

Self-Kindness

We have all probably heard the phrase, “ You need to do more Self-Care because if you don’t do self care, then you can’t care for others or you will experience stress and burn out.” Self care is a trigger word for me personally even though I know its important. In my head, I have created on my CD-Rom that Self-care means that I’m weak and that I’m not doing my jobs if I take care of myself. While I know this isn’t true this is the CD-Rom that I have created and it plays over and over in my head like a favorite song that I have on repeat. Where does this come from? It comes from me wanting to please everyone and be “perfect” in all that I do or feel is important.

Recently I discovered a new word that was more fitting for me... SELF KINDNESS. Self-kindness is defined as, “The practice of treating yourself with the same compassion and care that you would offer to your best friend. It involves being gentle with yourself, especially during challenging times, and recognizing your worth and value as a person” (Deveraux Center for Resilient Children 2023)

Why is self -kindness important?

- It helps you recognize that you are worthy, and a valuable person
- When you are kind to yourself and have positive self-talk in your head, you decrease anxiety, depression, anger and stress. Your mental health improves.
- Self -kindness allow you to offer the same kindness to others. Dr. Becky Bailey says, “What you offer to others, you strengthen in yourself,” When you offer kindness to yourself by positive self-talk, you are able to connect and be compassionate to others which then strengthens your positive talk.
- It can help you learn from your mistakes and failures by forgiving yourself and moving past your mistake and failures. Oops! I did that but its ok, because I will know for next time what I can change or do. This mistake doesn’t define me because I am beautiful and loved. I got this!
- Self-kindness helps you embrace your imperfections and acknowledging that you are human, you can free yourself from the burden of self-criticism and judgment.

How do I practice Self-Kindness?

- When you have the negative thought in your head, acknowledge the thought, sit with it and then BREATHE and tell yourself a positive thought. For example, “I’m a disaster! That presentation was terrible! Flip it to, “I’m safe. It may not have gone the way I was hoping it would but I did it and I’m amazing! I can keep learning for next time! I got this!”
- Find positive ways to relax through your day. Go for a walk at lunch time, spend time outside, listen to music, breathe, write in a journal etc. Do what helps you feel relaxed.
- Drink lots of water and get plenty of rest
- Practice self-compassion, treat yourself as you would a friend who was struggling. Give yourself that compassion to make mistakes and empathize with yourself.
- Set realistic goals for yourself and give yourself permission to make mistakes. Its ok to not be perfect and what can you learn for next time?
- Seek support and connections from those that help support and build you up. Listen to how these people treat you and the positive affirmations they give you and tell yourself those same things in your head when you need self-kindness.

Self-Kindness Continued

Here are some websites with other ideas for self-kindness:

- <https://self-compassion.org/the-three-elements-of-self-compassion-2/>
- <https://www.everydayhealth.com/emotional-health/tips-for-showing-yourself-some-self-compassion/>
- <https://www.betterup.com/blog/self-compassion>
- <https://www.health.harvard.edu/mental-health/4-ways-to-boost-your-self-compassion>
- <https://hbr.org/2022/12/what-does-self-compassion-really-mean>

Self-kindness is important in the roles we serve at work with students but also in your daily life as it affects how you react to others. As you go to your family, friends or work, remember its important to have self-kindness because you are LOVED, VALUED, WORTHY and AMAZING just the way you are!





FREE 3 SESSION PARENTING CLASS

**For Parents of Children Ages 0-5 Based On
Conscious Discipline© Curriculum**

Free Childcare & Supper Provided

Supper at 5:30, Class starts @ 6:00pm

Location: Eisenhower Elementary Commons

301 Wickersham Dr. McPherson, KS 67460

Session 1: Thursday February 8, 2024 6:00-7:30pm

Topic: Handling the tantrums

Session 2: Thursday, February 15, 2024 6:00-7:30pm

Topic: Noticing, Connecting, & Choices

Session 3: Thursday, February 29, 2024 6:00-7:30pm

Topic: Empathy & Positive Intent

To Register, Contact :

Rachel Boden: Email: rachel.boden@mcpherson.com

Phone(620)327-4198



Or register by filling out this form:

Policy Council Updates



The Policy Council met on November 6th and December 4th . Meeting materials for these meetings can be found by clicking on the following link <http://418earlychildhood.weebly.com/policy-council.html> or by visiting the McPherson-Marion County Head Start website (<http://418earlychildhood.weebly.com/>) clicking on more and the Policy Council Drop down.

