

THE RESOURCE EXCHANGE
EARLY INTERVENTION
COLORADO



The (Not-So-Secret) Benefits of Performing Arts - *Whether they're putting on a play in the living room or giving their very first recital, kids who perform gain skills that extend far beyond the standing ovation. And to that we say, Bravo!* ~By Julia Savacool

It's no big secret that getting kids involved in the performing arts can have major payoffs in school. After all, research shows that children who sing/dance/act/play their little hearts out are four times more likely to be recognized for academic achievement compared with their non-performing friends — and they tend to have enhanced cognitive, motor, and social development to boot. But the benefits don't end there. Getting up on stage can enrich your child's life in all sorts of surprising ways.

They're quick thinkers.

Whether you're a kid or an adult, the ability to stay calm and carry on is what keeps a small blooper from mushrooming into a major one. "When

something goes wrong during a show, kids learn to improvise," says Brian Olkowski, a 4th- and 5th-grade teacher in San Ramon, CA, and director of the school's drama club. "One of the best things kids discover is how to think on their feet." No performance is ever perfect, says Olkowski, so the real skill is learning to minimize errors and get back on track. "When someone flubs a line, the other kids learn how to cover for him," he says. "I tell them it's not about never making a mistake; it's about never letting the audience see your mistake. Those are great skills that transfer to the classroom setting as

well, whether it's giving a presentation in front of peers or being called on to answer questions." Still, it helps to prepare your child for the possibility of problems cropping up, says Lisa Lollar, Psy.D., a psychologist in Denver, CO, who works with performing

In this issue

Performing Arts	1-2
Parent & Professionals	3
Around the Region	4

Visit our organization, groups and events on the web & **facebook**

TRE:

www.tre.org

Teller County Playgroups:

<http://tellertots.weebly.com>

Park County Parents:

<http://parkparents.org>



January '13

artists. “Talk about what she might do if she drops her music or forgets a line,” says Lollar. “Working through the scenarios in advance and coming up with a solution will help her feel prepared if something surprising happens.” The ability to expect the unexpected — and then roll with it — will give your child confidence any time she tests new waters. Lollar adds: “If you help your child define success as being willing to try something new, the idea of messing up isn’t so scary.”

They become masters of their anxiety.

Let’s face it: Even grown-ups get nervous when we have to speak in front of our colleagues or give a presentation to the boss. Learning from an early age how to cope with performance jitters gives kids a leg up in those big life moments. “The first step for a parent is to normalize a child’s feelings of anxiety,” says Lollar. “Tell them, ‘You know, a lot of kids — and even adults — feel nervous before a performance. It’s completely natural.’” It won’t take away the nerves, but it will let your child know there’s nothing wrong with feeling this way.

Then before the big show, talk your child through his worries by reminding him of other moments when he’s felt anxious, even when things turned out well. “Remind him of the baseball game when he felt really nervous at the plate, but managed to get a great hit,” suggests Lollar. “Recalling past experiences with positive outcomes gives a child confidence.” Other tricks: Help your child calm his body in the minutes before the performance begins by taking four or five long, deep breaths or counting backward from seven. Both force his mind to focus on something other than his nerves.

Once the show is over, let your child bask in his accomplishment, then casually comment on how well everything went. He will carry this experience with him for the next time, as more evidence that he can successfully perform under pressure.

They express brand-new emotions.

One of the wonderful things about being in a play is that for a short period of time, you get to become someone else. For a child who struggles to talk about her feelings, there is a tremendous relief in disappearing behind a character and using it as an intermediary through which to open up. “It is a very safe way for kids to try out certain feelings — and take ownership of them — while playing the role of someone else,” says Olkowski, who also runs a summer theater program for children. “I’ve worked with shy kids who are able to blossom on stage and express themselves in a way they aren’t comfortable doing around their peers.”

Playing the role of someone else also teaches kids about empathy. “They learn to put themselves in someone else’s shoes,” says Jessica Hoffman Davis, author of *Why Our Schools Need the Arts*. “In performing the part of someone else, they learn what it’s like to think like that other person.”

Parents can also use a child’s theater performance to open a dialogue about sensitive issues. “Take the experience of a character in the play and tie it to your child’s situation,” says Lollar. “If your child is nervous about her first day of school, it helps to say, ‘Remember when you were in that play, and the character Lucy was scared? How did she handle it? What was she feeling? Did it work out OK for her?’ Drawing parallels to the character’s situation and her own will make your child more comfortable talking about her feelings.”

