



Positive Parenting: Strategies for Success

Parenting is hard work. It can be really stressful to not only make sure your child's basic needs are met, but to also raise them to be well-behaved and successful. Studies suggest that parents using positive guidance techniques have toddlers who have better self-regulation, are less aggressive, have fewer behavior problems, are more resilient to change, and have better moral reasoning skills.

Positive guidance techniques encourage parents to use clear, positive language to establish limits, to give simple choices and set natural consequences. For more information on positive guidance read below:

- **Clear, positive language:** Try telling your children what they should do, not what they shouldn't do. For example, "We walk when we are inside." instead of "Don't run." This provides clear expectations of their behavior.

- **Give choices:** If getting dressed in the morning is a struggle, instead of fighting with your children, give them a choice. "You need a sweater because it is cold out. Would you like to wear your red one or green one?" this helps the child feel a sense of control.
- **Don't praise, but encourage:** "When your child does something right, it is natural to praise them. Just make sure to do so in a way that encourages their effort. Try, "you worked really hard to solve the problem." instead of "you're smart!" This will direct your child to continue working hard.

For more articles like this one see

Oregon Parenting Together



Blog of the Month

When I was in college I had a friend who had a habit of being overly critical, or judgemental, about everything. We would go through the mall or sit around campus and just people watch. I noticed how quickly she critiqued a person's clothes, facial expression, haircut, gait, etc. I felt awful listening to her comments. After awhile I told her that her comments were unfounded and down right unkind.

-- Read More --

Local Preschool Programs Now Accepting Applications!



FREE PRESCHOOL

MARION & POLK COUNTIES



INCOME CHART

# in Family	100%	130%	200%
2	\$16,910	\$21,983	\$33,820
3	\$21,330	\$27,729	\$42,660
4	\$25,750	\$33,475	\$51,500
5	\$30,170	\$39,221	\$60,340
6	\$34,590	\$44,967	\$69,180
7	\$39,010	\$50,713	\$78,020
8	\$43,430	\$56,459	\$86,860

NO INCOME REQUIREMENT 4 YRS

Salem Keizer School District Title Funded Preschool

1850 45th Avenue NE
Salem, OR 97305
p. (503) 399-5510

Service area: Bush, Highland, Scott, Four Corners, Swegle, Richmond, Grant and Washington

Gervais School District

290 First Street
Gervais, OR 97026
p. (503) 792-3803

Service area: Gervais School District

St. Paul Elementary School

20449 Main Street NE
St. Paul, OR 97137
p. (503) 399-5510

\$50/mo. Tuition

Falls City Elementary School

177 Prospect Street
Falls City, OR 97344
p. (503) 399-5510

Service area: Falls City School District
\$295/mo. Tuition

Perrydale Elementary School

7445 Perrydale Road
Amity, OR 97101
p. (503) 623-2040

Service area: Perrydale School District

North Marion Preschool

20257 Grim Road NE
Aurora, OR 97002
p. (503) 678-8500

\$295/mo. Tuition beginning September 2019

Woodburn School District

1390 Meridian Drive | Woodburn, OR 97071
p. (971) 983-3043

Programs: Migrant Education and Preschool Promise
Service area: Woodburn School District

0 to 130% 3-4 YRS

Community Action Agency

2475 Center Street NE | Salem, OR 97301
p. (503) 581-1152

Programs: Early Head Start, Head Start, and Childcare Partnership

Service area: Marion Polk County

Kidco

290 First Street | Jefferson, OR 97026
p. (503) 792-3803

Programs: Head Start

Service area: Jefferson School District

Salem-Keizer School District

1850 45th Avenue NE | Salem, OR 97305
p. (503) 399-5510

Programs: Head Start, Oregon Pre-K, and Preschool Promise

Service area: Salem-Keizer

Oregon Child Development Coalition (OCDC)

Independence: (503) 838-2745
Silverton: (503) 981-3001

Salem: (503) 484-0899
Woodburn & Brooks (503) 981-3001
Programs: Head Start, Migrant/Seasonal Head Start, Early Head Start & Preschool Promise
Service area: Marion Polk County

The Confederated Tribes of Grand Ronde

9615 Grand Ronde Road
Grand Ronde, OR 97347
p. (503) 879-2161

Programs: Early Head Start, Head Start and Preschool Promise

Siletz Tribal Head Start

201 SE Swan Avenue | PO Box 549
Siletz, OR 97380-0549
p. (541) 444-2450

Programs: Head Start
Service area: Marion County

UP to 200% 3-4 YRS

Preschool Promise Program** offered at:

