

Texas Association of Parent Educators

NEWSLETTER OF TAPE SPONSORED BY CENTER FOR PARENT EDUCATION

<http://www.cpe.unt.edu/tape.php>

Volume 4, Issue 3

October, 2010

A Message from the President

TAPE Talk!

Dear TAPE Members,

TAPE has been hard at work this summer improving its services to you. We are developing as an organization and are excited to share with you. We established a general mailbox for TAPE, held a TAPE Free Online Webinar, updated the Best Practices application process, produced another newsletter and began work on several other projects.

First, let's talk about the address:

TAPE2006@live.com. Having a mailbox that is consistent regardless of officer changes will help TAPE to provide uninterrupted member services. We have used the mailbox for TAPE Free Online Webinar registration and it worked beautifully.

Speaking of TAPE Free Online Webinars, we were fortunate to have Elaine Shiver of Texas Parents As Teachers as the guest speaker for the July Webinar. Texas Parents as Teachers is a former Best Practices Recipient. Parents As Teachers (PAT) is a research-based home visiting curriculum that is tailored to the specific development of each individual child. Thanks, Elaine, for sharing your expertise with us.

Is your program a model for Best Practices in Parenting Education? If so, then you are encouraged to apply for the Best Practices Award. We want to recognize the best of the best! The application is posted at <http://www.coe.unt.edu/cpe/2010-best-practices-nominations> and are due October 31, 2010. You can read more about the Best Practices Award in this issue.

I hope to see you all at the 2011 International Conference on Parenting Education. It will be held February 10-11, 2011 at the University of North Texas. Details are in this issue. Until then, I wish each one of you a most productive year.

Beth

Arminta Jacobson Professional of the Year Award

Established in 2009, the Arminta Jacobson Professional of the Year Award is awarded each year to a professional who meets the criteria of:

- * Service to the profession of parent education that has had an established pattern of impact for at least five years.
- * Scope of service by this professional in the field of parent education would be at the state and/or national level.
- * This professional would have an established track record as a mentor, practitioner and/or a scholar in the field of parent education.

Dr. Linda Ladd, a professor in Family Sciences at Texas Woman's University, was the first recipient of the Arminta Jacobson Professional of the Year Award. Dr. Ladd has also served as the second president of the Texas Association of Parent Educators. Under Dr. Ladd's leadership TAPE experienced tremendous growth as an organization. Electronic newsletters, free online professional development workshops, and a National Recognition of Best Practices for parent/family life programs were established under her leadership.

Now, we are looking for the 2010 award winner! Do you have a colleague, friend, employer, or employee that you would like to nominate for the Arminta Jacobson Professional of the Year Award? Often we know individuals that deserve recognition but lack an opportunity or avenue in which to demonstrate that appreciation and acknowledgement. This is a great opportunity to tell us about your colleague or friend and the contribution that they have made to parent/family education. We look forward to receiving your nominations!

The award winner will be recognized at the 2011 University of North Texas International Conference on Parent Education and Parenting, February 10-11 in Denton, Texas. The award winner will receive a plaque in recognition of this



Mission Statement

To build a network of professionals and opportunities to increase knowledge and skills in the fields of parent education, parent involvement, and family support in order to promote education in schools, communities, and state.

Inside this issue:

Building Baby Brains: Angle Neu	2
PD to Go: Free Webinar at Noon	2
Discipline Gradient: Sadguna Anasuri	3
Meet the Member: Victoria Calvin	3
Meet the Board: Elaine Zweig	4
2010-11 TAPE Board Members	4
Quality Time: Words of Wisdom	4
TAPE Membership Form for 2010-2011	5

achievement, a one-day complimentary registration and a complimentary Resource Fair table. The recipient will also be featured in the TAPE newsletter and on the University of North Texas/College of Education News.

The nomination application and instructions to submit by mail/electronically can be retrieved at www.unt.edu/cpe/tape.



Free Webinar Free Webinar Free Webinar Free Webinar Free Webinar

Building Baby's Brain: The Role of Music
Angel Neu

County Extension Agent – Family and Consumer Sciences, Cooke County

PD to Go
TAPE Free Webinar at NOON

Beth Thompson

Music has a powerful effect on our emotions. Parents know that a quiet, gentle lullaby can soothe a fussy baby. And a majestic chorus can make us swell with excitement. But music also can affect the way we think.

In recent years, much research has been conducted on how the brain develops. Babies are born with billions of brain cells. During the first years of life, those brain cells form connections with other brain cells. Over time, the connections used regularly become stronger. Children who grow up listening to music develop strong music-related connections. Some of these music pathways actually affect the way one thinks. Listening to classical music can improve our spatial reasoning, at least for a short time. And learning to play an instrument may have an even longer effect on certain thinking skills.

