



## CALENDAR

### EVENING PLAYTIME

JANUARY 8th  
6-6:45PM

### SATURDAY PLAYGROUP

JANUARY 12TH  
9:30-10:20am

1, 2, 3 Sing with Me

Presented by

A.L. Studios—

Making Musicians

Saturday, Jan. 22nd

9-9:40am & 10-10:40am

### REGISTRATION IS

REQUIRED FOR ALL OUR  
PLAYGROUPS AND GROUP  
CONNECTIONS

For website click [HERE](#)



# Parents as Teachers

JANUARY 2022

## Reflections from our Coordinator...



New Year's provides an opportunity to look back and reflect.

As my own children continue to get older, now 17 and 19 years old, I often reflect on what I feel like we did well as parents and what I would have done differently. As parents, we are faced with so many parenting decisions every day and it can feel overwhelming. In the stage you are currently in, it is both physically and emotionally exhausting. Trying to take care of all of your adult responsibilities while juggling the needs of a baby or toddler takes more energy than we have some days. As I look back, the most important thing I can urge you to prioritize is focused attention and building a strong, positive relationship with your child. Being a parent educator does not a perfect parent make; I promise you I am not a perfect parent. Looking back, there are many things I would do differently, but now that they are teenagers and we are seeing them growing in their independence every day and facing their own stressors, the saving grace has been the relationships we fostered while they were growing up.

As we move into the New Year, our focus will be on supporting you in setting aside time for intentional, focused time with your child. We will once again be using the PICOLLO tool to help you reflect on your own strengths and areas you would like to grow. Through research, we know that there are 29 things that we can do as we play with our children that will not only build our relationship with them but also promote outcomes such as greater school readiness, better emotional regulation, more willingness to try new things, fewer behavior problems and more empathy. As you participate in this type of play with your child, you are developing a relationship with them that will become the foundation for their overall development as well as their social and emotional wellbeing for life.

I would also like to encourage you to check out the opportunities to connect with other parents through Group Connections this month. We have loved having families join us back in our playroom. We will also be working as a team to provide a few online opportunities for those who do not feel safe yet getting out. Joining us for at least one Group Connection each year, in person or online, helps us keep our funding. Research shows that connecting with other families with young children helps support you in your parenting and provides positive outcomes for you and your child.

Thank you for investing your time in Parents as Teachers. We consider it a privilege to be part of your journey. As always, if there is anything I can do, please do not hesitate to reach out.

Wish you well!

*Michelle Kelly*

BVPAT Program Coordinator

913-624-2815

## February Playgroups—registration open January 18th

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 February, you have the opportunity to sign up for a group that will meet weekly at the same time for four weeks. 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 February for dual working families who cannot attend during the week.

**If a playgroup session is already full and you would like to be put on the waiting list please email Amy at [amertz@bluevalleyk12.org](mailto:amertz@bluevalleyk12.org).**

- Each group will be limited to 10-15 families
- Everyone ages 2 and up will be required to wear a mask inside Hilltop Learning Center.
- **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.
- Please stay home if your family has been exposed to COVID within past 14 days or if someone in your home is experiencing symptoms.

### **Baby Play-for non-walkers (4 week session)-Registration required**

Tuesdays 12:15-1pm: 2/1, 2/8, 2/15, 2/22

### **Playgroup for 1-Year-Olds (4 week session)-Registration required**

Wednesdays 10:15-11am: 2/2, 2/9, 2/16, 2/23

Thursdays 9:15-10am: 2/3, 2/10, 2/17, 2/24

### **Playgroup for 2-Year-Olds (4 week session)-Registration required**

Tuesdays 10:15-11am: 2/1, 2/8, 2/15, 2/22

Wednesdays 9:15-10am: 2/2, 2/9, 2/16, 2/23

### **Playgroup for Birth to 3 years old (4 week session)-Registration required**

Thursdays 10:15-11am: 2/3, 2/10, 2/17, 2/24

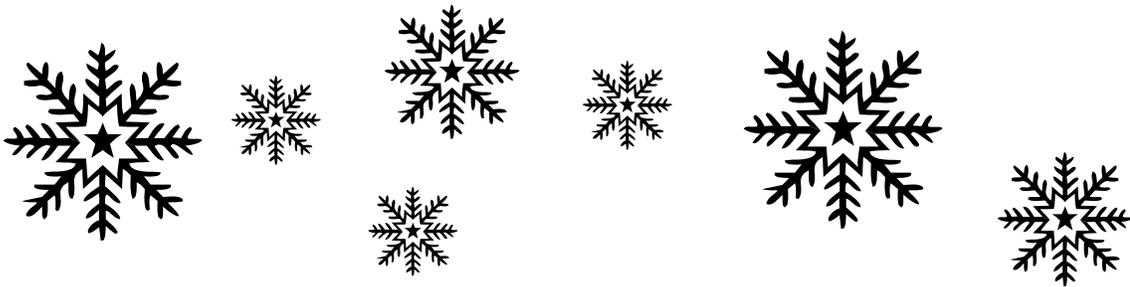
### **Wednesday, Feb. 9th Evening Playgroup 6:00-6:45pm-Registration required**

### **Saturday Playgroup, Feb. 5th 9:30-10:20am-Registration required**



## **1, 2, 3 Sing with Me...presented by A. L. Studio—Making Musicians (for children 24-36 months)**

Are you ready to dance, sing and spend quality time bonding with your little one? A.L. Studio - Making Musicians will be providing our January 22nd Parents as Teachers Connection event that will have you and your little one learning and bonding through musical play. Our activity will include nursery rhymes, games, songs, instruments, stories and literacy skills all while working on developing both fine and gross motor skills. There will be two sessions to choose from: 9-9:40am or 10-10:40am. Registration is required and space is limited. This is for children 24-36 months of age along with their caregiver. Click on the following link to register: <https://www.signupgenius.com/go/10C0D49AFAA23A31-sound>



### **Be Prepared for Winter: Receive text alerts for school closings**

In Kansas, it's likely that over the next several months we'll see a forecast that calls for freezing temperatures and precipitation overnight. Winter weather like this means the chance for schools to be closed is likely. What is the fastest way to find out if Blue Valley is having school or not? BV Alerts. BV Alerts has been around for several years to send text messages to staff and families when emergency situations occur in a school. Now Blue Valley will be sending a text message when school is canceled due to inclement weather. BV Alerts is just one of many ways to find out if inclement weather is impacting the school day. If the decision is made to cancel classes, the district will also notify the following media outlets by 6 a.m.: WDAF-TV (Ch. 4), KCTV (Ch. 5), KMBC-TV (Ch. 9), KSHB-TV (Ch. 41), as well as KCUR, KFKF, KBEQ, KMBZ and WDAF radio stations. Blue Valley families will receive an email from the district in case of a weather-related school closing. In addition, the district's weather line, 239-4600; website, [www.bluevalleyk12.org](http://www.bluevalleyk12.org); [Facebook](#); and [Twitter](#) will have up-to-date information if the school day is impacted due to severe weather. For Parents as Teachers, if the schools are on late start, scheduled home visits and playgroups will continue as planned. If the school district cancels classes, all playgroups, group connections, and home visits will be cancelled.

# 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

P.O. Box 23901

Overland Park, KS 66283

This publication  
available in alternate  
formats.