

Parents as Teachers

Reflections from the Coordinator

Our staff met on May 5th to look back over this year and plan forward into next year and it was such a day of celebration. We have seen so many families dive into Conscious Discipline with us this year and see the benefits of having an adult first mindset. We also saw great participation in our many Group Connections from Outdoor Explore, to PJ Time Storytime and Worm Walk. We had the privilege to come alongside your family as you set and achieved goals and celebrated as your children reached new milestones. Parent Educators have completed 3,577 home visits this year and we consider each one of them a gift so thank you for welcoming us into your homes.

We set a goal as a staff this year to see improvement in two areas of the annual survey; that parents who participate in PAT would feel a little less stressed and that they would feel more connected to other parents with young children. This year we were excited to see the biggest jump ever in these two areas. Based on parent feedback and survey comments we know that understanding the Brain States and implementing the tools of Conscious Discipline help relieve parental stress. We will continue to learn and grow in these areas with you next year. In addition, we hope you will make a goal of joining us at our many group connections next year. These are valuable not only as opportunities for our children to practice social skills, but also for parents to meet and connect with one another. Research supports that parents having social connections with other parents improve outcomes for children. Our Group Connections, from playgroup to Roll and Read, are not only fun, but also an opportunity to make meaningful connections for you as the parent!

May is always bittersweet as we watch children turn three and “graduate” from PAT, it is always exciting but also hard to say goodbye. We hope you will join out [PTA](#) and continue to stay connected. With many families exiting over the summer, we will be recruiting and welcoming new families in August. Please make sure to share our information with your neighbors, coworkers, friends and family who are pregnant or have a child under 3, it is the best way to support our program and share your experience.

We hope to see many of you at playgroups on Wednesdays in June or at our Summer Concert on June 12th. While our parent educators are resting up this summer, I will be here should any concerns or questions come up, so please feel free to reach out.

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Teachers

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Summer Playgroups - A Few Spots Left

Playgroups will be held on Wednesday mornings in June. Each family is limited to 2 playgroups so we can serve as many families as possible. We will allow siblings up to the age of 5 to attend and one adult per child. Please bring a photo ID each time you come to playgroup. Click on the following link to register: <https://www.signupgenius.com/go/10C0D49AFAA23A31-56642411-june#/>

Please Use the Playgrounds at Hilltop

We welcome you to enjoy Hilltop's outdoor playgrounds this summer. Here is the summer schedule: Open afternoons only Monday-Thursday and all day Friday-Sunday through the month of June. From July 1st to August 15th all playgrounds are open all day every day.



Summer Office Hours

During the summer we work very limited hours. If you need to get in touch with us please call 913-624-2815. Messages will be returned as soon as possible. Thank you for your patience.

Sunflower Summer App

Sunflower Summer provides a wide variety of ways for families to get out, explore something new, and enjoy time together. Kansas families can visit museums, zoos, historical landmarks and more for free! Click the link for more information: <https://www.sunflowersummer.org/>

30 DAYS OF SUMMER FUN FOR BABIES AND TODDLERS

Day 1: Go Swimming! Take a dip in the pool. To keep your child safe from sunburn limit sun exposure, wear protective clothing and always use sunscreen. Never leave a child unattended in water. <https://www.opkansas.org/recreation-fun/pools-swimming/>

Day 2: Make goop! Pour 2 parts liquid white glue into a bowl. Gradually add one part liquid starch and food coloring. Let stand 5 minutes. Mix with hands until smooth and rubbery. If it is too gooeey add more starch. If it is hard, add more glue. Store in an airtight container.

Day 3: Grow a salsa garden. Gardening with kids can be so much fun and even the smallest hands can get involved in different ways. You can get a carrier or sling and wear your infant while you garden, and toddlers love to play in the dirt and learn to plant seed and water plants.

Day 4: Pick some berries. Pick some berries on a farm, make strawberry shortcake, find other berry recipes and learn about growing berries at home. www.theberrypatchonline.com

Day 5: Read! If it's raining you can spend a day reading. Find the best books for infants and toddlers and learn out to keep your older kids reading. www.jocolibrary.org/

Day 6: Explore nature. Kids are naturalists by nature! Head outside and let them explore you own backyard. Engage their senses by letting them look, listen, touch and smell.

Day 7: Go to the Market! Check out the Overland Park Farmer's Market. Located on Marty between 79th and 80th Streets, this market is a thriving open air market offering produce, flowers, and entertainment for the entire family.

Day 8: Make sidewalk chalk! Make some sidewalk chalk and color your sidewalk. You will nee 1 cup Plaster of Paris, 1 cup of water, powdered Tempera paint, and molds (paper cups, toilet paper rolls). Mix Plaster of Paris and water. Add Tempera paint until desired color is achieved. Pour mix into molds. Allow to dry completely, remove from molds and enjoy!