For kids who aren’t into acting, dance can offer another way to explore their interior world, says Annie Spell, Ph.D., a child psychologist in Lafayette, LA, and co-creator of Leap ’N Learn for the Classroom, a movement program for kids. “Dance teaches kids to think in a totally different way. You take the physiological experience of an emotion and assign it a corresponding movement instead of a word. It can be a powerful tool for kids who have trouble expressing themselves.”

Their self-esteem can soar.

There’s nothing quite like hearing a crowd of total strangers laugh at your joke or applaud your double pirouette to make you feel like a star. “Hearing the audience clap at the end of the show is an incredible feeling,” says Olkowski. “The kids are like, ‘Hey, this is for me!’ That instant positive feedback is really rewarding.”

But it’s more than just the ego boost from the fans — any type of performance requires teamwork to succeed. “Kids are introduced to the notion of an ensemble,” says Davis. “It’s not just you up on stage. You are responsible for a larger group that is counting on you to do your part so they can do theirs.” That weight of personal responsibility is rare in a child’s world, and successfully delivering his lines or hitting the right guitar chords means more because of what’s at stake.

“During a performance, kids become part of a larger system, working toward a common goal,” adds Spell. “It is the culmination of weeks of practice, so the performance itself becomes the reward for all that work.” Although a positive performance will give your child a self-esteem injection, it’s important to put the emphasis on effort, rather than results. “Every child will fail at some point,” notes Spell. “But if they judge themselves on putting their best effort forward and not on being perfect, the experience can still feel rewarding.”

They see the world in new ways.

At the end of the day, the transferable skills a child learns from performing may not be nearly as important as the experience of performing itself. “We’re always looking for ways the arts can benefit kids in other areas of life,” says Davis. “It’s as if art for art’s sake isn’t worth our time, when in fact, it gives kids an awareness about themselves and creative skills they’d never learn otherwise.” She may never apply the improvisation skills she learned during the school play to a math equation or turn her teamwork with other dancers into leadership on the school playground. But simply by having been part of the performance process, your child has been exposed to a new way of thinking and doing. And that alone is a success to be proud of. ■

Parent & Professional Opportunities

Woodland Park
The Resource Exchange
Early Intervention Colorado
509 Scott Ave., Suite 2b
(Keller Williams Building)
Every Wed & Thursday
9:00 - 10:30
Instructors:
Clare Nieto 287-2899
Heather Eason 651-5574
Facebook: Woodland Park Playgroup

Divide
Community Partnership Family
Resource Center
- Above McGinty's
Monday & Wednesday's
9:00 - 10:30
Instructor:
Call CPFRC:
686-0705
Facebook: Divide Playgroup

Cripple Creek
Aspen Mine Center
Every Friday
9:00 - 11:00
Instructor:
Cathy Kelsay
687-8054

Guffey
Guffey Charter School
1459 Main Street
Every other
Wednesday
9:00 - 11:00
Call for details:
689-2093

Call the Playgroup Coordinator for general question about playgroup programs and locations: Nicol Houghland 233-5873. For detailed information about the routine and field trips please call the instructors. If school is closed due to snow, playgroup will be cancelled also. Field trips vary from one playgroup to another. Siblings are welcome to attend. Drop-ins welcome.
Sponsored by The Resource Exchange

Are You Concerned About a Child's Development and Not Sure What to DO?

Come and learn the new
ASQ-3 Development Screening Tool



TPECC is hosting
**Ages and Stages
Questionnaire-3 (ASQ-3)
Training & ASQ:SE
(Social Emotional)**

while earning 4 hours contact credit

- How to score the ASQ
- How to plan for individual needs
- The process of making referrals

WHEN: Saturday, January 12th 9:00 AM to 1:00PM

WHERE: Ute Pass Cultural Center
210 East Midland Avenue
Woodland Park, CO 80863



Open to early childhood professionals & caregivers,
health care providers & related fields in human services.

Space limited to 25 participants

FREE, but please bring brown bag lunch



RSVP to coordinator@tellerparkecc.org

Call Lori Niewold, Teller Park Early Childhood Council Coordinator
@ 719-377-7296 for questions.

Funded by The Colorado Trust



PEP Parents Encouraging Parents Conference

Next Conference Date: February 28-March 2, 2013 -

Where: Estes Park, Colorado

The purpose of these conferences is to bring Colorado parents and professionals together to allow them an opportunity to share ideas, discuss concerns, celebrate success, and obtain information relating to parenting, educating and supporting a child with a disability - ages birth to twenty-one.

