



Parents as Teachers

November 2023

CALENDAR

SATURDAY PLAYTIME

REGISTRATION REQUIRED
NOVEMBER 4TH
9:15-10AM

EVENING PLAYGROUP

REGISTRATION REQUIRED
NOVEMBER 8TH
6-6:45PM

NO PLAYGROUPS

NOVEMBER 20TH—24TH



TO VISIT OUR WEBSITE
CLICK [HERE](#).

Reflections from the Coordinator..

This weekend sure gave me late fall/winter vibes! I love everything about this time of year except for the shorter days. As a firm believer in the power of gratitude, I will focus on the joy of soft blankets, comfy sweatshirts, football games and a warm fire. About a month ago I had the privilege of attending the Conscious Discipline Institute for Infant and Toddlers. It was a weeklong training centered around the social emotional development of children. Over the past three years, every conversation I have had with parents and community partners in the daycare, preschool, and K-12 sector include discussions about a rise in challenging behaviors and children struggling with self-regulation. I firmly believe that we can change the conversation. Helping children learn to self-regulate is possible when we have the knowledge and tools to guide us. The first is understanding what we mean by social emotional development.

We know that:

- Your child’s brain develops fastest in the first 5 years of life
- How you interact with your child affects the way their brain develops
- Positive, loving, interactions between you and your child support healthy social-emotional development.
- Healthy social-emotional development is the most important foundation your child needs to be ready for school.

Social emotional development is your child’s ability to:

- Experience, manage, and express positive and negative emotions. Your child is able to
 - Experience a range of emotions, such as anger, fear, sadness, joy and pride
 - Talk about their feelings
 - Learn how to calm down *with your help* (baby/toddler)
 - Learn how to calm *on their own*, even when all worked up (preschooler)
- Develop close, enjoyable relationships with other children and adults. Your child is able to
 - Attach to you or another primary caregiver (baby or toddler)
 - Develop close relationships with other family members and friends as they get older
- Actively explore the environment with curiosity and confidence. Your child is able to show interest in
 - You and other family members
 - Who they are as a person, their body, and their likes and dislikes
 - Objects and the environment around them
 - Trying new things, learning new skills, and experiencing everything!

Parent educators are excited to partner with you to provide the knowledge and tools you need to be successful at coregulating with your infants and toddlers and equipping them to self-regulate as they grow.

As we enter the holiday season, I want to share a friendly reminder that our children’s ability to handle the stress and excitement of the holidays will be dependent on the energy in our homes and how regulated we are as adults. Ask yourself, what do I need to do for myself this season to keep me sane and able to show up for my child and how can I make it happen? Do your best to avoid the trap of keeping up with fabricated lives on Instagram and instead enjoy being present with the ones you love the most.

Michelle Kelly
Program Coordinator BV PAT
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December Playgroups-link to sign up will be emailed on November 14th

We have loved having families back in our playroom this year. In-person playgroups offer many benefits including connecting with other families, new activities for children to explore and children learning to interact with one another.

In order to help keep our groups a safe size, we will be requiring families to **sign up 2-3 weeks in advance**. We are always looking at ways to help families make connections with one another during playgroups. In order to help facilitate ongoing interaction as well as less exposure, we will be running playgroups in 2-4 week sessions. For December, you have the opportunity to sign up for a group that will meet weekly at the same time for two weeks. You can choose to sign up for a group with children that are a similar age to your child, (baby play, 1-year old or 2-year-old groups) or, you can choose to opt for our birth to 3 years old group if you have more than one child or would like your child to be around children of all ages. We will continue to offer one evening playgroup in December for dual working families who cannot attend during the week.

- Each group will be limited to 10-18 families
- **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, one-year-old or two-year-old playgroups. Siblings may attend the birth to 3 years old playgroups, evening or Saturday groups. Please indicate name and age of sibling attending at time of enrollment. (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 to each playgroup session or you will not be able 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 you miss two sessions in a row, your spot will be given to the next family on the waiting list.

