



Parents as Teachers

November 2021

CALENDAR

SATURDAY PLAYTIME

REGISTRATION REQUIRED
NOVEMBER 13TH
9:30-10:20AM

EVENING PLAYGROUP

REGISTRATION REQUIRED
NOVEMBER 10TH
6-6:45PM

BLOCKFEST

SATURDAY, NOV. 20TH
REGISTRATION REQUIRED
TWO SESSIONS:
9AM & 10AM

NO PLAYGROUPS

NOVEMBER 25TH—29TH



TO VISIT OUR WEBSITE
CLICK [HERE](#).

Reflections from the Coordinator...

Welcome to Fall,

We just wrapped up such a fun week in our playroom. We loved seeing children come dressed in their costumes, it brought a smile to my face every day. We want to continue to thank you for staying engaged with us; showing up for home visits, playgroups and larger group connections. We continue to be intentional in our preparation to make sure we make the most of the time you share with us. This month, your parent educator is going to be checking in with you to see how we can continue to provide group connections that are meaningful. We have started to see a trend at our larger group events of families signing up but then not showing up. This causes us to be curious. We want to make sure that we are providing what meets your needs and fits your family's goals. Please give your parent educator honest feedback about how we can best utilize this part of our program to best support your family.

This month I also wanted to lift up a note of encouragement to all the parents out there. Each of you has everything you need to be your child's perfect parent. Not a perfect parent, but the perfect parent for your child. What your child needs most, is for you to show up and seek connection with them. One of my favorite quotes by developmental psychologist Urie Bronfenbrenner is "Every child needs at least one adult who is irrationally crazy about him or her." What our children need the most from us is our undivided attention, connection and approval. When children feel safe, seen and loved, their brains are able to continue to develop and make connections that will become the foundation for learning and connection with others for life. Fancy toys and stacks of parenting books are great, but at the end of the day if we focus on the simple things that help connect us to our child, we are giving them the best gift. Three simple things you can infuse into your day for free that will make a huge impact are 1) touchpoint times of day where your child gets your undistracted attention and eye contact. Start with 10 min once a day and then try to add a second 10 min stretch later in the day. For a baby this may be laying on the floor next to them looking at a toy, for a toddler this may include a game of chase, and for a two-year-old perhaps some pretend play. Follow your child's lead and interests and see where it takes you. 2) Family mealtime. In our fast-paced world this takes being intentional. Maybe breakfast is easier than dinner, or shoot for 4 nights of the week instead of all 7. Try to keep the mood light and playful and save serious conversations with your spouse for another time. You may only get 10-15 minutes, but that predictable connection time will pay dividends as they get older. 3) Read books together. Starting at birth, spend a little time each day reading to your child. Bedtime or right after naptime is a great time to try and snuggle and share a book or two. With busy toddlers, this can be a challenge, but don't give up and just talk about whatever page they flip to.

Talk with your parent educator about your goals for building connection with your child and what that can look like in your family.

As always, if you have questions or suggestions, please don't hesitate to reach out to myself or your parent educator.

Michelle Kelly

Program Coordinator
BV PAT
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December Playgroups-registration will be open on November 16th

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 December, you have the opportunity to sign up for a group that will meet weekly at the same time for three 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 years 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 playgroup in December for dual working families who cannot attend during the week.

- 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 (3 week session)-Registration required

Tuesdays 12:15-1pm: 11/30, 12/7, 12/14

Playgroup for 1-Year-Olds (3 week session)-Registration required

Wednesdays 10:15-11am: 12/1, 12/8, 12,15

Thursdays 9:15-10am: 12/2, 12/9, 12/16

Playgroup for 2-Year-Olds (3 week session)-Registration required

Tuesdays 10:15-11am: 11/30, 12/7, 12/14

Wednesdays 9:15-10am: 12/1, 12/8, 12/15

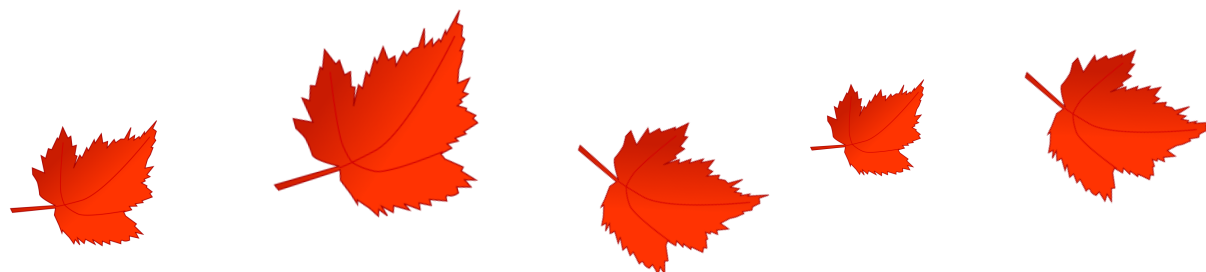
Playgroup for Birth to 3 years old (3 week session)-Registration required

