

Parents as Teachers

Reflections from the Coordinator

I heard Dr. Tina Payne Bryson, a world renowned pediatric and adolescent psychotherapist, say on a podcast this week that parenting anxiety is at an all-time high. She said this is based on a lot of factors including an overload of parenting information on social media. So, if you are feeling this way, you are not alone. I want you to hear that there is no perfect way to parent. There are so many strategies out there on social media, podcasts, and amongst your friends and family. We want you to hear that no matter which method you choose, there are only a few key ingredients that are necessary and then a lot of room for trial and error and mistakes. By participating in PAT, we know that you already have the first ingredient and that is a desire to be an intentional parent. You are choosing to show up and engage with your parent educator each month and continue to learn and grow, and that is huge! The second is creating an environment for you child where they feel safe, seen, and connected. The last few months we have focused on learning to stay composed and sharing our calm with our children which leads to a feeling of safety. This month we will continue to add skills that will help our child feel safe and seen. While we are on this journey together, know that you will have “Oops” moments where you slip into your red zone or miss opportunities to connect with your child. When this happens, the last ingredient is to be able to repair the connection with your child. With this busy time of year, there will be lots of “opportunities” to practice your new skill of composure. Inevitably we will not navigate each situation perfectly and we will flip our lid. When this happens, take a deep breath, regain your composure, and apologize to your child. Then take a minute to connect through an I Love You Ritual, hug, or a redo. By repairing the relationship, you create a feeling of safety for your child. They learn that even when a stressful situation happens, I can depend on my person to reconnect with me.

Our hope with Conscious Discipline is not to add one more thing to your already crazy life, but instead to help you block out all of the noise and focus on evidence-based strategies that when applied, will help your home be calmer, more enjoyable, and a place where everyone thrives.

Take **10 minutes to listen to this month’s video** [HERE](#) and be ready to talk with your PE this month! We wish you well!

Michelle Kelly

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December Conscious Discipline

Make sure to take **10 minutes** this month before your home visit to watch the videos below as we focus on the skills of Attention and Assertive Voice. The 1st video will serve as a jumping off point for a discussion with your parent educator this month about how the skill of Attention shows us that we get more of what we see and how using an Assertive Voice helps our child clearly know our expectations and increase compliance.

It is not necessary to see the screen for the first video, so feel free to listen as you drive, do the dishes, or go on a walk.

The second link is a video demonstrating how cell phone use can interrupt the serve and return exchanges between us and our child and hinder their development. This one is powerful, and you will want to watch the screen for this one.

December parent video to watch prior to home visit [CLICK HERE](#) (10 min)

Serve and Return Visual Example Video [HERE](#) (1:45 min)

Did you miss a video? Check out our You Tube Channel [HERE](#) for all of our previous Conscious Discipline Videos.



JANUARY PLAYGROUPS

BV PAT is excited to welcome families back to our playroom. In-person playgroups offer many benefits including connecting with other families, new activities for children to explore and children learning to interact with each other.

In order to help facilitate connections between children and families, we run playgroups in 2-4 week sessions. In January, families have the opportunity to sign up for a group that will meet weekly at the same time for 4 weeks. You can choose to sign up for a group with children that are similar age to your child (Baby Play, 1-Year-Olds or 2-Year-Olds) or you can choose our multiage group (birth to 36 months) if you have more than one child or would like your child to be around children of all ages.

JANUARY PLAYGROUP SIGN UP WILL BE EMAILED ON DECEMBER 10th

Each group will be limited to 10-18 children.

- Only one adult per child may attend. A nanny or grandparent is welcome to bring child in place of parent if necessary.
- No siblings are allowed in the Baby Play, 1-Year-Old or 2-Year-Old playgroups. Siblings under 36 months of age are allowed to attend the multiage playgroups, evening and Saturday playgroups. Non-walking/crawling babies are an exception.
- All adults must show a valid state issued photo ID or passport to enter any BV building. Please plan to bring ID with you every time you come to playgroup or you will not be allowed to attend.
- Strollers and car seats are not allowed in the playroom, please plan to wear or carry your baby while in the playroom when not on the floor playing.
- If a session is full please add your name to the waiting list. Waiting list families will receive priority registration for the next month.
- If you miss two sessions in a row, your spot will be given to the next family on the waiting list.
- Please stay home if you or your child is ill.