Why Classical Music?

The music most people call "classical"--works by composers such as Bach, Beethoven, or Mozart--is different from music such as rock and country. Classical music has a more complex musical structure. Babies as young as 3 months can pick out that structure and even recognize classical music selections they have heard before. Researchers think the complexity of classical music is what primes the brain to solve spatial problems more quickly. So listening to classical music may have different effects on the brain than listening to other. But, listening to any kind of music helps build music-related pathways in the brain. And music can create a positive learning environment thus making learning easier. Parents and child-care providers can help nurture children's love of music beginning in infancy. Here are some ideas:

Play music for your baby.

Expose your baby to many different musical selections of various styles. If you play an instrument, practice when your baby is nearby. But keep the volume moderate. Loud music can damage a baby's hearing.

Sing to your baby. It doesn't matter how well you sing! Hearing your voice helps your baby begin to learn language. Babies love the patterns and rhythms of songs. And even young babies can recognize specific melodies once they've heard them.

Sing with your child. As children grow, they enjoy singing with you. And setting words to music actually helps the brain learn them more quickly and retain them longer. That's why we remember the lyrics of songs we sang as children, even if we haven't heard them in years.



Start music lessons early. If you want your child to learn an instrument, you don't need to wait until elementary school to begin lessons. Young children's developing brains are equipped to learn music. Most four- and

[Continued next column]

Keeping up with new concepts and best practices is on the "to do" list for most parent educators. Unfortunately, the reality of our daily responsibilities can fill the calendar and deplete the budget before we can act. TAPE Free Webinars are the perfect solution. TAPE hosts a series of Free Webinars in conjunction with Collin College. Each is one hour long and presented during the noon hour. There is no cost and you earn one clock hour for participating. All you need is a computer and a phone. Registration is by email.

TAPE welcomed Dr. Garry Landreth and Dr. Sue Bratton as special guests in their latest TAPE Free Webinar. Drs. Landreth and Bratton provided an overview of Child Parent Relationship Therapy, CPRT. CPRT is a research-based 10-session model for enhancing and strengthening the parent-child relationship. It builds on parent strengths to educate and coach parents in developmentally-responsive ways to respond to and understand their child's needs through play. CPRT was developed for parent-child dyads but has been used successfully with a variety of populations, parents of attachment-disrupted children, teen mothers, parents of abused and neglected children incarcerated parents. It has been translated into Chinese, Spanish and Korean. Child Teacher Relationship Therapy, an adaptation of CPRT for teachers, has just been released.

The webinar was the best attended TAPE Free webinar to date. Participants throughout the state were anxious to learn more about CRPT. There were many inquiries about the credentials needed to participate in CPRT training, how to obtain training and where to refer families to participate in CRPT. Drs. Landreth and Bratton graciously fielded as many questions as time would allow. You can learn more about CPRT at the publisher's web site, <http://www.routledgejournalhealth.com/9780415952125>.

MARK YOUR CALENDARS!
The 19th Annual International Conference on Parent Education and Parenting at the University of North Texas, Denton, TX
"Changing Families in a Changing World."
Conference Dates—Feb 10-11, 2011

[Continued...Building Baby's Brain]

five-year-olds enjoy making music and can learn the basics of some instruments. And starting lessons early helps children build a lifelong love of music.

Encourage your child's school to teach music. Singing helps stimulate the brain, at least briefly. Over time, music education as a part of school can help build skills such as coordination and creativity. And learning music helps your child become a well-rounded person.



TAPE Best Practices Award: Deadline October 31, 2010

Time to Consider Nominating a Really Good Program. How about YOUR program?
For more information visit www.unt.edu/cpe/tape. Click on Recognition of Best Practices.

Discipline Gradient

Sadguna Anasuri, Ph.D., CFLE

Effective disciplining techniques should improve a child's skills of restraint, logic, and reasoning. These techniques foster self-control, problem-solving, and decision-making skills in young children. To help adults understand the distinction between discipline and punishment strategies involved in child guidance, Thierman (1999) developed a discipline gradient. This gradient consists of four broad components—prevention, communication, behavior management, and punishment (See Figure below).

Prevention: The prevention component consists of foreseeing the possible problems, and taking measures to stop them from happening. Building positive relationships includes establishing positive relationships is the fundamental phase of discipline. Anticipating a problem and taking action even before it occurs is the key in disciplining children.

Communication: Substitution helps to eliminate a child's disappointment by replacing a disputed with a more appropriate object. According to Frank (2007), the consequences usually unfold from the misbehaviors.

