



THE PAW PRINT

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Spring into Play Groups

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Spring is here with warmer weather
The perfect time to play together!
Let's meet at the park for picnics and fun
Or romp on the playground, enjoying the sun.
We can always do pizza and play lots of games
Or go to a gym on a day when it rains.
Meet with your friends and make new ones too.
Let's all join a play group, there's one just for you!



**If you are not in a play group and would like to be part of one,
please contact Laura Pannell at lovejoypsa@sbcglobal.net.



"No more screaming, discipline that WORKS!"

Please join us for our general meeting and welcome Dr. Miki Kidron
Thursday, April 16th at 9:30 a.m. at Creekwood UMC

Born and raised in Israel, Miki Kidron, PhD is a licensed professional counselor (LPC), a supervisor for LPC interns, and a Registered Play Therapist (RPT).



Miki has a unique, direct style when working with patients. Dr. Kidron earned her Master's degree in Clinical Psychology at Tel-Aviv University in Israel. After relocating to the U.S., she earned her doctorate degree from the University of North Texas in Counselor Education, specializing in play therapy. Dr. Kidron works with parents individually or in a family setting to address family issues. Miki conducts **child-parent-relationship therapy (C-P-R)** — a training for parents to enhance their relationships with their children and to better understand their children's world. She currently has two private practices (one located in Frisco and the other in Plano). In addition, she has published articles in professional journals and is an adjunct professor teaching Master's level students.

Fantastic General Meeting in March

At the March general meeting, we all enjoyed a nice lunch provided by our sponsor, Dr. Michael Wojnicki. He informed us about his services and some of the misconceptions regarding chiropractors. At Global Chiropractic and Acupuncture, Dr. Wojnicki provides both chiropractic care and electric acupuncture (no needles!). He accepts most insurance plans and is conveniently located at 315 S. Jupiter Road, Suite 100 in Allen. Thanks again Dr. Wojnicki!!

After lunch, we all enjoyed listening to Dr. Susan Istre, Director of the Center for Social Success. She gave us invaluable advice on how to discipline our preschoolers in a practical and meaningful way. We learned many useful tools, but there was one thing that Dr. Istre said parents must learn to do: **FOCUS ON THE POSITIVE**. We should constantly comment and praise our children for what they are doing RIGHT instead of what they are doing wrong. We must tell our children specifically what we liked about the behavior and never wait for perfection! If you are wanting better behavior, ignore the bad and praise any amount of improvement.

Dr. Istre also emphasized that independence is the goal so that children will learn how to solve problems on their own, which in turn improves self-esteem and allows them to learn and grow. We should always give clear, simple commands. Don't ask a child to do something. In other words, don't say, "Will you please put that away?" Instead, say, "Please put that away." Also, natural and logical consequences are most effective. An example of a natural consequence is that a child will be cold if they do not want to wear a coat. A logical consequence would be when a toy is removed if a child hits with it. These are just a few of the highlights from Dr. Istre's discussion.

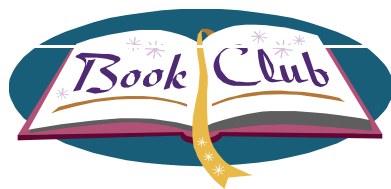
Dr. Istre suggests seeking professional help if the following occurs:

- 1) If you are in a lot of conflict with your child and feel stressed out
- 2) You feel like you have tried everything you know to do and it is still not working
- 3) When it is hard to find something positive to say about your child
- 4) When you are worried there may be an underlying problem
- 5) When your child is becoming a bully or victim

For help, call the Center for Social Success at (972) 404-3001, or visit her website at www.dristre.com.

LPA UPCOMING EVENTS

April 16th	9:30 a.m.	General Meeting (Creekwood UMC)
April 19th	8:00 p.m.	Book Club (Lori Willard's home)
April 28th	11:45 a.m.	Lunch Bunch (Cheddar's)
May 10th	8:00 p.m.	Book Club (TBD)
May 14th	9:30 a.m.	Last General Meeting for 2008-09



Please join us for the LPA 'Sunday' Book Club's April discussion of *The Secret History* by Donna Tartt. The meeting will be held on Sunday, April 19th from 8:00pm - 10:00pm at Lori Willard's home, 481 Ashwood Lane, Fairview, TX 75069. Truly deserving of the accolade a modern classic, Donna Tartt's novel is a remarkable achievement—both compelling and elegant, dramatic and playful.

Synopsis: Under the influence of their charismatic classics professor, a group of clever, eccentric misfits at an elite New England college discover a way of thinking and living that is a world away from the humdrum existence of their contemporaries. But when they go beyond the boundaries of normal morality, their lives are changed profoundly and forever, and they discover how hard it can be to truly live and how easy it is to kill.

We Need Volunteers!!

The Lovejoy Preschool Association is looking for enthusiastic members who would like to be a part of the planning, coordinating, and fun that makes our group a successful and beneficial organization!

We need committee chairs and volunteers NOW in order to keep the LPA going strong!

There will be open board positions for the 2010-11 school year. That may seem like a long time from now, but we would love to have some LPA members who have either led a committee or volunteered on a committee learn how to fulfill the retiring board positions during the next school year BEFORE the new board members take over. If you are interested in helping or have questions, please contact us at lovejoypsa@sbcglobal.net.