

Parents as Teachers

Reflections from the Coordinator...

As we start a new school year, I have heard so many parents mention how it has been good to get back into a routine. While we look forward to the more relaxed schedule summer often provides, our brains are drawn to the predictability and connection of routines provides and science backs this up!

According to Conscious Discipline, routines are essential because they provide the predictable structure that helps children feel safe and connected, which are the fundamental conditions for learning and emotional regulation. The brain is a "pattern-seeking device," so clear routines allow children's brains to relax and focus on learning instead of being preoccupied with what might happen next.

Predictable routines include the following benefits for us and our children.

- Routines create psychological safety: Children feel more secure and comfortable when they can anticipate what will happen next. A predictable routine helps to calm the "survival state" of the brain, activated by perceived threats and chaos.
- Routines foster connection and community: Consistent routines, especially "I Love You Rituals" and other connecting activities, help build a sense of belonging in the family. When children feel a connection with adults, they are more willing to cooperate and empathize.
- Routines reduce anxiety: The stability provided by routines reduces stress and anxiety for both children and adults. Clear expectations minimize uncertainty, which is often a major trigger for disruptive behavior.

This year, we will continue to weave the principles of Conscious Discipline including **safety**, **connection**, and **problem solving** into our home visits and Group Connections. We will kick off the year with a parent event on **Sept 30th from 5:30-7pm** where we will lay the foundation for helping to create strong connection with your children that leads to cooperation and resiliency. We encourage you to come with your parenting partner to spend an evening focused on creating a strong foundation for your child and family. The event is free, and dinner will be provided check out the rest of the newsletter for the link to register. Finally, as fall rolls in, I would encourage to you to be intentional about how you fill your family's schedule. Invite in activities that are life giving and align with your values, and at the same time, leave some margin for unstructured free play and time as a family. There are so many amazing resources in our community it can be easy to overfill our schedules and end up rushing around and adding stress instead of enrichment. A majority of conflict with our children comes from us as adults being in a hurry, so are there places we could reduce our pace? You may have observed that children are never in a hurry☺.

We look forward to talking more about his topic and so many others in home visits with you this year! As always, we wish you well.

Michelle Kelly

Calendar

Outdoor Explore
Saturday, Sept. 6th
9:30-11am Drop in
Event

**FOLLOW US ON
SOCIAL MEDIA!
SCAN THIS QR
CODE TO BEGIN.**



Facebook:

BlueValleyParentsas
Teachers

Twitter:

@BlueValleyPAT



Instagram:

parentsasteachersbv

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 16th

- 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 government 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)– Tuesdays: 9:15-10am on 10/7, 10/14, 10/21, 10/28

Baby Play for non-walkers (4-12 months) -Thursdays: 12:15-1pm on 10/9, 10/16, 10/23, 10/30

Playgroup for 1-Year-Olds (12-23 months) - Wednesdays: 10:15-11am on 10/10/8, 10/15, 10/22, 10/29

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

Playgroup for 2-Year-Olds (24-36 months) - Tuesdays: 10:15-11am on 10/7, 10/14, 10/21, 10/28

Playgroup for 2-Year-Olds (24-36 months) - Wednesdays: 9:15-10am on 10/8, 10/15, 10/22, 10/29

Playgroup for 1's & 2's (0 to 36 months) - Thursdays: 10:15-11am on 10/9, 10/16, 10/23, 10/30

Saturday Playgroup 10/18 9:15-10am

Evening Playgroup Wednesday, 10/1 5:30-6:15pm



Come Join the BV Early Childhood PTA!!

- it is a **team** effort between our early childhood program and our Parents as Teachers Program
- It is \$30 for the entire year!
 - this allows for play groups, music classes and outings throughout the year
 - this allows us to stock our teachers breakroom, show our teachers lots of love during Teacher Appreciation Week and Conference weeks and SO MUCH MORE
- And we need YOU! That can look like joining the PTA, raising your hand for a board/committee position or donating. It takes all 3 things to make this happen! :)
 - We have lots of open positions this year. There are several positions that can be done entirely from the comfort of your own home with just a laptop/device. :) Positions left unfilled could be things that don't get done this year. And our kids & teachers deserve the very best!
 - **Highest Priority:**
 - **President** (Board Position): team up with the VP this year to learn the ins and outs and have someone to work alongside. You would set the PTA calendar (lots of this is done!), create agendas and work with other Board Members. You would attend a meeting once a month.
 - **VP of Preschool** (Board Position): you would coordinate/oversee committees like Trunk or Treat, Staff Appreciation and Room Parents. You would attend a meeting once a month.
 - **Co-Chairs Pre School Fair** (Committee Position): grab a friend and tackle this from home together--you would be in charge of organizing the digital booklet, securing vendors and distribute the resource.
 - **Conference Week Support** (Committee Position): you would work with the VP of Preschool to set up food/drinks for both conference weeks. Grab a friend and do this together!
 - Outings Coordinator (Committee Position): done entirely from home!! You would plan an outing once a month from September-May.
- Please reach out to Kristen Byers (the current VP of Parents as Teachers) with questions about positions or to secure your spot! :) Her PTA email is: parentsasteachersvp@gmail.com
- The website is: <https://www.bvecpta.com/>
- Thank you SO MUCH for considering joining our PTA, filling an open position or making a donation so we can keep operating! :)

