



Parents as Teachers

February 2024

Reflections from our Coordinator...

This month, I had the privilege of speaking to [Building Better Mom's](#) groups at Church of the Resurrection. The topic I spoke on was kindergarten readiness and as I told them, it starts at birth. That's right, the things you are doing with your little ones each day even now are helping to shape them into the little people that will soon walk through the doors of school. While we tend to focus on academic readiness, kindergarten readiness is about so much more. Just as there are ways we can help prepare our children to know their ABC's and 123s, there are also ways we can help them grown in the social and emotional skills they need to come to school ready to learn. The great news is that the topics you discuss each month with your parent educator at home visits will cover these skills too. Some examples include developing a secure attachment with you, being able to recognize and regulate their emotions, ability to follow directions and learning ways to help them play appropriately with others. Another great way to practice these skills is join us for playgroups or events like the upcoming Roll and Read on Feb 24th, where children have the opportunity to get comfortable around other children and families and work on skills like waiting and taking turns. And finally, the quote that stood out to me the most as I prepared for these talks was that "a child can not regulate their emotions in the presence of a dysregulated adult"...wow! I don't know about you, but as a parent I was not always able to stay regulated in the face of my child's behaviors. The day would start off great but as the hours wore on, I would find patience wearing thin. I can only imagine coming out of the deep freeze that we have been under, that many of you find yourselves feeling depleted. I encourage you to first give yourself grace, there are no perfect parents. Then, I would take some time to reflect on parts of your day that are consistently hard and brainstorm ways to manage them better. Do we need to add more margin of time so we aren't in a hurry, could we add 10 min of distracted one on one time with our child at the beginning of that time of day. I would encourage you to talk through ideas with your parent educator this month. Many of you will be discussing **29 Things Parents do that Predict School Readiness** at your visit this month, and it provides the perfect opportunity for this discussion. You are the most important influence in your child's life, and we are here to support you every step of the way!

Lastly, I want you to Block out the time now to join us for a parent only event on **March 23rd from 9:30-11am**. Through a grant from the Blue Valley Education Foundation, we will host a powerful event called **Starting Strong, Early Childhood Edition**. The district has partnered with [Screen Sanity](#) to provide important and relevant information to parents in an engaging way on Screen time. This is the number one topic requested by parents from 0-18 in our district. The morning is designed to share research-based information and give parents time and tools to talk through how they can be intentional with the use of screens in their own homes to help their children get off to a strong start!

Thank you for hanging in there with us through the snow days of January, we appreciate your flexibility so much! Go Chiefs!!

Michelle Kelly

Calendar:

**EVENING
PLAYGROUP**
February 7th 6-6:45pm

**SATURDAY
PLAYGROUP**
February 3rd
9:15-10am

ROLL & READ
Saturday, Feb. 24th
9:30-11am
(drop in event so no
registration required)
Hilltop Conference
Center

Visit our website by
clicking [HERE](#).



March Playgroups...sign ups begin February 13th

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 two 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 3-4 week sessions. For March, you have the opportunity to sign up for a group that will meet weekly at the same time for three weeks. No Playgroups March 11th-15th. 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 year 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 and one Saturday playgroup in March for dual working families who cannot attend during the week.

If a playgroup session is already full please add your name to the waiting list.

- Each group will be limited to 10-18 families
- **Only one adult may attend per child.** 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: 3/5, 3/19, 3/26

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

Wednesdays 10:15-11am: 3/6, 3/20, 3/27

Thursdays 9:15-10am: 3/7, 3/21, 3/28

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

Tuesdays 10:15-11am: 3/5, 3/19, 3/26

Wednesdays 9:15-10am: 3/6, 3/20, 3/27

Playgroup for Birth to 3 years old (0-36 months)

Thursdays 10:15-11am: 3/7, 3/21, 3/28

Wednesday, March 6th Evening Playgroup 6:00-6:45pm

Saturday Playgroup, March 2nd 9:15-10am

Annual Parent Satisfaction Survey

Each year in May, we have a long planning meeting where we reflect over the year, review the great feedback we receive from you in our annual survey, and begin to plan forward into next year. You can help us prepare for this year's meeting by sharing your feedback and PAT experience with us by completing the survey by following the link below. Please use the comment boxes to share what you love and ideas you have to help us grow.

