



PERSPECTIVES IN PARENTING

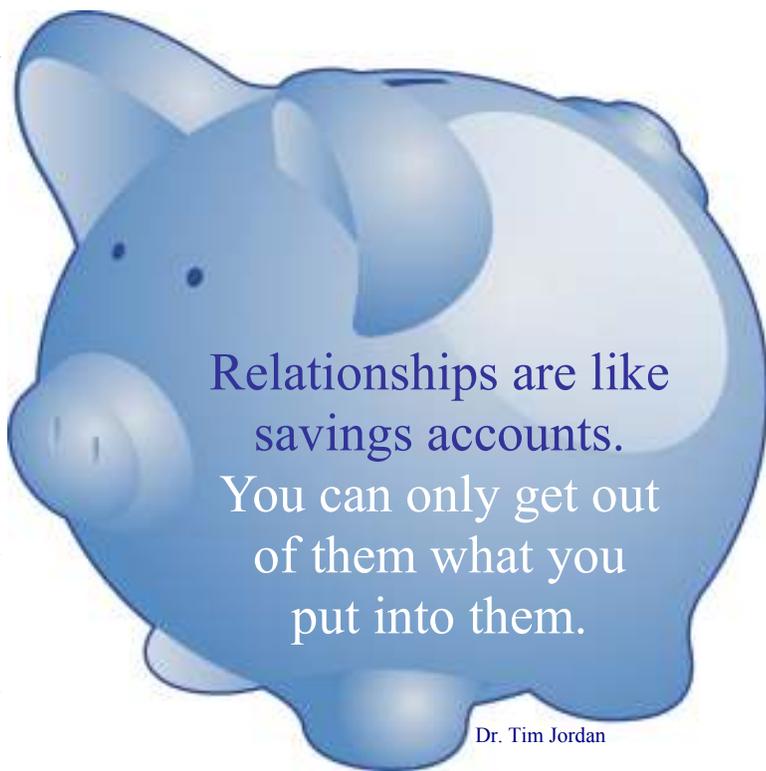
Spring 2012

HOW IT PAYS TO PLAY WITH YOUR CHILD

According to Dr. Becky Bailey, the creator of Conscious Discipline, playing at least five minutes a day with your child is all it takes to reduce challenging behavior by 50%

Connecting through play will help you build a positive relationship with your child. When your child uses you to cope with challenges in hands on play, you are communicating positive strategies on the level they understand.

- § The more your child practices problem solving through play, the more responsive your child will be to your support problem solving in stressful day-to-day situations.
- § Your child will learn the cause and effect of his/her choices.
- § Your child's trust that you will be there to help him/her stay calm and support his/her needs results in fewer power struggles.
- § This also means that your child is learning new skills from you on how to manage him/herself, and will need less support for problem solving in the future.



Relationships are like savings accounts. You can only get out of them what you put into them.

Dr. Tim Jordan

In the end, your child is more compliant so he/she can learn more easily through choices and logical consequences. It really pays to invest in play with your child.

**Department of
Community and
Human Services**



1900 N Beauregard Street, Suite 200
Alexandria, VA 22311
703-746-6009



FREE FAMILY FUN

Wee Ones Storytime

Date: Recurring weekly on Friday, Saturday

Time: 10:30 - 11:00 a.m.

Location: Hooray For Books! 1555 King Street

Join us for our Wee Ones Storytime! We read fun, interactive stories and sing songs together! Recommended for children ages 0 to 2!

31st Annual St. Patrick's Day Parade

Date: Mar 3, 2012

Time: 12:30 - 2:30 p.m.

Location: Old Town on King, Royal and Fairfax Street

31st Annual St. Patrick's Day Parade. Celebrate the City of Alexandria's Irish heritage with a variety of activities including an Antique Car Show and Dog Show prior to the parade. For additional information and to participate, visit Ballyshanners.org

Celebrate Read Across America

Date: March 3, 2012

Time: 2 - 4 p.m.

Location: Beatley Central Library, 5005 Duke Street

Celebrate Read Across America with Dr. Seuss Stories & Crafts at Beatley Central Library's large meeting room.

Family Day -- National Capital Modelers

Date: March 10, 2012

Time: 12 - 3 p.m.

Location: National Museum of the Marine Corps
18900 Jefferson Davis Highway, Triangle, VA

Bring your kids to the Museum so they can make their own models with the National Capital Modelers.

Community Read

Date: March 23, 2012

Time: 7 p.m.

Location: T.C. Williams High School auditorium

William Kamkwamba will bring his inspirational story to Alexandria City Public Schools. The event serves as a kick-off to the annual "All Alexandria Reads" event series facilitated by Alexandria Library.

All Alexandria Reads Kick-Off Celebration!

Date: March 24, 2012

Time: 11:00 AM - 12:00 PM

Location: Beatley Central Library, 5005 Duke Street

Storyteller, Diane Macklin, shares inspirational Bantu stories (all ages).

All Alexandria Reads

Date: March 24, 2012

Time: 2:00 PM - 3:00 PM

Location: Beatley Central Library, 5005 Duke Street

Dance group, Ezibu Muntu, performs traditional African dances (all ages). Please join us for this interactive and entertaining performance.

Virginia Bronze Handbell Concert

Date: March 25, 2012

Time: 4 p.m.

Location: George Washington's Masonic Memorial,
101 Callahan Drive

"At the Ballet" Ballet music can be serious, lighthearted, magical and entertaining. This program will explore the wide variety of ballet music from the 20th century-- on handbells!

15th Annual T.C. Williams Student Art Exhibition

Date: May 4-13, 2012

Time: Thursday 12-6 p.m.; Friday 12-9 p.m.;

Saturday 10 a.m.-9 p.m.; Sunday 12-6 p.m.

Location: Del Ray Artisans, 2704 Mount Vernon Ave

The Del Ray Artisans and the T.C. Williams High School Art Department jointly present the 15th Annual Student Art Show at the Del Ray Artisans gallery. The exhibit will feature the work of members of the National Art Honor Society.

To get information about weekly playgroups, visit the Preschool Prevention Team link:

alexandriava.gov/PreschoolTeam