January Playgroups

Baby Play for non-walkers (4-12 months)– Thursdays 12:15-1pm: 1/9, 1/16, 1/23, 1/30

Playgroup for 1-Year-Olds (12-23 months) - Wednesdays 10:15-11am: 1/8, 1/15, 1/22, 1/29

Playgroup for 1-Year-Olds (12-23 months) - Thursdays 9:15-10am: 1/9, 1/16, 1/23, 1/30

Playgroup for 2-Year-Olds (24-36 months) - Tuesdays 10:15-11am: 1/7, 1/14, 1/21, 1/28

Playgroup for 2-Year-Olds (24-36 months) - Wednesdays 9:15-10am: 1/8, 1/15, 1/22, 1/29

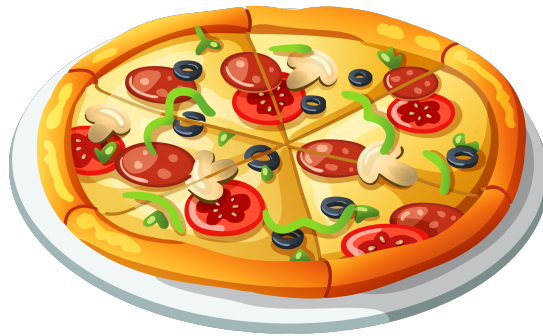
Playgroup for 1's and 2's (9-36 months) *This is a playgroup for children 9 to 36 months of age and/or families with more than one child under 36 months*– Thursdays 10:15-11am: 1/9, 1/16, 1/23, 1/30

Evening Playgroup Wednesday, 1/8 6-6:45pm

Saturday Playgroup, 1/11 9:15-10am

Virtual Cooking Class

Are you looking for something fun you can easily prepare with your child in the kitchen? If so, find your aprons and chef hats and join parent educators, Ms. Becky and Ms. Amy, for an online fun-filled evening in the kitchen. This month we will be making PIZZA! You will be sent a list of simple ingredients and supplies prior to class that you will need to have prepared and ready to use during our time together. We will follow the steps of a recipe to make our own pizzas using ingredients you and your child can choose together. As the pizza bakes we will listen to the book "Hi, Pizza Man!" by Virginia Walter. This is a fun story about what happens when a hungry toddler welcomes a parade of imagined pizza-deliverers including a kitty, dog and so on until the actual doorbell rings. Kids will enjoy reading along and guessing who arrives next. Two sessions of this interactive online class will be hosted on Thursday, January 16th (4:30pm or 5:30pm). Age recommendation is 24-36 months but all family members are welcome to join! Registration is required...click [HERE](#).



A Word about Home Visits

Now that winter is approaching please remember to have a path shoveled for your parent educator's home visit. If you are scheduling an evening visit please turn on an outside light. Safety is our priority. We appreciate your help. Thank you!

December Office Hours

Our office and play center at Hilltop Learning Center will be closed from Monday, December 23rd through January 2nd, 2025. All emails and voicemails will be returned on Monday, January 6th. Enjoy your winter break and stay safe!

Blue Valley Early Childhood PTA

This time of year we turn our focus towards what we are grateful for and who we love. One of our more important roles as a PTA is to show appreciation to our educators and staff. If you're looking for a way to say "thank you" please consider a donation to the PTA. You do not need to be a member to donate. You can donate [here at this link](#); please mark your donation for Staff Appreciation. This month the PTA is excited to invite you to join us for more playgroups and a special music time! If you don't want to miss out on the fun, sign up [here](#) to become a member today!