SURVEY LINK: <http://tinyurl.com/43h4c7jm>



This is a drop in event on Saturday, February 24th from 9:30-11am in the Hilltop Conference Center. No registration is needed. This event is designed to be educational and full of fun for all families and kids of all ages enrolled in our program. With Roll and Read focusing on two important goals for families- early literacy and physical well-being, the event will include:

- Book Trade Station- Give a book, take a book
- Large track for walking, riding and rolling
- Nursery Rhyme activities
- Puppet Play & Pretend Play
- Music and Dance
- Parachute Play
- Variety of books and reading!

Blue Valley Early Childhood PTA Corner

Did you know that our PTA runs on membership dues and donations? It's because of you that we're able to host additional playgroups, story times, and special events like Mr. Stinky Feet and StoneLion Puppet Theatre. Your PTA board would love to dream big for the end of this year but we will need your support. If you'd like to be a part of the services we provide please consider [donating here today](#). All of your generosity goes back to enriching the lives of our kids while supporting their educators.

Are you not a PTA member, but would like to be involved in what we're doing? Follow [this link](#) to join us today.

Thank you again for including us!

Megan Dumas

BVEC PTA President

(913) 251-1114

Special Needs Resource Fair

2024 BLUE VALLEY

SPECIAL NEEDS RESOURCE FAIR

14TH ANNUAL

BLUE VALLEY SCHOOLS
Education Beyond Expectations

If you are a parent, teacher or caregiver of an individual with special needs, or a self advocate, PLEASE JOIN US!

EVENT IS FREE AND OPEN TO THE PUBLIC

THURSDAY, FEBRUARY 8, 2024
5:00-8:00PM

Hilltop Conference Center
7700 W 143rd St. Overland Park, KS 66223
(Entrance is on the WEST side of the campus)

Visit IN-PERSON with service providers in the Kansas City area representing various disabilities, information on camps and other recreational opportunities, therapies, equipment, adult/transition services, financial/legal, health & wellness, and much more!
NO CHILD CARE PROVIDED

Sponsored by the Blue Valley School District and the Blue Valley Special Education Advisory Council (BVSEAC)

February Songs

Finger plays, songs and rhymes are important for helping children learn the sounds of language. This is the beginning step of learning to read. It is important for young children to repeat rhyming songs and poems and identify rhymes as well as to recognize the common sounds at the beginning of words. Have fun with these seasonal songs and rhymes!



I Am Making Valentines

(sung to "Mary Had a Little Lamb"):

I am making Valentines,
Valentines, Valentines.
I am making Valentines,
For the one's I love.
Watch me as I cut and paste,
Cut and paste, cut and paste,
Watch me as I cut and paste,
My special Valentines.
See me mail my Valentines,
Valentines, Valentines,
See me mail my Valentines
To the ones I love.



Blue Valley Schools

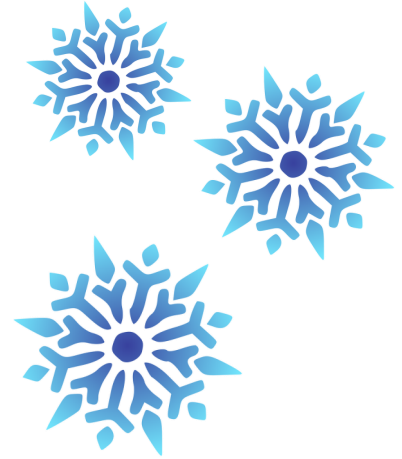
P.O. Box 23901

Overland Park, KS 66283

This publication available in alternate formats.

Snowflakes, Snowflakes

Snowflakes, snowflakes,
Dance around.
(Dance fingers)
Snowflakes, snowflakes,
Touch the ground.
(Touch floor)
Snowflakes, snowflakes,
In the air,
(Flutter fingers upward)
Snowflakes, snowflakes,
Everywhere.
(Flutter fingers outward)



I'm a Little Groundhog

(Sung to "I'm a Little Teapot"):

I'm a little groundhog,
Furry and brown.
When winter comes
I sleep underground.
I'm curled up
As cozy as can be.
When it's spring
Please wake me!



The ABC's of Hand Washing

Hand washing is important for your whole family!

Even if your hands look clean, they probably carry germs. Germs are everywhere. If you wash your hands really well with warm soapy water, you can get rid of the germs. Some germs can make you sick. Colds and flu can spread from one person to another in your family through unwashed hands. It's easy to contaminate food, too, with germs from dirty hands. Always wash hands before handling food or eating a meal or snack. Always wash hands after handling food, using the bathroom, touching a pet, coughing or sneezing into your hands, combing hair, blowing your nose, changing a diaper, or handling the garbage.



~Nibbles for Health