- ▶ **The Confederated Tribes of Grand Ronde, Grand Ronde**
p. (503) 879-2287
- ▶ **OCDC Concordia, Salem**
p. (503) 838-2745
- ▶ **OCDC Independence, Independence**
p. (503) 838-2745
- ▶ **OCDC Silverton, Silverton**
p. (503) 981-3001
- ▶ **Prescolar Daycare Jalisco, Independence**
p. (503) 838-6394
- ▶ **Child Development Center at Western Oregon University, Monmouth**
p. (503) 838-8238
- ▶ **Chemeketa Child Development Center, Salem**
p. (503) 399-5048
- ▶ **Island Adventures, Salem**
p. (503) 990-3273
- ▶ **Loving Beginnings, Salem**
p. (503) 409-7434
- ▶ **Mary's Guarderia, Salem**
p. (503) 507-0312
- ▶ **Precious Cargo Preschool & Childcare, Salem**
p. (541) 961-1149
- ▶ **Salem Christian Academy, Salem**
p. (503) 580-4963
- ▶ **Salem-Keizer School District, Salem**
p. (503) 399-5510
- ▶ **Tiny Hands Specialized Care, Stayton**
p. (503) 767-2679
- ▶ **Arce's Daycare, Woodburn**
p. (503) 982-9750
- ▶ **Woodburn School District, Woodburn**
p. (971) 983-3043

** Programs subject to change for 2019/20 school year.



PARENTS PLEASE NOTE: Some exceptions may apply. Head Start families may automatically be eligible if they are a foster child, homeless, receive Temporary Assistance for Needy Families (TANF), Supplemental Security Income (SSI), or a child who is on an Individualized Family Service Plan (IFSP) or Individualized Education Program (IEP). Contact programs for more information.

PRESCHOOL

Launch to Success and Beyond
For more information, please visit
www.ParentingHub.org





Kindergarten Registration is OPEN NOW!

As students enter into the last section of their school year, some of our youngest are preparing to embark on their educational careers. Kindergarten registration for many school districts throughout Oregon open this month. By enrolling your child early, your school is able to prepare the best possible education for your child. Many schools offer a kinder jumpstart program to assist with transition into kindergarten. Visit [our website](#) for a list of all Elementary Schools in Marion and Polk Counties.



Upcoming Ready! for Kindergarten Classes

Ready! for Kindergarten provides take-home materials (toys) and tools, to empower parents and caregivers to help young children develop strong brain connections and kindergarten readiness.

Do you have a child between the ages of 2-3, 3-4 or 4-5 then join one of the classes below for a fun-filled workshop for you and your baby to gain new abilities related to the wonderful changes that happen so fast at this age. There are three workshops but you do not need to have attended the first to attend the second or third. **Free dinner, take home toys, and childcare.**

Yoshikai Elementary (*English & Spanish*)

4-5 years old

4900 Jade St NE, Salem, Oregon

Wednesdays- May 1, May 8, and May 22 16

5:30-7:30pm

Call (503) 399-3438 to register

Hoover Elementary *(English & Spanish)*

4-5 years old

1104 Savage Rd NE Salem, Oregon

Wednesday- May 22, June 5 and June 19

5:30-7:30pm

Call (503) 399-3193 to register

Gilbert House *(Spanish Only, waitlist available for English)* 3-4 years old

116 Marion St, Salem, OR

Mondays, May 13, May 20 and June 3

5:30-7:00pm

Call (503) 602-2703 to register

Salem Keizer Coalition for Equality *(Spanish Only)*

2-3 years old

3850 Portland Rd NE #100, Salem Oregon

Wednesdays- May 15, May 22 and May 29th

10:00-12:00pm

Call (971) 239-9662 to register

Upcoming Parenting Classes

Make Parenting a Pleasure *(Spanish)*

Salem Keizer Coalition for Equality

3850 Portland Rd NE #100

Salem, Oregon

Every Wed., Feb. 20- May 8

10:00-12:00pm

Call (971) 239-9662 to register

Nurturing Parenting *(English & Spanish)*

Scott Elementary

4700 Arizona Avenue

Salem, Oregon

Every Thurs., Jan. 31 to May 9

4:45-7:15pm

Call (503) 399-3302 to register

For additional classes in Marion County visit

our [calendar!](#)



Nurture Hope *(English)*

Lyle Elementary School- Dallas

185 SW Levens St

Dallas, Oregon

Every Wed., April 3- June 19

5:00-7:00pm

For additional classes in Polk County

visit [Mid-Valley Parenting](#)

Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

OR

Sign up for weekly brain building text message by texting CHILD to 48258.



Vroom Tip

While waiting at the supermarkets, drugstore, or doctor's office, pretend you're a newscaster. Using your pretend microphone, ask your child questions: "What do you see? Who else is here? What do you think is going to happen next?"

[More Vroom Tips](#)

