

APRIL

Kiddie Prep School News

The Safe Place at Home

“In moments of upset, we rely on our inner speech to help us regulate and manage our emotions. But too often, our inner speech aggravates the feeling instead. This inner speech doesn’t simply appear in adulthood. It’s built in early childhood as adults care for and respond to us in our upset moments.

In Conscious Discipline, the Safe Place helps us rewrite our inner speech, allowing us to write healthy inner speech for our children and teach them self-regulation and emotional management.

For children, the first Safe Place is in the arms of a parent. We must learn to manage our composure in order to provide this felt sense of safety to our children. Once the adult is a Safe Place, we can transition to a physical Safe Place where children can calm and practice self-regulation skills when upset. Ultimately, the goal is for children to create a Safe Place within themselves as they effectively manage their thoughts and feelings with healthy self-regulatory speech.

Join Conscious Discipline Certified Instructor and mother of two Nicole Mercer as she explains how to create and use a Safe Place in the home. Nicole answers frequently asked questions, guides you through the evolution of the Safe Place, and shares photos, videos, and powerful success stories from her own experiences.”

<https://consciousdiscipline.com/e-learning/webinars/the-safe-place-at-home/>

The Safe Place at Home



WEBINARS:

**The Safe Place at Home -
Transform your Family's
Self-Regulation Skills**

Presented by Nicole Mercer

March Devotional

Receiving God's Power

By In Touch Ministries

Ephesians 1:13-19

There is so much that Christ wants to give us. What I'm talking about is not material wealth but spiritual blessings, one of which is that we might know the "surpassing greatness of His power toward us who believe" ([Eph. 1:19](#)).

We need God's power both personally and corporately. But what is required for His power to be released upon us? I believe the answer is the same whether we're talking about individual believers or local churches.

Faith in God and His Word. It is essential to believe that the Scriptures are absolutely true and sufficient for life and godliness. Any time a pastor or a congregation begins to question the Bible's inerrancy, sufficiency, or clarity, that church has denied the source of its own power.

Dependence on God. Jesus said that apart from Him, we can do nothing of any spiritual value ([John 15:5](#)). In fact, God's power is perfected in us when we are weak and rely fully on Him ([2 Corinthians 12:9](#)).

Obedience. We can't expect God's power to flow through us when we are living in outright sin or rationalizing partial obedience. But He's always ready to strengthen those who obey Him.

Prayer. When we come humbly to the Lord with our needs and in submission to His will, we can be confident that He will work on our behalf.

Sometimes we think that God empowers us to achieve goals, but in actuality, the Spirit comes to live Christ's life through us. His power flows in us when we submit every area of our life to His authority—including our plans, desires, and future.

Take Note!!!

- Please be sure to have a change of clothes in your child's backpack for the spring season! INCLUDING EXTRA SHOES!
- April 19th: KPS Closes at 1:00pm for Good Friday
- May 2nd: Spring Program!

Prayer Requests

Have a prayer need? We'd love to be praying for you!

Stop by the office and share your prayer request with us or email Mrs. Carrie at chilty@gpnaz.org—let us know if you would also like us to share it in the Newsletter for others to be praying for as well.

"For where two or three have gathered together in My name, I am there in their midst." Matthew 18:20

Kiddie Prep School

Spring Program

NO MATTER WHAT!

Date: May 2nd

Doors open at 6:00pm

Kids in Classrooms at 6:30pm

Program starts @ 7:00pm

Please be in communication with your child's teacher about what each classroom is wearing for Spring Program. Be sure to be watching KidReports for important info and updates as the date approaches!

