



Parents as Teachers

Summer 2021

Calendar:

SUMMER

OUTDOOR PLAYGROUPS

JUNE 4th—25th

FRIDAY MORNINGS

Two sessions:

9:30-10:15am

10:45-11:30am

**REGISTRATION
REQUIRED [CLICK HERE](#)**

To visit our website click
[HERE](#).

Reflections from our Coordinator

Thank you for an amazing year! I know it wasn't what we would have wished for, but we are so grateful that we found ways to stay connected and continued to get to help support families each month. It has been so fun getting back out in-person with you and having you on our playground.

We are excited that as we take a pause for June and July, many community opportunities are opening back up and we hope that you and your family will be able to get out and explore all KC has to offer. We will have meet-ups on our playground each Friday in June and will plan to add some fun little activities for the children as things are getting a little safer. We hope to see you there, see this newsletter for sign-up info.

I hope you will also take time to rest and rejuvenate. Our souls are weary after 15 months of chronic stress and we all need to take time to replenish and heal. This past weekend my daughter graduated high school. At her graduation party, looking around at all the friends and family there to support her, really reminded me that it took a village to raise her. I encourage you, as you begin to feel safe, to reach back out to friends and family and be intentional with doing life together. There will come a point where your children in their teen years will start to listen to other voices above their parents, it will be important to have other adults; friends, teachers, coaches and people in their lives who will reinforce what you have taught them. So, I would encourage you to be intentional in connecting your family with others.

If things come up this summer and you need support, I work in June and July and would be happy to get you connected to any resources you need. Email is the best way to reach me in the summer, please do not hesitate. mkelly@bluevalleyk12.org.

We are hopefully planning on bringing in-person playgroups back to our playroom in late August and are dreaming up other in-person Group Connections throughout the year. So, keep washing your hands and doing all the things to help keep our community healthy!

One last thing, we are graduating a lot of 3-year olds this month, and continue to have openings to start immediately upon our return in August, so please continue to spread the word to your friends and family and watch our social media sites for fun recruiting incentives!

We wish you well this summer!

Michelle Kelly

Program Coordinator
Blue Valley Parents as Teachers
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Summer Playgroups!

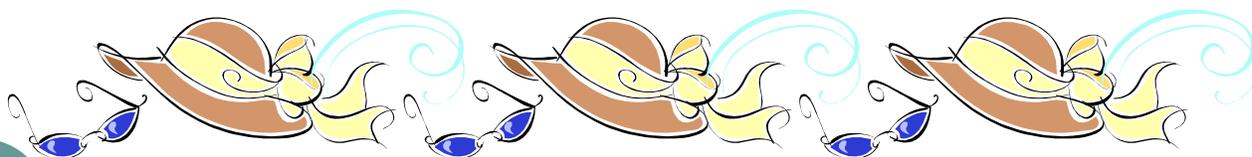
From June 4th until June 25th we will have playgroups on Friday mornings on the outdoor playgrounds at Hilltop (7700 W 143rd St). We will offer two sessions: 9:30am & 10:45am. Registration is required to attend these playgroups so we can limit the size to encourage social distancing among adults. Click [HERE](#) to register.



Please Use the Playgrounds at Hilltop

We welcome you to enjoy Hilltop's outdoor playgrounds this summer. Here is the summer schedule:

- *May 25 – June 2: open at all times**
- *June 3 – July 3: open after 12:00 noon Monday-Thursday and open all weekend**
- *July 5 – August 9: open at all times**
- *Beginning August 10: weekends only**



Summer Office Hours

During the summer we work very limited hours. If you need to get in touch with us please call 913-624-2800. Messages will be returned as soon as possible. Thank you for your patience!



Why Breakfast?

Smart Reasons to Eat Breakfast...

Fuels the body with nutrients. Your child may not make up nutrients missed at breakfast. You may not either.

Provides food energy for the mornings active play.

Get your child ready to learn—at home, school, or day care. Kids learn better if they eat breakfast, you may get more done in the morning, too.

Helps keep a healthy body weight. Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young kids may need a small morning snack.

Helps kids feel good. Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.

Tastes good! Offer foods your child and family enjoy—even if they aren't common for breakfast.



Smart Ways to Make Breakfast Successful!

Eat breakfast yourself. “Showing” teaches more than simply “telling.” Your child will follow what you do.

Manage your early morning time.

- Start making breakfast the night before. You might slice the fruit or make hard-boiled eggs.
- Go to bed earlier, so you get up earlier.
- Stock your kitchen with quick-to-fix breakfast foods.

Consider your child's needs.

