

Hope Academy of NWA

Strive for progress, not perfection

QUOTES TO REMIND CHILD

Learning is never done without errors and defeat.

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

+Parent Zoom (with a special guest): April 20, 2023

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

You do not have to attend every argument you are invited to

A New Lense for Discipline:

If we only desire compliance or obedience, we are often communicating power over, a need for control, and possibly relief from the felt chaos in our own nervous system.

If we desire connection when encountering rough behavior, we can offer some time, space, and a felt presence that invites the nervous system inside and a place to rest while we figure it out!

When we're feeling rough (or our kids): Ask yourself or kids the following questions:

- ❖ What am I missing right now?
- ❖ What don't I understand?
- ❖ What do your eyes see right now?
- ❖ If your heart could talk, what would it share?
- ❖ What do your hands need?
- ❖ What does your belly want to say?

Are Our Consequences Contributing to Relational Safety or Fear-Based Responses?

- ❖ Relational safety can be a "consequence" of the behaviors we label as oppositional, defiant, aggressive and shut down!
- ❖ Is the adult nervous system ready or resistant?
- ❖ How often do we explore our own history and ideology of generational discipline protocols?