



Boys & Girls Club of Lethbridge & District

Newsletter December 2015

Important Dates!

December 2 :

Family Christmas Party

6:30pm—9:30pm

December 11: Santa Store

6:30pm-9pm

December 12: Santa Store

10 am– 2pm

December 21-31: All schools closed for the holidays

December 24-25: Boys and Girls Club closed.

December 31: BGC closes at noon for New year's eve, Scholastics orders due

January 4: BGC closed for Club Preparation Day



In this edition...

- Planning days and holidays
- The Santa Store
- Community Events
- Positive Discipline for Attention Seeking Behaviors



LSCO will be hosting their 31st annual Christmas Turkey Dinner on Friday, December 25th from 11am -1pm. Dinner is free and open to all ages and families. Rides may be arranged if needed.

PD Days and Holidays

Parents **MUST** sign-up for each PD day that they require care throughout the school year. This helps us ensure that we have adequate staffing in place on that day. Sign-up sheets for PD days will be available on the front table near the sign-in binders at least one week prior to your child's PD day. We will

do our best to accommodate everyone who signs up but space may fluctuate with staff. Boys & Girls Club of Lethbridge is not responsible for notifying parents regarding PD days or providing automatic sign ups. Holiday care sign-up normally begins at least 3 weeks prior to the holiday

period for which care is required and the same rules apply. The number of spaces available for Holidays is determined by staff availability.



Santa Store!

SANTA STORE IS BACK! December 11 & 12

The Santa Store allows children from the Lethbridge community, with the help of volunteer Elves, to purchase \$1-3 items donated by the community to gift to their families, so they can participate in the joy of giving!

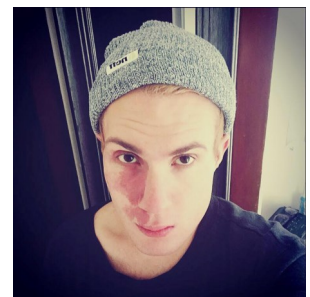
Donations now being gratefully accepted at the Boys & Girls Club, with special need for items for Dads, as well as wrapping paper and tape so the gifts can go home in style!









Featured Staff

Adam is our new Education Leader!

Hey Everyone! My Name is **Adam**! I started off volunteering in September and became the Youth and Education Leader with RRTG and The MAT in October! I am originally from Edmonton just over 2 years ago for school. I have 3 diplomas in Design and business but have always had a strong passion about working with youth and LGBT youth. I have many loves such as traveling and going to shows. I have a strong love for my cat McQueen she just doesn't love me back all the time. Everyone I have met here so far has been so amazing and welcoming. I cannot wait to meet more of you and learn from you all!!



December Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 Ask a naturalist 1:30 pm Helen Schuler Nature Centre		1	2 Free movie: Primer, 7pm Lethbridge Public Library	3 	4 U of L Lunch and Listen 12:15pm CASA Carol Festival 7pm	5 World Drum Show 2pm CASHA
13 Sunday nature walk 2pm, Helen Schuler Nature Centre	7 Fostering Healthy Brain Development in Children 6pm Family Centre	8	9	10	11 Lethbridge Nativity Festival 1-9 pm 	12 CP Holiday Train be- hind Save-on Foods N. 6:45 pm
20 Christmas lights <u>tour</u> 5pm Exhibition Park 	14 	15	16	17	18	19
27 Creature Feature 2:30 pm Helen Schuler Nature Cen- tre	21	22	23 Free movie: Polar Express 2:30pm Crossings Public Library 	24	25 Turkey Dinner 11 am-1pm LSCO 	26
	28 Playstation Unplugged Helen Schuler Na- ture Centre	29	30	31		

Positive Discipline for Attention Seeking Behaviors

Attention Seeking Behaviors – What’s Going On

When looking more closely at attention seeking behaviors, there are a couple of issues going on. I’ll address them one at a time.

Negative attention is better than no attention

If your child wants your attention, he or she knows how to get it. First your child might, just might try a positive behavior to get your attention. If that doesn’t work, your child might try a negative approach next.

Attention Seeking Behaviors Might Be Caused by Too Little or Too Much Attention

If you’re a super busy parent, maybe your child is seeking attention because he or she really hasn’t had enough attention from you to feel that he/she matters to you. On the other hand, maybe you and your child spend so much time together that your child has developed the idea that he or she needs attention from you almost constantly in order to feel that he/she matters.

What Your Child REALLY Wants – Instead of Attention

To address this issue of children and attention seeking behaviors, let’s change the label of attention to a new one that will help us better approach the problem. Instead of naming this attention seeking behaviors, let’s change the name to connection seeking behaviors.

Positive Discipline Tools When Your Child Seeks Connection and Contribution

1. Schedule Special Time
2. Involve your child in a helpful task
3. Give your child opportunities to

make meaningful contributions through household jobs such as helping cook, feed pets, set the table – on a daily basis. Do not pamper children in the name of love; instead let them see how capable they are.

4. Stop what you are doing and connect with your child for a few minutes. Love Rituals are one great way to do this.
5. Plan one night of the week for family time to create lasting memories and connections with each other.
6. Empathize with your child and validate your child’s feelings so your child knows that you care about his/her perspective.

Adapted from: <http://www.positiveparentingconnection.net/positive-discipline-for-attention-seeking-behaviors/>

Name _____

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Sweet Patterns!