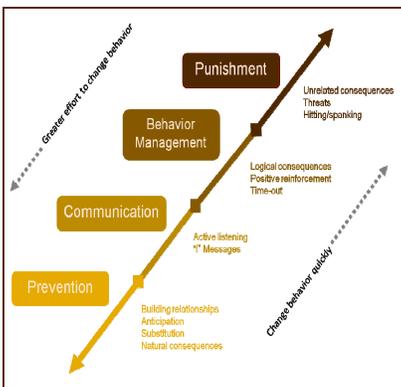
Communication: Examples of good communication techniques are active listening and using "I" messages. Active listening and use of "I" messages play a major role

in opening the lines of adult-child dialogue. The purpose of active listening is to help the child communicate freely and feel that he/she is being listened to and understood.

Behavior Management: When the above two – prevention and communication techniques have not been used efficiently or sufficiently, problems become severe and repetitious. Behavior management techniques rely on targeting the problem behavior and restoring appropriate conduct. Logical consequences encourage internal controls and positive self-esteem. Time-out is not a single strategy, but a group of procedures that are designed to reduce inappropriate behaviors in classroom and home settings.

Punishment: Punishment techniques are the most popular and yet, least effective method of helping children develop external control from teachers and parents, and often tend to create feelings of resentment and rebellion. Using unrelated consequences does not help children understand the adults' expectations and mold their behaviors accordingly. Threats are the most common ways that adults use to control children's misbehaviors and are ineffective. Physical punishment hurts children. When children are hit/spanked, they learn that world is a cruel place and people are mean and harsh to each other. These methods build self-discipline and positive self-esteem.

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Meet the Member:

Victoria Galvin

Imagine getting married, laid off from your job, and becoming a caregiver to an injured parent all in one week. If you're Victoria Galvin then you have experienced these life-changing events first hand! "I never imagine that this would happen to me. However, I believe that everything happens for a reason," says Victoria. After losing her job as a human resources manager for a midlevel grocery retailer in Ft. Worth and moving her family to her mother's home in order to save money in 2008, Victoria decided to pursue a master's degree in Development and Family Studies at the University of North Texas to further explore the complexities of multigenerational families and how families use their resources in order to survive through troubled times. Victoria says, "I am literally living my research! I believe that families are dynamic and complex. As a member of a multigenerational family, I fully understand the complexities of family life when one is faced with moving back home!"



Victoria earned a bachelor's degree from UNT in Development and Families Studies in 2005. Currently as a graduate student, Victoria is interested in studying multigenerational families, grandparent families, family resource management, and marriage and relationships. In addition to her graduate studies, Victoria is the conference coordinator and graduate research assistant for the UNT Center for Parent Education as well as a teaching assistant for the UNT Department of Educational Psychology. Victoria is also the chair of the UNT Chapter of the Texas Association of Family and Consumer Science and a member of TAPE, and a member of Phi Kappa Phi, an academic honor society. After completing her master's degree, Victoria plans to pursue a doctoral degree in Development and Family Studies.

Victoria and her husband Bryan, who is doctoral student in the UNT Political Science Department, currently reside in Little Elm, TX and are the proud parents of their baby daughter Corinne, who is currently six months old.



[Continued...Discipline Gradient]

The components described under each group are arranged in a gradient fashion, i.e., in a gradual organization of techniques to achieve self-control rather than parental control. [For complete article, go to www.highreach.com/highreach_cms/portals/0/pdf/579101.pdf]



Texas Association of Parent Educators

Membership in TAPE is an important responsibility — are you a current member?

NEWSLETTER OF TAPE SPONSORED BY CENTER FOR PARENT EDUCATION

Meet the Board: Elaine Zweig



This year's TAPE Board has Dr. Elaine Zweig, Academic Chair of Child Development and Education at Collin College. Dr. Zweig earned a Bachelor's degree in Early Childhood, Elementary and Special Education from Bradley University in Peoria, Illinois. Her Master's degree is in Educational Leadership and Administration from TWU and her Ph.D. is in Child Development from TWU as well.

Her career began in St. Louis, Missouri as a teacher employed in the Special Education School District. After moving to Dallas, she worked in Richardson ISD as a teacher of special needs children. She married, began a family and continued to work with children and families as a family day home provider to elementary school teacher's children in the neighborhood. As her children grew, and were ready to attend Preschool, so grew her interest in going back into the classroom. She began to teach preschool at the same school her children attended. She was contacted by a school district and returned to teaching in the Plano ISD by setting up the Preschool Programs for Children with Disabilities in the District. After 12 years in the district, an opportunity arose for her to find employment at Collin College where she has been for the past 15 years. In her capacity at Collin, Elaine has been the Director of two college campus laboratory schools, coordinator of the child development program and faculty. She now chairs the child development and education academic program as well as instructs at Collin College.

"My interest is in facilitating future teachers to work with children and families." I was working on my Doctorate degree in child development when Linda Ladd approached me asking if I would be interested in working with TAPE. Since my interest is in working holistically, I felt this would be a logical move for me to be involved with a group of parent educators.

