

Parents as Teachers

Reflections from the Coordinator

What a great month. We have loved being back in homes and having little ones back in our playroom. If you are new to the program, welcome! I want to take a few minutes to say we see you. We know parenting is hard, but you are doing it, and you are doing a great job! By signing up for PAT and setting aside an hour every month to reflect on your parenting, learning new information, engaging with your child in fun new ways, and setting goals, you are investing into your child and family's future. Every parent educator in our office sees the invitation into your home as a privilege and we are dedicated to making each visit meaningful for you. In addition to home visits, we strive to offer a variety of group connection options to help you meet and connect with other families in the same life stage. Parenting was never intended to be done alone; it truly takes a village. Research shows that a family having strong social connections helps buffer stress and build resiliency in the parents and the child. We hope you will take full advantage of these events as they fit your schedule. Our first large group event, Outdoor Explore, will be Saturday Sept 7th on the Hilltop playground from 9:30-11. We are once again partnering with Safe Home, an intimate partner abuse shelter in Overland Park to collect items for the family welcome kits they provide to new families when they arrive. You can see a list of items in the newsletter and bring donations to our playroom or the event. Please also plan to attend our Conscious Discipline event on September 23rd, this parent only event will help you gain confidence in managing your child's behavior and building important social emotional skills. Check out the rest of the newsletter for details about these events.

As we approach fall, I encourage you to take time to reflect on what is most important to you. Then grab your family calendar and see how your daily, weekly, and monthly schedules align with those values? Are you setting aside time for what is most important to you? If not, what adjustments could you make to allow you to create some margin to intentionally plug those things in. It may mean saying "No" to something good, so you can make room for what is even better.

We hope to see you at Outdoor Explore and Conscious Discipline this month, if you have any questions, reach out to myself or your educator.

We wish you well,

Michelle Kelly



Calendar

Outdoor Explore
Saturday, Sept. 7th
9:30-11am Drop in
Event

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Teachers

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OCTOBER 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 October, 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 (birth to 36 months) if you have more than one child or would like your child to be around children of all ages.

OCTOBER PLAYGROUP SIGN UP WILL BE EMAILED ON SEPTEMBER 17th

- 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.

October Playgroups

Baby Play for non-walkers (4-12 months)– Thursdays: 12:15-1pm on 10/10, 10/17, 10/24, 10/31

Playgroup for 1-Year-Olds (12-23 months) - Wednesdays: 10:15-11am on 10/9, 10/16, 10/23, 10/30

Playgroup for 1-Year-Olds (12-23 months) - Thursdays: 9:15-10am on 10/10, 10/17, 10/24, 10/31

Playgroup for 2-Year-Olds (24-36 months) - Tuesdays: 10:15-11am on 10/8, 10/15, 10/22, 10/29

Playgroup for 2-Year-Olds (24-36 months) - Wednesdays: 9:15-10am on 10/9, 10/16, 10/23, 10/30

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

Thursdays: 10:15-11am on 10/10, 10/17, 10/24, 10/31

Saturday Playgroup 10/12 9:15-10am

Evening Playgroup Wednesday, 10/9 6-6:45pm

Outdoor Explore

Join us Saturday, September 7th, to explore the outdoor space at Hilltop Learning Center (7700 W 143rd St). The play area will be open from 9:30-11am. We are planning additional activities that include tricycles, "car" washing, painting with water and blowing bubbles. These activities are most suitable for children that are 12 months or older. It will be a morning of family fun, a chance to meet other families and give your children an opportunity to run, jump, climb, balance, swing, slide and crawl by exploring the fabulous playgrounds at HLC. Please bring water for your family, however, no food will be allowed on the playgrounds. Please keep personal items in your car. This is a drop in event so no registration is required. Just come and have some outdoor fun! We will also be collecting items for SafeHome...please see the flyer on the next page of this newsletter for items needed.

CONSCIOUS DISCIPLINE

Surveys from parents in Blue Valley with children in kindergarten through high school last year show that the biggest challenges they are facing with their children are anxiety and managing challenging behaviors. As expected, this causes a strain on families and interferes with a child's ability to show up ready to learn. Our goal in Parents as Teachers is to help equip you in these early years with the information and tools you need to help your child learn self-regulation and problem solving so they (and your family) can thrive learn during their k-12 years. Research in brain development shows that the first 3 years of a child's life are instrumental in laying a secure foundation for all later growth, development, self-esteem and confidence. We know that for children to learn, they must feel safe and connected to their caregivers. Our goal this year is to guide you in developing routines and strategies in your home that will help your child develop these important social and emotional skills that will set them up for success. We truly believe that investing in this work as a family in the early years will help your children to be more resilient and your family to experience more joy. We have chosen Conscious Discipline as the approach to lead us in this work.

Research shows that Conscious Discipline can improve social and emotional skills for both children and adults and can also increase academic readiness and achievement. It's recognized by SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).

Through a grant from the Blue Valley Education Foundation, we are thrilled to bring [Angela Fraley, a Conscious Discipline Certified Instructor](#), to Hilltop on Sept 23rd from 5:30-7:30 to kick us off. The evening will be informative and engaging, and you will leave with practical tips to begin implementing in your homes right away. We will follow this up with different topics each month in home visits that will help individualize the strategies to fit your family.

Please make every effort to attend this event as it will help lay the foundation for the topics throughout the year. Thanks to Chick-fil-a, we will offer a light dinner to help make your evening a little easier. This is a parent only event that you won't want to miss. Seats are limited so register today! Click [HERE](#) to register.

Blue Valley's Outdoor Explore
with
Safehome

WELCOME BASKET DRIVE

- Towels/Hand Towels/Wash Cloths
- Shampoo/Conditioner
- Body Wash
- Lotion
- Toothbrush/Toothpaste
- Deodorant
- Razor
- Hair Brush/Comb
- Handsoap
- Journal
- Large Laundry Basket



***All items need to be full size and in new/unused condition. Our welcome baskets are provided to new residents when they arrive in our shelter.**

DOLLY PARTON'S IMAGINATION LIBRARY

Through local funding provided by the Kansas Children's Cabinet, all families in Blue Valley are now eligible to participate in Dolly Parton's Imagination Library. The program is free and will send your child a new book each month. Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age 5, through funding shared by Dolly Parton and local community partners in the United States, Canada, United Kingdom, Australia and the Republic of Ireland. Inspired by her father's inability to read and write, Dolly started her Imagination Library in 1995 for the children within her own home county. Today, her program spans five countries and gifts over 2 million free books each month to children around the world.

Follow steps to register your child by clicking on this link:

<https://imaginationlibrary.com/usa/affiliate/KSKCCJOHNSONCO/?chkAvalAddressData=eyJyYWxsYmFjayI6dHJ1ZSwiYWVRkcmVzcyI6eyJjb3VudHJ5IjojVVMiLCJ6aXAiOiI2NjIyMyIsInN0YXRRIjojS1MiLCJjaXR5IjojT3ZlcmxhbmQUGFyayIsImNvdW50eSI6IkpvaG5zb24iLCJzdHJlZXQiOiIifX0%3D>

