

Parents as Teachers

Reflections from the Coordinator

PAT Families,

We are excited to be back from Winter Break and the blessing of extra time with friends and family. We look forward to getting back to home visits and welcoming you back to our playroom. We have much to look forward to this semester. If you have not yet checked out our playroom or a Group Connection, I strongly encourage you too. Many experts are sharing that in the post-COVID world, we are experiencing a loneliness epidemic. Parenting has always been a hard job, but when families feel isolated and don't have connections with other families of young children, it can be overwhelming. We strive to make our group connections a place where you can come and be around other families with young children. Sometimes we need to talk to other parents who are struggling with a child who won't sleep through the night or throws tantrums in public. It normalizes our experiences and offers support and encouragement that this is all part of healthy development. The best place to find these connections are in our playroom. We offer weekly playgroups during the day as well as a monthly Saturday and Evening playgroup. While you are here, strike up a conversation with another parent, because most likely they are looking for connection too! Make sure to read through the newsletter each month so you know what opportunities are coming up and watch our social media and your email for other updates. Your parent educator is also a great resource to help connect you to other families with children your child's age, just let them know you would like to get connected.

We also have immediate openings for new PAT families, so please help us spread the word to your friends, families, neighbors and coworkers who live in Blue Valley and have a child prenatal to three, it is the best way you can help support us!

Lastly, don't forget to check out this month's video prior to your home visit. It is about 8 min and easy to listen to as you drive, walk, or unload the dishwasher. We think you will find it helpful! Click [HERE](#) to listen.

Warmly,

Michelle Kelly

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January Conscious Discipline Topic

VISUAL SCHEDULES

This month we will be talking about how using visual schedules with your child provides consistency and predictability which helps them feel safe. As adults, we often function better when we know the plan for the day things like when we can expect to eat, sleep, play and work. Kids also tend to be more cooperative and calmer when their world is predictable and consistent however, they only have the information we provide. Young children think in pictures, so visual schedules are a great tool for helping us communicate with children what they can expect. It is also concrete and provides some independence, which reduces frustration and arguing. There are a lot of ways to create and use visuals with kids. Check out this month's video [HERE](#), and then plan to talk with your parent educator about a part of your day that a visual schedule might help. They will be bringing along some tools to help get you started!

If you are feeling extra this month, this is the most fun visual schedule I have seen and would be great for our older twos! <https://www.instagram.com/p/DC1k1dXuzLw/>



FEBRUARY PLAYGROUPS - NO PLAYGROUPS ON FEBRUARY 13TH

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 February, 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 (1's and 2's) if you have more than one child or would like you child to be around children of all ages.

FEBRUARY PLAYGROUP SIGN UP WILL BE EMAILED ON JANUARY 14th

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.

February Playgroups

Baby Play for non-walkers (4-12 months)– Thursdays 12:15-1pm: 2/6, 2/20, 2/27

Baby Play for non-walkers (4-12 months) - Tuesdays 12:15-1pm: 2/4, 2/11, 2/18, 2/25

Playgroup for 1-Year-Olds (12-23 months) - Wednesdays 10:15-11am: 2/5, 2/12, 2/19, 2/26

Playgroup for 1-Year-Olds (12-23 months) - Thursdays 9:15-10am: 2/6, 2/20, 2/27

Playgroup for 2-Year-Olds (24-36 months) - Tuesdays 10:15-11am: 2/4, 2/11, 2/18, 2/25

Playgroup for 2-Year-Olds (24-36 months) - Wednesdays 9:15-10am: 2/5, 2/12, 2/19, 2/26

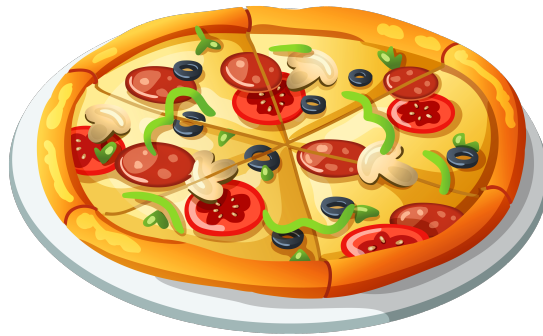
Playgroup for 1's and 2's (9-36 months) *This is a playgroup for children 9 to 36 months of age and/or families with more than one child under 36 months*– Thursdays 10:15-11am:

Evening Playgroup Wednesday, 2/12 6-6:45pm

Saturday Playgroup, 2/8 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](#).



2025 Blue Valley Preschool Resource

Our virtual Preschool Community Resource is now available. Please click on the following link to find information about area preschools and community offerings:

[Virtual Preschool Fair](#)

SAVE THE DATE...Roll & Read

We will host our annual Roll & Read on Saturday, February 22nd from 9:30-11am at Hilltop Conference Center. This will be a drop in event so no registration is needed. This event is designed to be educational and full of fun for all families and kids of all ages enrolled in our program. With Roll & Read focusing on two important goals for families - early literacy and physical well-being. The event will include a Book Trade Station, large track for walking, riding and rolling, Nursery Rhyme activities, Puppet Play & Pretend Play, Music and Dance and Parachute Play. Come join in the fun!!!