Elaine has authored the book, *Protecting our children: Understanding and preventing child abuse* as well as many articles about child development and community college. Would you like to talk further with Elaine? Contact her at ezweig@collin.edu.

Importance of Spending Time With Our Kids



Quality time: Spending time with children makes them feel secure, cared and loved. The best time to play with your child is when he/she is alert and relaxed. No matter what age the child is, time spent with adults/parents is valuable, teachable, and memorable.

"To be in your children's memories tomorrow, you have to be in their lives today" Anonymous

"The best inheritance a parent can give his children is a few minutes of his time each day." O. A. Battista

"Kids spell love T-I-M-E." John Crudele

"Children need love, especially when they do not deserve it." Harold Hulbert



TAPE Board Members

MEMBERSHIP in TAPE is open to all professionals, students, and groups who share our mission. TAPE Board Members include a variety of dedicated professionals: students, teachers, trainers, Extension agents, and agency directors:

◆ **President: Beth Thompson**
ethompson@hcde-texas.org

◆ **VP Programs: Sharon Hirschy**
shirschy@ccccd.edu

◆ **VP Credentials: Elaine Wilkinson**
ewilkinson@collin.edu

◆ **Secretary: WenHsing Cheng**
w-cheng@tamu.edu

◆ **Treasurer: Sandy Renick**
srenick@mail.twu.edu

◆ Members at Large:

Maggie Javer (2008-2010)
m-javer@tamu.edu

Sadguna Anasuri (2008-2010)
anasuris@uwstout.edu

Starrla Penick (2008-2010)
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Nerissa Gillum (2009-2011)
NGillum@mail.twu.edu

Arminta Jacobson (2009-2011)
arminta.jacobson@unt.edu

Elaine Shiver (2009-2011)
efshiver@aol.com

Elaine Wilkinson (2010-2012)
ewilkinson@ccccd.edu

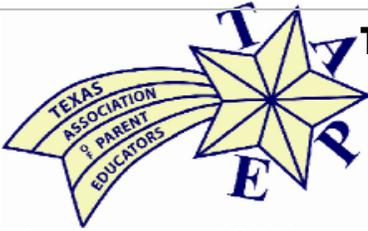
Alexis Cordova (2010-2012)
ancordova@ag.tamu.edu

Katie Rose (2010-2012)
Krose1@twu.edu

◆ Past President:

Linda Ladd
lladd@mail.twu.edu





Texas Association of Parent Educators (TAPE)

Annual Renewal: March, 2010
MEMBERSHIP FORM 2010-2011
<http://www.cpe.unt.edu/tape.php>

The purpose of TAPE is to promote parenting education, parent involvement, and family support in the schools, communities, and the state as well as create opportunities to increase member knowledge and skills in these fields as well.

Membership Renewal

Name _____ Date _____ Yes No If yes, Initial Date _____

Organization _____ Your Role _____

Preferred mailing address _____

City/State/zip code _____

Preferred Phone _____ FAX _____

Email Address _____

Organization website address _____

Include my demographic information in the Texas Registry of Parent Educator Resources on-line data base (Check one) _____ Yes _____ No

Circle areas below -- if you can share some professional time with TAPE!

- | | | |
|--|---|------------------------------------|
| <input type="checkbox"/> TAPE Leadership | <input type="checkbox"/> Organizing a local affiliate | <input type="checkbox"/> Marketing |
| <input type="checkbox"/> Training activities | <input type="checkbox"/> Professional Development | Others _____ |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Recognition System | _____ |
| <input type="checkbox"/> Membership | <input type="checkbox"/> Website Design | _____ |

Select the membership level that best fits your professional needs:

- \$15 **Student Membership:** Member receives all TAPE communications and has voting rights. Must enclose a copy of their student ID.
- \$50 **Professional Membership:** Member works in the field of parenting education, family support, or parent involvement. Receives all TAPE communications and has voting rights.
- \$100 **Supporting Organization Membership:** Non-voting membership in TAPE. The organization receives, through a single point of contact, all TAPE communications, including newsletters.
- \$150 **Practitioner Organization Membership:** Organizations with five or more TAPE members may purchase a Practitioner Organization Membership. Each individual member receives all TAPE communications, including newsletters and pays dues at a reduced rate. If the organization falls below five TAPE members, its participating members would become Individual members with the next membership renewal.

Send completed form and membership dues to:

Dr. Arminta Jacobson,
UNT Center for Parent Education,
University of North Texas,
1155 Union Circle # 311335
Denton, TX. 76203-1335

OR

Alexis Cordova
Texas AgriLife Extension Service
2103 Cos Street
Liberty, TX 77575

OR

Fax: 936-336-4565
Email: tape2006@live.com