Baby Play-for non-walkers (4-12 months)

Tuesdays 12:15-1pm: 12/5 & 12/12

Playgroup for 1-Year-Olds (12-23 months)

Wednesdays 10:15-11am: 12/6 & 12/13

Thursdays 9:15-10am: 12/7 & 12/14

Playgroup for 2-Year-Olds (24-36 months)

Tuesdays 10:15-11am: 12/5 & 12/12

Wednesdays 9:15-10am: 12/6 & 12/13

Playgroup for Birth to 3 years old (birth to 36 months)

Thursdays 10:15-11am: 12/7 & 12/14

Wednesday, December 13th Evening Playgroup 6:00-6:45pm

PTA Presents...StoneLion Puppet Theatre

SAVE THE DATE! The Blue Valley Early Childhood PTA is bringing StoneLion Puppets to Hilltop. The time for Parents as Teachers families will be 9am on Wednesday, December 6th. This will be a drop in event so no registration/sign up is required.

Kansas City Dads Group

Welcome to the Kansas City Dads Group! They are a diverse community of fathers that believe that it's within our community where we find our greatest strength. They host meet-ups several times per month, with their kids at parks, playgrounds, museums, sporting events, parent-and-me classes, and anywhere else they can find an awesome adventure and make those needed memories. Click on the following link for more information:

www.kansascitydadsgroup.com



Tis the Season...Wellness Policy

We try very hard to keep the playroom germ free and safe for all children. Please help us by placing any toys that your child has mouthed in the tub provided so that they can be sanitized. We request that if your child is ill, has had a fever, vomiting or diarrhea within the last **24 hours** or has colored nasal discharge that you refrain from using the playroom that day.



PTA Corner

PTA members, please join us **Monday, November 6th at 6:30 p.m. in the Hilltop Multipurpose Room** for our general membership meeting. This month we welcome Dan Carney, Director of Safety and Security for the Blue Valley School District. He will update us on our school's security measures and answer any questions you have. I know I really appreciated what he had to say last year.

With cooler weather moving in we've got some fun things planned indoors. This next month we welcome Mr. Bradley back for another story time. We are also host a couple more playgroups and an outing. PTA members can look forward to receiving these sign up links in our next newsletter. If you are not a PTA member, but would like access to any of these events, you can [sign up](#) for the PTA today! We'd love to have you join us.

Megan Dumas

BVEC PTA President

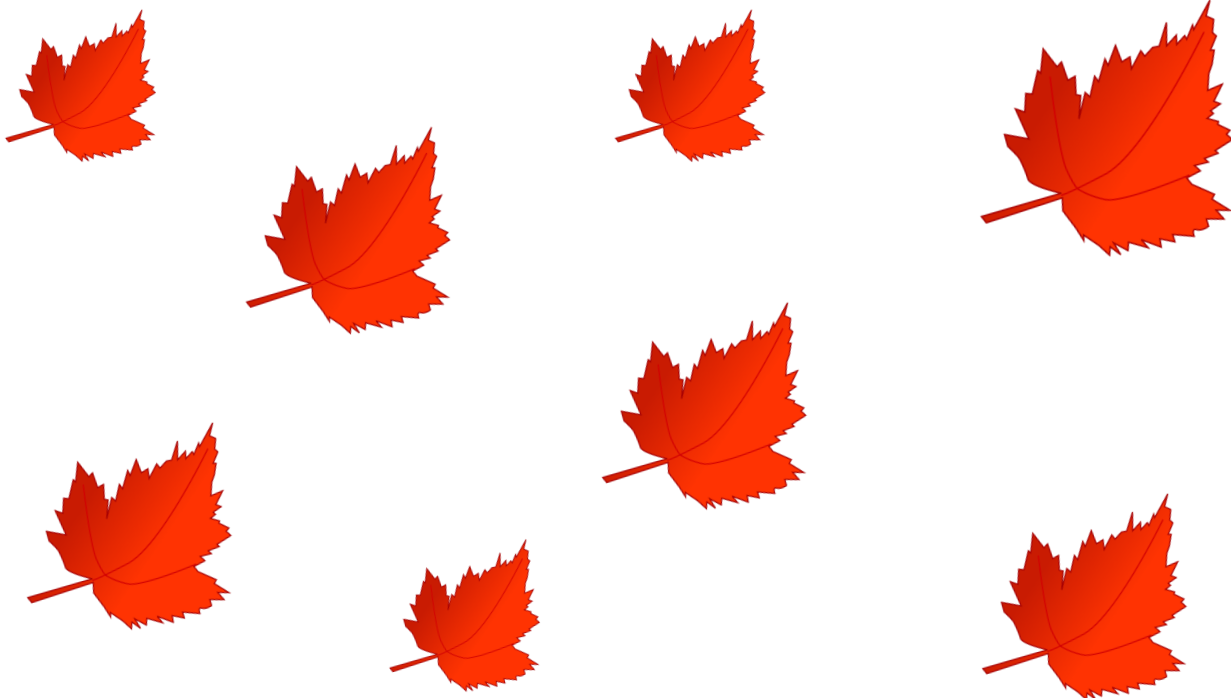
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Community Corner

