

# Parents as Teachers

## Reflections from the Coordinator

We were so excited that so many of you were able to join us for the Conscious Discipline Parent Event. Those who attended should have received a survey link, please make sure to complete that for us so we can use it to inform upcoming events (<https://www.surveymonkey.com/r/V3663WJ>). At the training, Angela introduced the foundations of Conscious Discipline which starts with us as the adult. The goal of Conscious Discipline is to become the safe, stable, nurturing adult our child needs to grow and develop optimally. This month, we want to focus on the first step which is our ability to recognize brain states in ourselves and our children. **Please take a minute to watch or listen to this 8 min video prior to your home visit this month** (<https://youtu.be/JEuITtNVfw>). Each month we will continue to build and add skills through a monthly video and home visit topic. These skills can be incorporated from the womb through our adult relationships and the earlier we start the more natural they will become for our children. We know that self-regulation is one of the most important skills your child will need to be successful not only in a job someday but in their relationships as well. And we know that...

*A child cannot regulate in the presence of a dysregulated adult*

So, let's start with us! We've got this!

Warmly,

*Michelle Kelly*

BV PAT Program Coordinator  
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### Calendar

Pajama Storytime  
Thursday, October  
17th 6-6:45pm

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## NOVEMBER 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 November, families have the opportunity to sign up for a group that will meet weekly at the same time for 3 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.

### **NOVEMBER PLAYGROUP SIGN UP WILL BE EMAILED ON OCTOBER 15TH**

#### **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.

#### **November Playgroups**

Baby Play for non-walkers (4-12 months)– Thursdays: 12:15-1pm on 11/7, 11/14, 11/21

Playgroup for 1-Year-Olds (12-23 months) - Wednesdays: 10:15-11am on 11/6, 11/13, 11/20

Playgroup for 1-Year-Olds (12-23 months) - Thursdays: 9:15-10am on 11/7, 11/14, 11/21

Playgroup for 2-Year-Olds (24-36 months) - Tuesdays: 10:15-11am on 11/5, 11/12, 11/19

Playgroup for 2-Year-Olds (24-36 months) - Wednesdays: 9:15-10am on 11/6, 11/13, 11/20

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

Thursdays: 10:15-11am on 11/7, 11/14, 11/21

Saturday Playgroup 11/9 9:15-10am

Evening Playgroup Wednesday, 11/13 6-6:45pm

## Pajama Storytime

Join us Thursday, October 17th from 6-6:45pm for a Pajama Storytime and enjoy bedtime songs, stories and fun! Have your child wear their favorite pajamas and bring their favorite stuffed animal. The suggested age for this storytime is 18 months and older. The Hilltop playgrounds will be open after this event. Registration is required and space is limited to 25 families. Click [HERE](#) to sign up.

## 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!

The PTA is currently looking for a Treasurer. This is a board position that we are required to have filled in order to continue operating as a PTA. If you are interested in filling this role please reach out to me at [byearlychildhoodpta@gmail.com](mailto:byearlychildhoodpta@gmail.com) or refer to [this link](#) for more information. Our members truly appreciate your support.

We are still accepting donations to Stock the Breakroom. The educators truly look forward to these small treats to get through the day. If you would like to say 'thank you' please consider picking up something from [this list](#) today. You can drop your donation off at the front desk when you arrive for playgroup. Thank you to all who have donated already!

## Kansas City's Pumpkin Patch Guide



October is a great chance to plan a family outing to one of the many fall festivals or Pumpkin Patches in our area. Set yourself up for a good day by choosing a time that your child will be well rested and pack water and snacks. Plan to allow time for them to wander and walk with you to get new hands-on experiences. Check out KC Parent Magazines list [HERE](#).