Day 9: Try infant massage. View an infant massage video on YouTube and share this wonderful bonding experience with your child.

Day 10: Make a bird feeder. Smear nut butter onto a pinecone with a paintbrush until it is well coated. Give your child a ziplock bag filled with birdseed, then have them shake the pinecone in the bag until it is thoroughly covered with seeds. Tie a piece of ribbon around the end of the pinecone, knot the ends and hang outside.

Day 11: Cook together. Kitchen time offer a special parenting opportunity. Cooking together creates closer bonds and lifelong memories. It's also a chance to talk and hear what your child has to share. Even very young children can begin by just spreading butter on bread, or helping to stir.

Day 12: Take a walk! Take a neighborhood walk and let your child take pictures along the way. Print the pictures and put together a book to remember the day.

Day 13: Have a slumber party! Get out sleeping bags and the popcorn (or for small children consider dry cereal) and have a slumber party in the living room!

Day 14: Make breakfast soup. Whisk together 2 cups of orange juice, 2 tsps lemon juice, 1/2 cup of plain yogurt, and 1 TBSP of honey until it is “all one color”. Place 5 banana slices each into 2 bowls and add 1/2 cup of sliced fruit of your choice. Ladle the “soup” into the bowl and serve.

Day 15: Check out Sea Life Kansas City. Get transported into the amazing underwater world! Get nose-to-nose with sharks and prepare for close views of everything from starfish to seahorses. www.visitsealife.com/kansas-city

Day 16: Make some music. Gather materials from around the house and make your own musical instruments. You can create drums from empty oatmeal containers, cymbals from two metal pan lids, and tambourines with two paper plates.

Day 17: Go fly a kite! Flying is most fun when the wind is medium (6-15 mph) so you can do more than just hold on. You can make your kite dance across the sky by pulling in and letting out the line. Click here for simple kite making instructions: www.ehow.com/how_6345124_simple-kite-directions.html

Day 18: Have fun at Deanna Rose Farmstead. Take a trip back in time and relish the turn-of-the-century family farm features. www.opkansas.org/recreation-fun/deanna-rose-childrens-farmstead

Day 19: Paint with water! Grab a bucket and some old paintbrushes and head outside. Fill the buckets with water and let your child paint the side of the garage, the house, the door, or the sidewalk. The water won't hurt these surfaces and it's fun to watch the water disappear as it dries.

Day 20: Make clean mud. Unroll one roll of toilet paper into a large bowl or tub, cover with shredded Ivory soap (shred bar of soap with a vegetable peeler) and add water slowly until the toilet paper starts to disintegrate between your fingers. Squish until very wet. Add more toilet paper then add more water. Texture improves overnight.

Day 21: Create a backyard obstacle course. Your whole family can participate by gathering items, setting up the course and testing their skills in a family friendly competition. Items you could use include a rolled up beach towel for a hurdle, a garden hose for a tightrope or a large box to crawl through.

Day 22: Grow a family garden. Growing vegetables teaches children that plants, like people, need food and water to grow and stay healthy. Caring for plants helps develop responsibility. It also builds self-esteem when kids can share what they grow.

Day 23: Visit the Arboretum. Pack a picnic and head to Overland Park's Arboretum and Botanical Gardens. www.opkansas.org/recreation-fun/arboretum-botanical-gardens

Day 24: Make your own play dough. Combine the following in a saucepan: 1 cup flour, 1 cup water, 1/2 cup of salt, 1 TBSP cooking oil, 2 tsps Cream of Tartar and several drops of food coloring. Heat and stir over medium heat on the stove until the mixture forms a soft ball. Put mixture onto wax paper to cool. Knead slightly to eliminate grainy texture. Store in tightly covered container.

Day 25: Hit the Beach! Summer is a great time to head to local lake beaches. Collecting shells is a fun activity when you're at the beach. If your beach doesn't have shells, you can pick up some at a craft or hobby store and bring them with you. Scatter some around the beach or bury a few and let your child have fun finding them.