At the November meeting we elected a chair and co-chair. The Policy Council chair is Viktoria Boucher and Co-Chair is Savanna Coleman. The Policy Council approved consent agenda items (Directors Report, Purchasing Card Statement, Minutes of October meeting). For new business the Policy Council reviewed and approved updates to by-laws, were provided with information regarding our follow up review report, and our re-competition notice was shared. At the December meeting the Policy Council approved consent agenda items (Directors Report, Purchasing Card Statement, Minutes of November meeting, and the Annual Program Report.). For new business recent guidance from the Office of Head Start was shared, Fall Child Level Outcome Data and CLASS data were reviewed, and the re-competition grant application was approved.

The Policy Council meeting for January was canceled due to inclement weather. Policy Council meetings are open to the public. Our most recent Policy Council meeting was February 5th from 5:30-6:30 at RES in the commons. To view the agenda and meeting materials click on the following link [Policy Council](#).

The Policy Council meeting for March has yet to be scheduled. Once it is scheduled the date, time, and location will be posted to our website. Policy Council meetings are open to the public.

MEETING

PARENT RESOURCES

LIEAP season has begun! The application period is now open for energy bill assistance to restore or maintain home heating sources. Need help applying? Join us at LIEAP application events happening around the state from now until mid-March! Find the local event nearest you at: <https://www.dcf.ks.gov/services/ees/Pages/LIEAP-Application---One-on-one-Support.aspx>

Speak to your family advocate if you need help filling out the application.



The 2024 LIEAP season begins today! Fill out an application now through March 29.

Join us!
Watch for local events happening in your area for help applying!

    

Cooking with Rachel...

Frozen Yogurt Cups

Ingredients

- 4 tablespoons peanut butter
- 4 tablespoons honey
- 2 cups granola
- 2 cups vanilla greek yogurt (or yogurt of your choice)
- Toppings - fresh or frozen fruit, coconut flakes, chocolate chips, etc.



Instructions

1. Put peanut butter and honey in a microwave-safe bowl and heat until melted, about 30 seconds.
2. Put the granola in a medium sized bowl, then pour the melted peanut butter and honey over the granola. Stir to combine.
3. Add 1-2 heaping spoonfuls of the granola mix into 12 lined muffin cups. Press the granola firmly with the back of a spoon to pack it down before you freeze it.
4. Top the granola with yogurt, filling each cup almost to the top, leaving just enough space for toppings.
5. Add your desired toppings to the yogurt, pressing slightly so the toppings get frozen into the yogurt and don't fall off.
6. Cover with foil and freeze for at least 2 hours.
7. Keep frozen and allow to thaw for a few minutes before eating. (They will be hard at first, but soften quickly.)
8. To store, take them out of the muffin pan and wrap them individually in plastic wrap while they are still frozen, then place them back in the freezer until you're ready to eat them.



Around McPherson....



There are several blessing boxes located throughout McPherson that are typically stocked with much needed food items for families. Locations

Include:

119 N Chestnut St

1455 N Main St - MPNaz Church

119 N Elm St - Trinity Lutheran Church

1161 E Ave A - First Mennonite Church

We also have the family pantry at Roosevelt Elementary that is available to our Early Childhood Families. If you have a family who is need of food or basic hygiene items please reach out to your schools Family Advocate and they can help ensure their needs get met.

WE NEED YOU.....

Our Head Start program has the following openings:

- Floating Instructional Aide at LES and EES
- Pre-K-5th Grade Family Advocate at RES
- Pre-K Teacher at WES (24-25 School Year)
- Education Coordinator (24-25 school Year)

If you would like to know more about any of our open positions before applying please contact the Head Start Director, David Brock at 620-241-9590 or david.brock@mcpherson.com.

McPherson USD 418 also has a variety of positions open. If interested please click on the following link to apply [USD 418 Job Listings](#).