- Offer two or three food choices. That helps your child feel in control of breakfast eating.
- Give your child time to wake up. Many kids aren't hungry right away. Rushing puts pressure on breakfast eating.
- Ask your child to help with breakfast—on a morning when you're not rushing. It can be a nice way to start your child's day. Yours too!

~Nibbles for Health

30 Days of Summer Fun for Babies and Toddlers

Day 1: Go Swimming!

Take a dip in the pool. To keep your child safe from sunburn limit sun exposure, wear protective clothing and always use sunscreen. Never leave a child unattended in water.

<https://www.opkansas.org/recreation-fun/pools-swimming/>

Day 2: Make Goop!

Pour 2 parts liquid white glue into a bowl. Gradually add one part liquid starch and food coloring. Let stand 5 minutes. Mix with hands until smooth and rubbery. If it is too gooeey add more starch. If it is hard, add more glue. Store in an airtight container.

Day 3: Grow a Salsa Garden

Gardening with kids can be so much fun and even the smallest hands can get involved in different ways. You can get a carrier or sling and wear your infant while you garden, and toddlers love to play in the dirt and learn to plant seeds and water plants.

Day 4: Pick Some Berries

Pick some berries on a farm, make strawberry shortcake, find other berry recipes and learn about growing berries at home.

www.theberrypatchonline.com



Day 5: Read!

If it's raining you can spend a day reading. Find the best books for infants and toddlers and learn how to keep your older kids reading.

www.jocolibrary.org/



Day 6: Explore Nature

Kids are naturalists by nature! Head outside and let them explore your own backyard. Engage their senses by letting them look, listen, touch and smell.

Day 7: Go to the Market!

Check out the Overland Park Farmer's Market. Located on Marty between 79th and 80th Streets, this market is a thriving open air market offering

produce, flowers, and entertainment for the entire family. Open Wednesday's from 7:30am through sellout and Saturday's from 6:30am until sellout.

<http://www.downtownop.org/market/>

Day 8: Make Sidewalk Chalk!

Make some sidewalk chalk and color your sidewalk. You will need 1 cup Plaster of Paris, 1 cup of water, powdered Tempera paint, and molds (paper cups, toilet paper rolls). Mix Plaster of Paris and water. Add Tempera paint until desired color is achieved. Pour mix into molds. Allow to dry completely, remove from molds and enjoy!

Day 9: Try Infant Massage

Check out an infant massage video from your local library and share this wonderful bonding experience with your child.



Day 10: Make a Bird Feeder

Smear nut butter onto a pinecone with a paintbrush until it's well coated. Give your child a Ziploc bag filled with birdseed, then have him shake the pinecone in the bag until it is thoroughly covered with seeds. Tie a piece of ribbon around the end of the pinecone, knot the ends and hang.

Day 11: Cook Together

Kitchen time offers a special parenting chance. Cooking together creates closer bonds and lifelong memories. It's also a chance to talk and hear what your child has to share.. Even very young children can begin by just spreading butter on bread, or helping to stir.

Day 12: Take a Walk!

Take a neighborhood walk and let you child take pictures along the way. Develop the pictures and put together a book to remember the day.

Day 13: Have a Slumber Party!

Get out sleeping bags and the popcorn (or for small children consider dry cereal) and have a slumber party in the living room!



Day 14: Make Breakfast Soup

Whisk together 2 cups orange juice, 2 tps lemon juice, 1/2 cup of plain yogurt, and 1 TBSP honey until it is “all one color”. Place 5 banana slices each into two bowls and add 1/2 cup of sliced fruit of your choice. Ladle the “soup” into the bowl and serve.

Day 15: Check out Sea Life Kansas City

Get transported into the amazing underwater world! Get nose to nose with sharks and prepare for close views of everything from starfish to seahorses.

<http://www.visitsealife.com/kansas-city/>



Day 16: Make Some Music

Gather materials from around the house and make your own musical instruments. You can create drums from empty oatmeal containers, cymbals from two metal pot lids, and tambourines with two paper plates.

Day 17: Go Fly a Kite!

Flying is most fun when the wind is medium (6-15mph) so you can do more than just hold on. You can make your kite dance across the sky by pulling in and letting out the line. Click here for simple kite making instructions:

http://www.ehow.com/how_6345124_simple-kite-directions.html

Day 18: Have Fun at Deanna Rose Farmstead

Take a trip back in time and relish the turn-of-the-century family farm features.

<https://www.opkansas.org/recreation-fun/deanna-rose-childrens-farmstead/>

Day 19: Water Painting

Grab a bucket and some old paintbrushes and head outside. Fill the buckets with water and let your child paint the side of the garage, the house, the door, the sidewalk. The water won't hurt these surfaces and it's fun to watch the water disappear as it dries.