Need more resources for preparing for Daylight Savings, check out the free guide offered by one of our community partners, Katy Bourzikas from Well Rested Wee Ones, below.

[Free Sleep Guide](#)



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Let's Learn About Trees



Talk Together

- ◆ For your baby: Lay a cozy blanket down on the grass and lie underneath a tree with your baby. Talk about the tree, the branches, the leaves and the wind. Repeat the word tree and let your baby touch the tree's trunk and leaves.
- ◆ For your toddler: Take a walk with your toddler to see how many different trees and leaves you can find. Talk about how a maple tree leaves feel different than a pine tree's needles. Feel the tree's bark; how does your child think the bark feels? Is it rough or bumpy, smooth or sticky with sap? Look at the leaves on the ground. Collect some of your child's favorites and line them up on the ground. Name their colors. Then line them up by size, from big leaves to little leaves. Pick some leaves to bring home.

Read together. Read books all about trees and their leaves. For babies, try: Chicka Chicka Boom Boom by Bill Martin, Jr., Five Little Monkeys Sitting in a Tree by Eileen Christelow and Leaf Baby by Mary Brigid Barrett. For older toddlers, good choices include: Caps for Sale by Esphyr Slobodkina, Go Dog Go by P.D. Eastman and The Acorn and the Oak Tree by Lori Froeb.

Play Together

- ◆ For your baby: Collect a few leaves, some crinkly, some not. Give them to your baby to play with and explore with his hands. Crinkle one so he can listen to the sound the leaf makes. Which leaves does he seem to like best? What does he like to do with the leaves?
- ◆ Play leaf peek-a-boo. Find a big leaf that you can use to cover (most) of your face. Hold it in front of you and then pull it away: Peek-a-boo! See if your baby wants to take the leaf and play peek-a-boo with you.
- ◆ For your toddler: Choose a few different leaves for your child to paint with. Squirt washable tempera paint onto a paper plate. Show your child how to dip the leaves into the paint and then "stamp" onto paper.
- ◆ Make "secret boxes" for your child to explore. Take three shoeboxes and cut a hand-sized hole in the side of each. Put a different interesting item inside each box (a few acorns, some crinkly leaves, a stick). Have your child put his hand inside and touch the object without looking. Can he guess what is inside? (Note: some children may be reluctant to put their hand inside the box without knowing what is inside. That's okay—modify the activity by having your child help you put the items inside each box. This might help him or her feel more comfortable with touching without seeing).

~Zero-to-Three

Blue Valley Schools

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This publication available in alternate

formats.