



# Parents as Teachers

Summer 2023

## Calendar:

### Weekly Playgroups

June 7th, June 14th, June 21st  
and June 28th

### Wednesdays

Two sessions:

9:15-10am & 10:15-11am

Registration is required and  
each family is limited to 2  
playgroups in June.

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

## Reflections from our Coordinator

Happy Summer! I am a warm weather gal and simply love this time of year before the real heat and humidity of the Midwest sets in. I hope you have some margin in your life as a family to take some walks, go for a swim, or jump in puddles from our much-needed rain.

We are excited to see many of you in our playroom this month. For anyone who was not able to get signed up for the week you wanted, **please take note of the Blue Valley Early Childhood Parent Teacher Association (BVEC PTA) events taking place this month.** They are hosting an outdoor playgroup, several playgroups in our playroom and a fun music event all in June. If you are not yet a member it is a bargain at only \$25 for a full year of activities and if you sign up now, it will be good throughout the 2023-24 program year. Their events are designed for families with children 0-5 which makes it a great investment for families who are nearing the end of their time with PAT as well as current families who want access to more playgroups and events. If the first round of the BV PTA playgroups fill up quickly, they have agreed to add a second session so please reserve your spot today. Details about their June events with sign up links can be found in this newsletter. You can sign up for your membership on their website and pay through Paypal here: <https://www.bvecpta.com/>

Your parent educators will be using the summer to rest, recharge and enjoy time with their families and will be excited to resume home visits in August. If you have a need while they are out, please feel free to reach out to me at the contact information below.

We have so many fun events planned for your family for the upcoming year. If you would be interested in sponsoring a group connection event next year, our PTA will be helping us seek corporate or family sponsors to enable us to offer as many as possible, stay tuned for more details!

As a program, we plan to really focus on helping parents build strong relationships with their children that become the foundation for life and learning, while also learning to manage difficult behaviors along the way. We can't wait to partner with you!

Enjoy your summer!

Michelle Kelly  
BV PAT Program Coordinator  
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913-624-2815



## **Summer Playgroups! - Two spots left**

Playgroups will be held on Wednesday mornings in June. We are limiting it to 2 per family. If you would like to join us click on the following link to register:

<https://www.signupgenius.com/go/10c0d49afaa23a31-june2#/>

If you were unable to get a spot in one of our playgroups you may consider joining the Blue Valley Early Childhood Parent and Teacher Association (BVEC PTA). Please see their information in the PTA Corner below.



## **Please Use the Playgrounds at Hilltop**

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

Open afternoons only Mon - Thurs and all-day Fri - Sun through the month of June  
July 1 - August 16 - open all day every day

## **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!

## **Sunflower Summer App**

Sunflower Summer provides a wide variety of ways for families to get out, explore something new, and enjoy time together. Kansas families can visit museums, zoos, historical landmarks and more for free! Click the link for more info: <https://www.sunflowersummer.org/>

I can't believe we've reached the end of the 2022-23 school year! My feelings are bittersweet. While I'm excited for the summer and everything it brings, our youngest starts Kindergarten in the fall, so this is the end of our family's Early Childhood journey. I can't begin to express how much I will miss the incredible people I've been fortunate to get to know throughout my time in the PTA. I'm hopeful all of you will continue your PTA membership, or become a member, in 2023-24. **As a reminder, the only requirements for being a part of the Blue Valley Early Childhood PTA are living within the Blue Valley School District boundaries and having a child that is five or younger!**

There is still a month left in this PTA year and we've packed it with member events! Be sure to check out the exciting things happening in June.

## June Member Events:

- 6/6 - Music Playgroup with Stepping Stones KC! Session 1 - 9:00-9:30 a.m., Session 2 - 9:40 - 10:10 a.m. - [Music Playgroup](#)
- 6/9 - Outdoor Playgroup! 9:15 - 10:00 a.m. [6/9 Outdoor Playgroup](#)
- 6/12\* - Indoor Playgroup! 9:15 - 10:00 a.m., [6/12 Indoor Playgroup](#)
- 6/22\* - Indoor Playgroup! 9:15 - 10:00 a.m. [6/22 Indoor Playgroup](#)

***\*Please just choose ONE Indoor Playgroup to attend in order to allow more members an opportunity to enjoy this event.***

**You must be a Blue Valley Early Childhood PTA member in order to attend the above events. If you are not yet a member, we invite you to sign up today! You may register and pay your \$25 annual dues (good through June 2024) [here](#).**

## BVEC PTA Board & Committee Chair Openings:

"Volunteers do not necessarily have the time; they just have the heart." -Elizabeth Andrew

The success of our PTA relies on its volunteers. What do BVEC PTA Board Members, Committee Chairs, and event volunteers have in common? Heart! Some stay at home, some work full-time; some have kiddos enrolled in Parents as Teachers, some in Early Childhood, and some neither program; some knew a lot about the PTA when they started, some didn't know much at all. But every one of the many volunteers it takes to execute all of the incredible events put on by the BVEC PTA have heart, the only job requirement! We are still looking for a few key positions next year. Without someone to fill these roles, we will not be able to offer all of the fun events that we have in the past. Please consider [signing up](#) for one of the following:

VP of Preschool - Board Position

Secretary - Board Position

Communications Chair

Outings Chair

With gratitude,

Kristen Hilgers—BVEC PTA President

(913) 219-9592

[bvearlychildhoodpta@gmail.com](mailto:bvearlychildhoodpta@gmail.com)

# 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](http://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/](http://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.

<https://www.opkansas.org/recreation-fun/farmers-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](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.

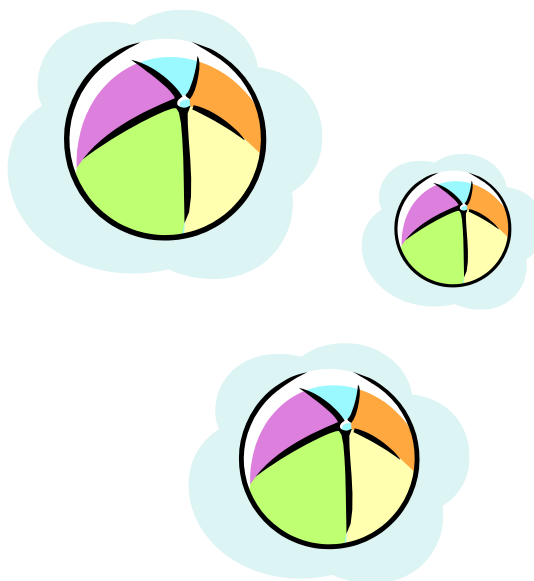
#### Day 21: Create a Backyard Obstacle Course

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/>

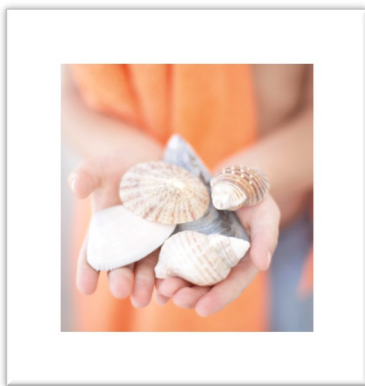


### Day 24: Make Your Own Playdough

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](http://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.