Day 20: Make Clean Mud

Unroll one roll of toilet paper into a large bowl or tub, cover with shredded Ivory soap (shred bar of soap with a vegetable peeler) and add water slowly until toilet paper starts to disintegrate between your fingers. Squish until very wet. Add more toilet paper then add more water. Texture improves overnight.

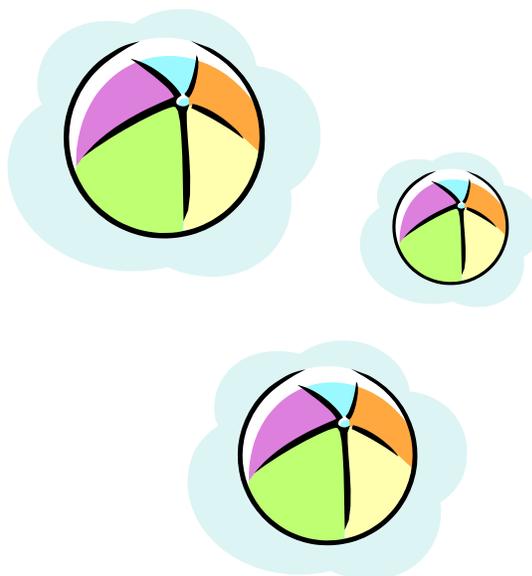
Day 21: Create a Backyard Obstacle Course

Your whole family can participate by gathering items, setting up the course and testing their skills in a friendly family competition! Items you could use include a rolled up beach towel for a hurdle, a garden hose for a tightrope or a large box to crawl through.



Day 22: Grow a Family Garden

Growing vegetables teaches children that plants, like people, need food and water to grow and stay healthy. Caring for plants helps develop responsibility. It also builds self-esteem when kids share what they can grow.



Day 23: Visit the Arboretum

Pack a picnic and head to Overland Park's Arboretum and Botanical Gardens.

<https://www.opkansas.org/recreation-fun/arboretum-botanical-gardens/>

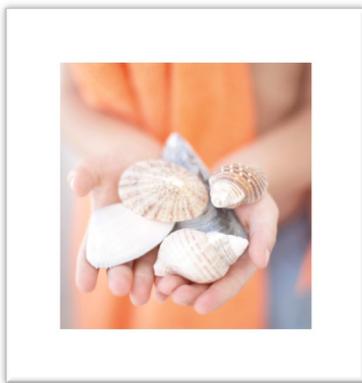


Day 24: Make Your Own Playdough

Combine the following in a saucepan: 1 cup flour, 1 cup water, 1/2 cup of salt, 1 TBSP cooking oil, 2 tsps. Cream of tartar and several drops of food coloring. Heat and stir over medium heat on the stove until mixture forms a soft ball. Put mixture on wax paper to cool. Knead slightly to eliminate grainy texture. Store in tightly covered container.

Day 25: Hit the Beach

Summer is a great time to head to local lake beaches. Collecting shells is a fun activity when you're at the beach. If your beach doesn't have shells, you can pick up some at a craft or hobby store and bring them with you. Scatter some around the beach or bury a few and let your child have fun finding them.



Day 26: Start a Collection

Help your child start a collection of something that sparks his or her interest. There are many things you can collect right around your house, such as bugs, leaves, flowers or rocks.

Day 27: Have a Carpet Picnic

Make an everyday meal into an indoor picnic. Let your child pick the menu and set the blanket with colorful plates, napkins and plastic utensils. Let your child invite a teddy bear to the picnic and play "The Teddy Bear Picnic" song by clicking here:

<http://www.youtube.com/watch?v=a-fjlykpGjY>

Day 28: Visit Powell Gardens

Take a drive to explore the many gardens at Powell Gardens. Keep your eyes open for the many different birds, butterflies, insects, turtles and frogs that inhabit the gardens.

www.powellgardens.org

Day 29: Shaving Cream Fun

Squirt a generous amount of shaving cream onto a cookie sheet or other flat covered surface. Let your children run their fingers through the shaving cream and create "mountains" and "streams". They can also drive their little cars and trucks through the mixture!

Day 30: Make Bubbles

Combine 1 TBSP of glycerin with 2 TBSP of liquid soap and 9 ounces of water and let sit for several hours. Pour into a large pan and dip your wand for some unbelievably beautiful bubbles. You can experiment with wire hangers or floral wire to



Summer

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This publication available in alternate formats.