

# Hope Academy of NWA

Small Steps are Big Wins

## QUOTES TO REMIND CHILD

**“No one can make you angry without your permission”**

## REMINDERS

**Drop off: 7:30-8:00AM**

**Pick Up: 2:50-3:15PM**

\*Please keep your child in the car until we come out at 7:30AM for safety- we want to make sure our staff is able to enter the building so they can prepare for the day before we welcome them inside

\*Fall Break (no school)- October 20-21, 2022

\*Monthly, we have a fire drill. Make sure your child knows what the plan is at your house if there is a fire and the importance of sticking together

\*We have parent nights coming up!

Zoom meeting: October 4 & 18 from 8-9PM    Iron Horse Coffee Company: October 11 from 8-9PM

**Children cannot act differently until they are seen differently**

**SEVEN SKILLS FOR PARENTS:** helpful reminder of the language and concepts of Conscious Discipline.

**Composure:** No one can make you angry without your permission. **Power of Perception:** Be a S.T.A.R! Smile, Take A breath and Relax

**Empathy:** The moment is as it is. **Power of Acceptance:** D= Describe- Your face is going like this. N= Name- You seem \_\_. A=Acknowledge-You wanted \_\_ or \_\_ you were hoping.”

**Positive Intent:** See the best in others. **Power of Love:** “You wanted \_\_. You may not \_\_. \_\_hurts. When you want \_\_ say or do \_\_.”

**Assertiveness:** What you focus on, you get more of. **Power of Attention:** “Did you like it? Go tell \_\_, ‘I don’t like it when you \_\_. Please \_\_.”

**Choices:** The only person you can “make” change is yourself. **Power of Free Will:** “You may \_\_ or \_\_. What’s best for you?”

**Encouragement:** We are all in this together. **Power of Unity:** “You \_\_ so \_\_. That was so helpful!”

**Consequences:** Mistakes are opportunities to learn. **Power of Intention:** “You may \_\_ or \_\_. If you \_\_ again, you will \_\_. Tell me what will happen if you \_\_ again.