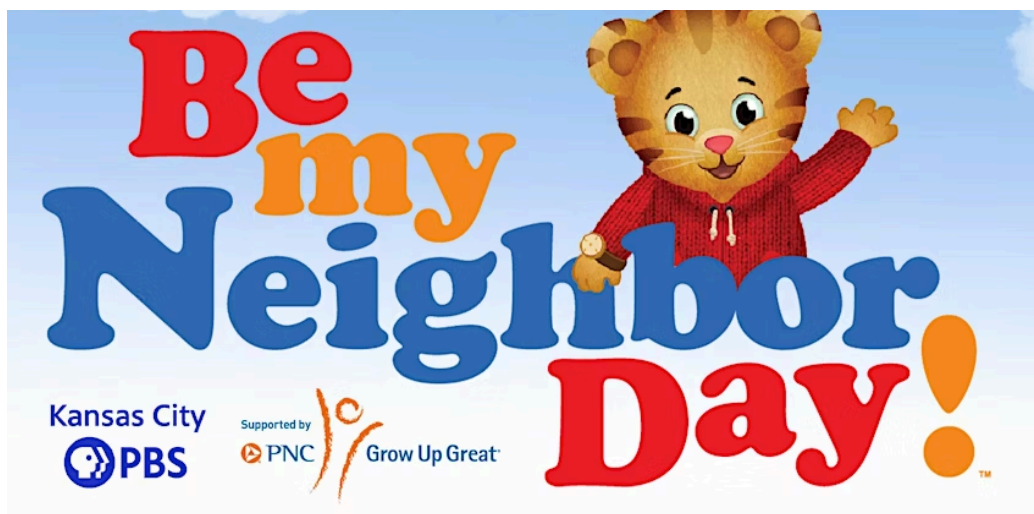
Day 26: Start a collection. Help your child start a collection of something that sparks his or her interest. There are many things you can collect right around your house, such as bugs, leaves, flowers or rocks.

Day 27: Have a carpet picnic. Make an everyday meal into an indoor picnic. Let your child pick the menu and set up the blanket with colorful plates, napkins and plastic utensils. Let your child invite a teddy bear to the picnic and play "The Teddy Bear Picnic" song by clicking here: www.youtube.com/watch?v=a-fjlykpGjY

Day 28: Visit Powell Gardens. Take a drive to explore the many gardens at Powell Gardens. Keep your eyes open for the many different birds, butterflies, insects, turtles and frogs that inhabit the gardens. www.powellgardens.org

Day 29: Shaving cream fun! Squirt a generous amount of shaving cream onto a cookie sheet or other flat covered surface. Let your children run their fingers through the shaving cream and create "mountains" and "streams". They can also drive their little cars and trucks through the mixture.

Day 30: Make bubbles! Combine 1 TBSP of glycerin with 2 TBSP of liquid soap and 9 ounces of water and let sit for several hours. Pour into a large pan and dip your wand for some unbelievably beautiful bubbles. You can experiment with wire hangers or floral wire to create wands.



https://www.eventbrite.com/e/be-my-neighbor-day-tickets-1301240287729?utm_source=Iterable&utm_medium=email&utm_campaign=campaign_backpack&scrlbrkr=70f6c7b6

FREE Concert for Families

We are so excited to announce a special chamber music concert designed just for babies and their caregivers! 🎵🍼 This unique event will feature live performances of new music by local composers, created to engage little ears and create a warm, welcoming space for families. Join us for an unforgettable musical experience full of gentle sounds, cozy vibes, and community connection. The concert will take place this June in collaboration with the Parents as Teachers program in Blue Valley District. Please click [HERE](#) to register.



YOU'RE INVITED TO A COMMUNITY BABY SHOWER!

LEARN ABOUT SAFE SLEEP, CAR SEAT SAFETY, INFANT AND CHILD CPR, AND HOME SAFETY

This is a FREE event offered to expectant moms, new moms, grandparents, and childcare providers!

Join us for a morning of life saving education and wellness for you and your baby!
We encourage you to bring your support: husband, partner, friend, or relative to learn how to keep your baby safe.

***This is not a drop-in event, please plan to stay the entire time. Clock hours available upon request.**

Agenda:

9 a.m. Check-in and enjoy Community Resource Booths and Safe Sleep Crib Demonstrations

10 a.m. Car Seat Safety 101 by *Master Deputy Jack Weese, CPSTI and Marty Vinson, CPST, Safe Kids Senior Checker Room 1055*

10:30 a.m. Healthy Snacks Break, Safe Sleep Crib Demonstrations, and Community Resource Booths

10:45 a.m. Car Seat Safety 101 **Spanish*

11:30 a.m. Chance Drawings for Door Prizes, Room 1070/1075 **must be present to win*

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WHILE SUPPLIES LAST!
(ONE PER FAMILY)

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WHILE SUPPLIES LAST!
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REFRESHMENTS INCLUDED



Saturday, June 21, 2025
9 a.m. – 12 p.m.
Sunset Drive Office Bldg.
11811 S. Sunset Drive
Olathe, KS 66061

To register please visit
<https://forms.office.com/g/CYCQU2CRpw>
OR
Scan the QR Code



QUESTIONS? [KATIE.SCHATTE@JOCOGOV.ORG](mailto:katie.schatte@jocogov.org)

