



HAZELWOOD EARLY CHILDHOOD

Family Support PBIS Newsletter



NOVEMBER: "TAKE CARE OF YOUR SCHOOL" MONTH

Practicing Spot's Rules

Take Care of your HOME by:

- Cleaning up your toys.
- Cleaning your room.
- Helping rake leaves.

Take Care of your SCHOOL by:

- Walking on the sidewalk to stay off of flower, rock and fences.
- Throwing trash in the trash cans.
- Putting your coat and backpack in your cubby.
- Walking in the hall with a quiet "inside voice."

Behavior Tips for Picky Eaters

- ★ Avoid power struggles by giving kids choices about what they eat. You pick the options and they make the choice.
- ★ Involve children in planning, shopping and preparing the food. Kids are more willing to eat if they help to cook the meals.
- ★ Introduce one new food item per meal and encourage them to try one bite. If they won't try it then have them at least touch or kiss it. This helps to desensitize them to new/non-preferred foods.
- ★ Create a healthy snack box that kids can choose from, filled with "parent approved" treats. Put the box in an accessible location for your child.
- ★ Kids like to "dip" foods! Provide lite ranch dressing for veggies or yogurt for fruit.

Books & Videos for Teaching "Take Care of Your School"

Lola Goes to School

<https://www.youtube.com/watch?v=RjVDmKXYcvq>

In the Classroom [A school song: "My School Is Fun" by Alyssa Liang](#)

Clean Up is Fun [Clean Up is Fun - Children's Cleaning Song - Kids Songs by The Learning Station](#)



Community Resources for Domestic Violence

- ALIVE: [Programs and Services](#)
- Crime Victim's Ctr: [Get Help | supportvictims](#)
- ROW: [Redevelopment Opportunities for Women \(ROW\)](#)
- Safe Connections: [Get Help | 314.531.2003](#)
- St. Martha's Hall: [St. Louis Shelter for Abused Women | Saint Martha's Hall](#)
- Weinman Center: [Programs and Services | UMSL](#)

For Men Seeking Change

- Provident Inc. [Group Counseling for Adults](#)
- RAVEN: [About Us – RAVEN](#)