

Parents as Teachers

Reflections from the Coordinator

Who doesn't love **Fall in Kansas City!** I hope you were able to get out over the weekend and enjoy the gorgeous weather. Being a person who likes change, I love living in a place with all four seasons. This is a great time of year to enjoy a walk outside with your child and allow them to explore all their senses. As you walk, point out the different sounds and sights you see and allow older children to stop and explore crackling leaves and other treasures. Your full presence in experiences such as this, is the best gift you can give your child.

Last month we explored the Brain States and worked on becoming more aware of our own state in a given moment and those around us. This month, spend some time with your parent educator reflecting on what you noticed as you became more aware. What stood out to you about your own ability to stay regulated throughout the day and your child? Your parent educator looks forward to discussing how we can use this information to consider small changes to our routines, wellbeing, or thought patterns that could make a big impact.

This month we will get hands on with practical ways you can practice composure in your home with both the grown-ups and your child. We will also share some language you can use during those difficult times of upset to hold the limit and share your calm to help defuse the big emotions.

To prepare for your November home visit, please take 8 min to listen to the video by following the link [HERE](#). You won't need to see the screen, so you can listen while you drive, walk, or do the dishes. The information in the video will lay a foundation for a great home visit.

November is a great month for practicing gratitude, try incorporating 1-2 gratitude's together with your family each day. This could be at mealtime, bedtime or anywhere in between. I will start, I am so grateful for each and every BV PAT family who by their commitment to this program is demonstrating a desire to be an intentional parent!

As always, I wish you well!

Michelle Kelly

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November Conscious Discipline Videos

Make sure to take **8 minutes** this month before your home visit to watch the video below as we focus on the skills of Composure and Perception. The video will serve as a jumping off point for a discussion with your parent educator this month about how recognizing and regulating our own brain state will help us to teach our children how to regulate. This skill will be crucial for their overall success and wellbeing. It is not necessary to see the screen, so feel free to listen as you drive, do the dishes, or go on a walk. The second link is a video of a child demonstrating different breathing techniques you can try with your child this month. Your Parent Educator will chat more with you about this at your visit.

November parent video to watch prior to home visit:

https://youtu.be/DYNeUIOJ_cY

Breathing exercises to try with your child this month:

<https://www.youtube.com/watch?v=U1WwO2Tfz10>

Blue Valley Early Childhood PTA

Did you know that the PTA exists for families with children 5 and under? If you're looking for social opportunities like playgroups, music time, and outings for your whole family then you should join the PTA! We have fun activities planned this fall including a trip to the pumpkin patch. [Sign up here](#) today so that you don't miss out!

Playgroups this month are Friday, November 8th and Friday, November 15th. If you'd like to join us, but you're not a PTA member, you can sign up [here](#) today. We hope to see you there!

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.



DECEMBER 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 December, families have the opportunity to sign up for a group that will meet weekly at the same time for 2 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.

DECEMBER PLAYGROUP SIGN UP WILL BE EMAILED ON NOVEMBER 12TH

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.

December Playgroups

Baby Play for non-walkers (4-12 months) - Tuesdays: 12:15-1pm on 12/3 & 12/10

Baby Play for non-walkers (4-12 months) - Thursdays: 12:15-1pm on 12/5 & 12/12

Playgroup for 1-Year-Olds (12-23 months) - Wednesdays: 10:15-11am on 12/4 & 12/11

Playgroup for 1-Year-Olds (12-23 months) - Thursdays: 9:15-10am on 12/5 & 12/12

Playgroup for 2-Year-Olds (24-36 months) - Tuesdays: 10:15-11am on 12/3 & 12/10

Playgroup for 2-Year-Olds (24-36 months) - Wednesdays: 9:15-10am on 12/4 & 12/11

Playgroup for birth to 3-Year-Olds (0 to 36 months) -

Thursdays: 10:15-11am on 12/5 & 12/12

Evening Playgroup Wednesday, 12/11 6-6:45pm

Virtual Go Bag

The Kansas Breastfeeding Coalition created a “[Virtual Go Bag](#)” for home visitors and families with videos on popular breastfeeding topics, in 8 languages. Click on the QR code below to watch the videos.

Breastfeeding Virtual GO BAG



Scan the QR code or go to
ksbreastfeeding.org/breastfeeding-virtual-go-bag/



Kansas
Breastfeeding
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