

CALENDAR



BABY PLAY/BABY SIGNS

Tuesdays 12:30-1pm

WINTER STORYTIME

January 13th 10am

TOILETING CLASS

Thursday, January 14th
8pm

MR. STINKY FEET

Saturday, Jan. 23rd 10am

For website click [HERE](#)



Parents as Teachers

JANUARY 2021

Reflections from our Coordinator...



As we head into the darker, cold winter months, many parents might be asking, what lasting effects will the changes and challenges of 2020 have on my children. Our program recently came across an article (<https://www.nytimes.com/2020/12/09/health/Covid-toddlers-playdates.html?smid=em-share>) that can help reassure parents. While our children have not had many of the normal social interactions of typical early childhood, they still have the most important one in place, that of their parents. As early childhood educators, we know that parents are the most important relationship in a young child's world. In your home visits this month, your parent educator will be helping you identify 29 parenting behaviors that lead to positive outcomes in children. This exercise will help you to be able to reflect on your daily interactions with your child and where your strengths lie. They will also challenge you to identify a few behaviors that may not come as naturally and help you set goals and provide you with ways to strengthen these areas. The best news is, you do not have to be a perfect parent or do all 29 of these things well for your child to get everything they need from you to thrive. What they do need are parents who set aside intentional time each day with their child even for 5-10 minutes at a time and who scatter positive interactions into normal daily routines throughout the day.

The other important element is making sure that as parents we are taking care of ourselves. Children thrive when they have resilient parents who can overcome difficulties and remain patient and positive. If you find yourself growing stressed, angry or depressed, it is important to seek out the support you need. We cannot pour from an empty cup. So, whether it is building some self-care routines into your week, or seeking the support of a counselor, spouse, or close friend, it is important to take care of yourself as well. Please let us know if you need additional resources as we navigate this tricky and sometimes heavy season.

As always, we wish you well.

Michelle Kelly

Program Coordinator

Blue Valley Parents as Teachers

Helpful Resource Directory for Kansas

The [I-800-CHILDREN Call Line + Resource Directory](#) launched in November with updated branding and robust tools to better support families and communities across Kansas. I-800-CHILDREN provides judgment-free 24/7, confidential information, connection to local resources, and supports.

2021 Blue Valley Preschool & Community Fair Digital Booklet

The Blue Valley Early Childhood PTA and Parents as Teachers will put together a digital booklet of preschools, daycares, and other child-centered businesses and will distribute this to Parents as Teachers families in January.



“Children are great imitators. So give them something great to imitate.”

~Anonymous

Winter Storytime— LIVE!



Brrrrr! Its cold outside! Join Terri and Ashley for some warm winter fun. We will enjoy a story, music and movement time together on Wednesday January 13th at 10am. Bring a winter scarf (or something similar) and some snowballs (small balls, wadded up paper) for our movement fun. Let’s have **Snow** much fun together! Click [HERE](#) to register.

Beach Balls for All



Be checking your mailbox for a fun surprise this month. We are excited to send you a fun activity to do with your child...and one to share with a friend! Our best recruiting comes from families telling other families how they benefit from our program. It is our wish that you would thoughtfully share the second activity and program brochure with a friend, neighbor or coworker who has a child between 0-3 that lives in Blue Valley and encourage them to enroll. We currently do not have a waiting list and would love your help connecting other families to our program.

Rock & Read from Home with Mr. Stinky Feet



Join Kansas City’s own award-winning children’s musician and author, Jim “Mr. Stinky Feet” Cosgrove for stories, singing and dancing during this virtual, interactive concert that will get the whole family rockin’. www.jimcosgrove.com This will take place on Saturday, January 23rd at 10 am. Space is limited to 30 families. Click [HERE](#) to register.



Baby Play/Baby Signs Class

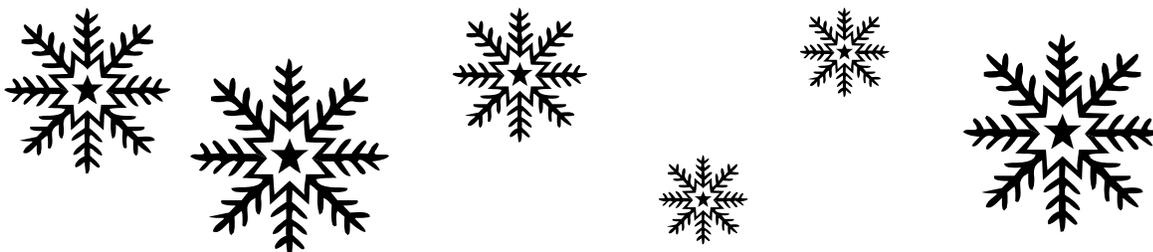
During this next session of Baby Play we will be teaching and learning “baby signs” you can use to support early communication skills between you and baby. Each week you and baby will have the opportunity to learn new baby signs through use of interactive songs and rhymes that you can incorporate into every day experiences and transitions. This will also be a great opportunity for you to connect with other caregivers each week. Age recommendation is 6 months-12 months. Tuesdays 12:30-1pm on January 5th, 12th, 19th, 26th and Feb. 2nd and 9th. Click [HERE](#) to register.

Interactive Cooking Class with Becky and Amy

Did you know that the kitchen is a great place for your child to gain skills in all areas of development? Find your aprons and chef hats and join parent educators, Ms. Becky and Ms. Amy, for a fun-filled morning in the kitchen mixing, measuring, counting and scooping to make yummy Trail Mix. You will be sent a list of ingredients and supplies a few weeks prior to class that you will need to have prepared and ready to use during our time together. We will follow the steps of the recipe to make our Trail Mix and your child can enjoy the snack they made while listening to the book My Food, Your Food, Our Food by Emma Carlson Berne. This is a fun story about how different foods and the ways in which we eat make our world interesting and wonderful, just as different people do. This live class will be hosted on Wednesday, February 3rd at 10am. Age recommendation is 24-36 months. Click [HERE](#) to register.

Potty Training/Toilet Learning Class

If you are a parent contemplating the move from diapers to big kid underwear, you will want to put this group meeting on your calendar. We will answer questions such as when will my child be ready, what do I need, when do I start, and how do I go about potty training. Blue Valley's Parents as Teachers Potty Training/Toilet Learning Class will answer these questions and many more. Join us Thursday evening, January 14th at 8:00 PM. We chose to start this late in order for it to be a parent only event. If your child is not yet in bed at 8pm, it would be helpful to have another adult handling bedtime and then joining afterwards. Thank you for joining us and we look forward to seeing you on January 14th at 8:00 PM. Click [HERE](#) to enroll.



January Fun!



Snow Fingerplay



Snow, snow has fallen today. (*flutter fingers*)

Come, lets go out to play. (*motion to come*)

We'll roll three balls, large, medium, and small. (*three fingers*)

And build a snowman, proud and tall. (*form snowman in air, stand tall*)

Then play a game before we freeze. (*shiver*)

I'd like to play fox and geese. (*point to self*)

We can make angels with pretty wings. (*move arms up and down*)

Lie down and give your arms a fling.

After awhile, we'll surely tire, so we'll go inside and sit by the fire. (*sit*)



Pudding "Paint"



1 package pudding mix

Waxed paper

Cook pudding mix according to directions. Allow to cool. Pour 1/4 cup onto waxed paper. Allow children to make designs with their fingers. They love to lick their fingers after painting!



Attitude of Gratitude

Find the joy in just spending time with your child, whether playing, reading, or even resting. Tell them how joyful you are and how much you appreciate the joy they bring you. Remember modeling gratitude is the most powerful way to instill it in your child.

Blue Valley Schools

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