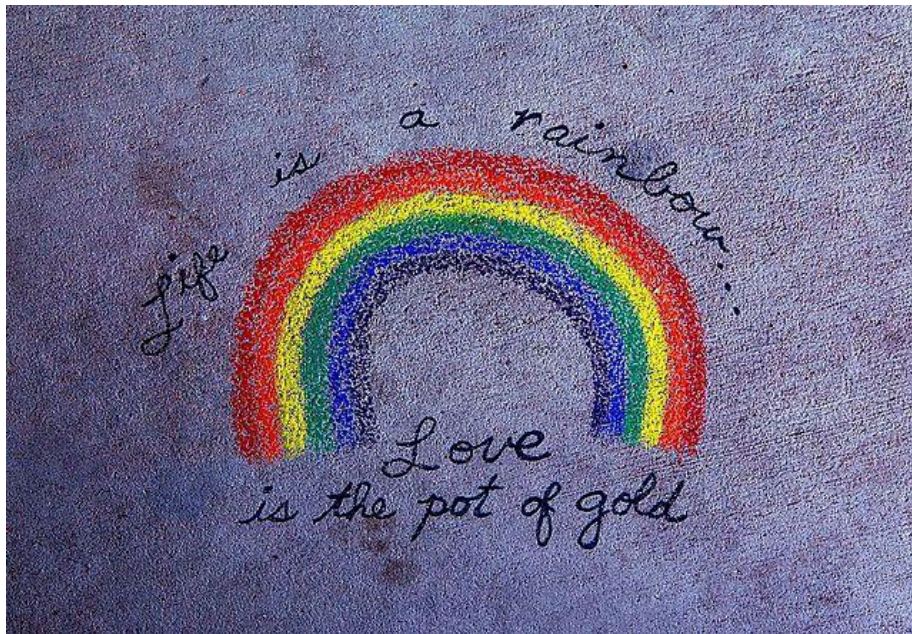
CPP School to Heart to Home Parent Newsletter

March 2024

This is just one way CPP is working to unite
HOME FAMILIES with SCHOOL FAMILIES.

This month let's focus on the *Power of Unity*. When we say “We’re all in this together,” we are expressing our unity and interdependence. Each of us is unique, yet undeniably connected to every other unique being in our world. By honoring our uniqueness and our interdependence, we see that each individual has an important contribution to make to the welfare of our classroom, school, community, state, country and world.

We value caring, sharing, kindness and helpfulness toward others, and we feel good when we act in caring, kind and helpful ways. In fact, the brain is equipped with a bunch of feel-good hormones and chemicals like serotonin and dopamine that are released when we feel like valued, contributing members of a group. We just feel better when we feel like we matter!



Sixth Lesson: Skill of Encouragement

Encouragement is about noticing, accepting and connecting with children. Noticing is a specific skill that is essential to encouragement, and is more powerful than the most lavish praise. Noticing describes the child's actions out loud, without judgment.

There are 3 types of noticing:

1. **Basic noticing:** "You did it! You (describe without judgment.)" "You did it! You wrote your name!"
Or "Look at you! You (describe without judgment). "Look at you! You pushed the lion to make it roar!"
2. **Noticing to encourage compliance:** "You did it! You (describe without judgment)" "You did it! You waited your turn/You held my hand to cross the street!"
3. **Noticing to encourage helpfulness:** You (describe action without judgment) so (describe impact on others) That was (helpful, kind, thoughtful, loving, etc) "You did it! You handed Mommy the dirty pacifier so I could wash it off, that was helpful!"

"Affirming words from moms and dads are like light switches. Speak a word of affirmation at the right moment in a child's life and it's like lighting up a whole roomful of possibilities." -Gary Smalley



Resource Spotlight

As human beings we have a deep need for connection and a sense of belonging. The power of unity carries the belief we are all in this together, we are all connected.

Helping children shift from "what do I get if I am good" to "how do I give of my goodness to others" is the definition of unity.

Watch this 26 minute webinar for more strategies- Link below
[Webinar: Power of Unity with Dr. Becky Bailey - Conscious Discipline](#)



Wishing you Well...

Kim Sporrer