Each two and one-half day PEP Conference begins Thursday evening at 5:00 p.m. and continues through Saturday afternoon until 3:00 p.m. The Colorado Department of Education pays for all lodging and participant meals (excluding Friday evening's meal). With these provisions to participants, we hope to provide the opportunity of the PEP experience to all interested families!

For registration information visit the website:

<http://www.cde.state.co.us/cdesped/PEP.asp>

For more information about Parents Encouraging Parents contact:

CDE-ESLU-PEP, DeLinda Rose
1560 Broadway, Suite 1175, Denver, CO 80202
Phone: (303) 866-6943 Fax: (303) 866-6767

Becoming a Love and Logic Parent - "Love and Logic"

Monday, Jan 14 6:30p
at Children's Center, Colorado Springs, CO
Price: \$70 general admission
Phone: (719) 650-8863

Class: Becoming a Love and Logic Parent — "Love and Logic" is a way of working with children that puts parents and teachers back in control, teaches children to be responsible, and prepares young people to live in the real world with its many choices and consequences. The class consists of eight weekly sessions beginning on Jan. 14. To register, please visit: www.coloradocollege.edu/ccf/ and click on the Love and Logic link. If registering in advance the class fee is \$70 for the series of eight classes and includes a workbook and materials. Participants may register in person on the first night of classes for \$80. For more information, contact Chris Warfield at (719) 440-0185 or cwarfield@coloradocollege.edu, or Joe Loetscher at (719) 650-8863. Please note the following dates: Mondays January 14, 21, 28; Mondays February 4, 11, 18; Tuesday February 26; Tuesday March 5; snow day Tuesday March 12, if necessary. 6:30 p.m., Children's Center, 909 N. Nevada Avenue, \$70 general admission

The Resource Exchange - Early Intervention Colorado

Free developmental evaluations for children birth to three. If you or someone you know has concerns, or if you have questions about developmental milestones and wondering if your child's development is where it should be give us a call. For Teller County - Joann Jones 719-687-5047, Park County - Amelie Moutoux 303.816.0011, or El referral 719-577-9190



Woodland Park • Fairplay • Cripple Creek • Victor

Jan 19 - Antero Ice Fishing Contest - South Park

The annual Antero Ice Fishing Contest will be held Saturday, Jan. 19, 7 a.m. to 2 p.m., at Antero Reservoir in South Park. Participants of all ages are invited to participate in this fun, family friendly contest. Anglers will compete for cash prizes, and door prizes from event sponsors. Proceeds go to improvements and enhancements at Antero Reservoir. Early registration is \$20 per person; cut-off dates:

- Mail: Postmarked no later than Jan. 15, 2013.
- Online: Jan. 17, 2013.
- Phone and walk-in: Jan. 18, 2013.

Event-day registration is \$30 (cash only) per person. For more information, go to www.antero-icefishing-contest.com or contact CUSP at 719-748-0033 or culp@upper-southplatte.org.

Jan 26 - Gymboree - South Park 9:30-11:00 a.m.
Where: South Park Midway Cafetorium. Enjoy indoor

activities during this cold winter weather! Scooters, tunnels, beach balls, bowling, and much more

Feb 9-10. & 16-17 Cripple Creek Ice Festival - Cripple Creek The Cripple Creek Ice Festival is a spectacular event. Come watch ice sculptors carve ice into beautiful works of art that will amaze you. Going on its 6th annual, the artistic theme of the Ice Festival changes every year. Themes have included Story Time, Under the Sea, a Military Salute Carved in Ice, a Rocky Mountain Wonderland, and a Medieval theme. Our theme for 2013 is a Mythological Wonderland, and our sculptors have creative masterpieces that are sure to amaze!

Feb 16-17 - Victor Steam Punk Festival - Victor 2/16- 1pm-Gold Coin Mine Tour, 2pm Telsa, 3pm Gold Coin Club tour, 4:30pm Broomball, 7pm Steampunk Ball. 2/17- AM Art show, Vagabonds, burn barrels and hot cocktails with a live demonstration 11am-4pm. Diamond Ave. Victor.



**The Resource Exchange
Early Intervention Colorado
Teller County**

509 Scott Ave., P.O. Box 856
Woodland Park, CO 80863
719.687.5047 fax 719.687.8541

Park County

57393 Hwy 285
Bailey, CO 80421

303.816.0011

Part C agency in El Paso County, at
719. 577.9190