Outdoor Explore

Join us Saturday, September 6th, 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, catching ducks in a pond, and bubbles galore. This year we will have a special area inside for the non-walkers to climb and play at their own pace. 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. MedAct will also be with us to share information about first aid for infants and toddlers, along with CPR and choking protocols.

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 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).

Please join us for a free parent event on September 30th from 5:30-7:00 at the Hilltop Learning Center. Our program coordinator Michelle Kelly will guide us through an engaging and informative evening laying the foundational principles that you can apply in your home now and build upon throughout your parenting journey.

If you were unable to attend this event last year, we encourage you to make every effort to attend as it will help lay the foundation for topics your parent educator will refer to throughout the year. Seats are limited and registration is required so click [HERE](#) to reserve your space!

Safehome

Safehome's Current Needs

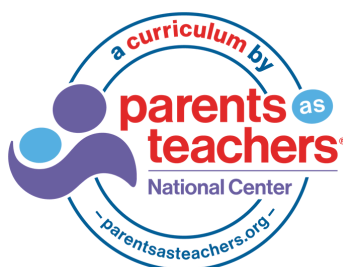
- New Hand & Body Towels
- Toilet Paper
- Paper Towels
- New Pillows
- New Twin Sized Comforters
- New Twin Sized Sheet Sets
- Shower Curtains + Rings
- Diapers (Size 5 & 6)
- Small Laundry Baskets
- Full Sized Hygiene (Shampoo, Conditioner, Body Wash & Hand Soap)
- Deodorant
- Hair Brushes
- Small Trash Cans
- Plastic Cutlery
- Disposable Plates/Bowls
- Gift Cards (Walmart, Target)

Please note: we are only able to accept new/unused donations and full sized toiletries

Stay up-to-date as needs change!
safehome-ks.org/donate

Connect with us on social media!
@safehomeks





SUPPORTING CARE PROVIDERS OF KANSAS

FREE Home Visiting Program to Support Care Providers As
They Help Little Learners Become Ready for School



NOW ENROLLING Family, Friends, and Neighbors
helping to provide child care for children aged 0-5 years old,
in Johnson and Wyandotte Counties.

Providers can rest easily knowing that our dedicated educators will bring the
learning experience directly to your doorstep!

FREE BOOKS, ACTIVITIES, MATERIALS, AND SUPPLIES!

Contact us today to enroll!
English/Spanish: Call or text Maria at 913-731-4834



Sensory Friendly Mondays at the Johnson County Museum

Sensory Friendly Mondays is held the first Monday of the month from 9:00 a.m. to noon. We invite you to come enjoy the Johnson County Museum and KidScape in a comfortable, low-sensory environment. This limited-occupancy session is designed specifically for children with sensory processing differences and Autism Spectrum Disorders. We welcome visitors of all abilities and museum experience.

During sensory friendly times, changes are made to the museum's exhibit spaces, including KidScape, with the intention of helping make the museum more accessible and enjoyable for children with ASD and sensory challenges.

These changes include:

- Offering sensory bags to be used during your visit
- Offering a sensory-friendly map, visual checklist, and social narrative guides to the museum and KidScape, which are also on our website at <https://jcprd.com/1686>
- Offering additional signage to assist in navigation and aid in understanding Museum rules and expectations
- Having fewer guests than normal
- Having a designated quiet space

Price: \$6 per adult, \$4 per child

Upcoming dates: September 8th, October 6th, November 3rd, December 1st. This program is offered in partnership with Britain Development, a program of Advent Health Shawnee Mission. Pre-registration is strongly encouraged. For questions or to register a group, please call our reservation line at 913-715-2570. Click the following link to get more information and to register:

<https://www.jcprd.com/1686/Sensory-Friendly-Mondays>