Thursdays 10:15-11am: 12/2, 12/9, 12/16

Wednesday, December 8th Evening Playgroup 6:00-6:45pm-Registration required

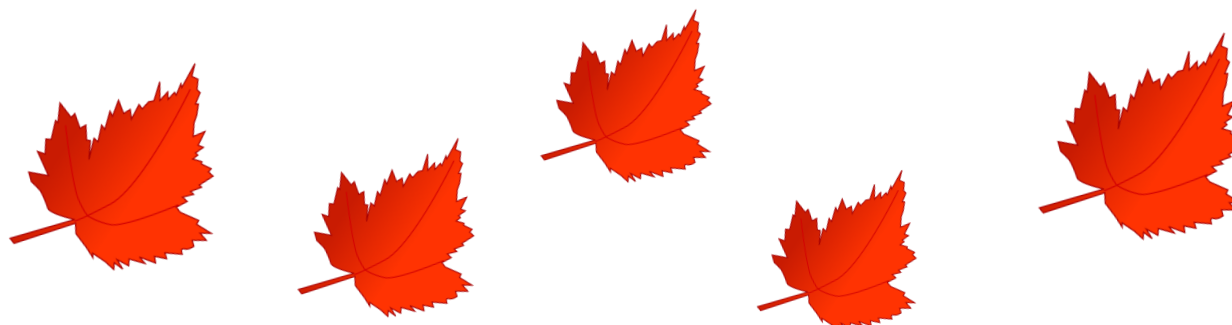
BlockFest for Parents as Teachers Families

Building with blocks can be a great, fun learning experience for your child. Block play can help prepare your child for future success in math and science. When children play with blocks, they engage in play that builds understanding of math and science concepts and are developing numeracy—the understanding of numbers in everyday life, just like literacy is the understanding of letters and words. Register for this fun 45 minute long block experience with your child by clicking [HERE](#). Blocks of different sizes and varieties can be explored. This class is most appropriate for children 24 months and older. We are offering two sessions on Saturday, November 20th. One from 9:00-9:45am and another from 10:00-10:45am. Location: Hilltop Conference Center (7700 W 143rd St).



Tis the Season...Wellness Policy

We try very hard to keep the playroom germ free and safe for all children. Please help us by placing any toys that your child has mouthed in the tub provided so that they can be sanitized. We request that if your child is ill, has had a fever, vomiting or diarrhea within the last **24 hours** or has colored nasal discharge that you refrain from using the playroom that day.

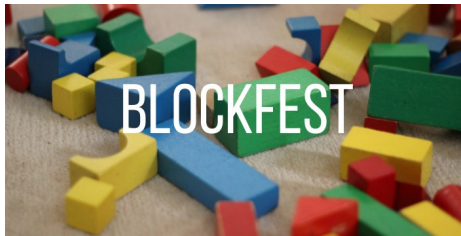


PTA Corner...upcoming events for members

- **Indoor Playgroup** at Hilltop Friday, November 5 from 9:30-10:15am
RSVP Here: <https://www.signupgenius.com/go/10C0544A8A823A5F58-indoor>
- **Outing to KidScape at the Johnson County Museum** on Friday, November 12th at 9:00am (Adults \$6, Kids \$4, under 1 Free)
RSVP Here: <https://www.signupgenius.com/go/10C0544A8A823A5F58-kidscape>



- **BlockFest** at Hilltop Conference Center on Saturday, November 20th from 11-11:45am
RSVP Here: [Blockfest SignUp](#)



NOT A MEMBER? TO JOIN THE PTA AND PARTICAPATE IN THESE EVENTS VISIT THEIR WEBSITE AT WWW.BVECPTA.COM
IT ONLY COST \$25 PER YEAR PER FAMILY

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Let's Learn About Trees



Talk Together

- ◆ For your baby: Lay a cozy blanket down on the grass and lie underneath a tree with your baby. Talk about the tree, the branches, the leaves and the wind. Repeat the word tree and let your baby touch the tree's trunk and leaves.
- ◆ For your toddler: Take a walk with your toddler to see how many different trees and leaves you can find. Talk about how a maple tree leaves feel different than a pine tree's needles. Feel the tree's bark; how does your child think the bark feels? Is it rough or bumpy, smooth or sticky with sap? Look at the leaves on the ground. Collect some of your child's favorites and line them up on the ground. Name their colors. Then line them up by size, from big leaves to little leaves. Pick some leaves to bring home.

Read together. Read books all about trees and their leaves. For babies, try: Chicka Chicka Boom Boom by Bill Martin, Jr., Five Little Monkeys Sitting in a Tree by Eileen Christelow and Leaf Baby by Mary Brigid Barrett. For older toddlers, good choices include: Caps for Sale by Esphyr Slobodkina, Go Dog Go by P.D. Eastman and The Acorn and the Oak Tree by Lori Froeb.

Play Together

- ◆ For your baby: Collect a few leaves, some crinkly, some not. Give them to your baby to play with and explore with his hands. Crinkle one so he can listen to the sound the leaf makes. Which leaves does he seem to like best? What does he like to do with the leaves?
- ◆ Play leaf peek-a-boo. Find a big leaf that you can use to cover (most) of your face. Hold it in front of you and then pull it away: Peek-a-boo! See if your baby wants to take the leaf and play peek-a-boo with you.
- ◆ For your toddler: Choose a few different leaves for your child to paint with. Squirt washable tempera paint onto a paper plate. Show your child how to dip the leaves into the paint and then "stamp" onto paper.
- ◆ Make "secret boxes" for your child to explore. Take three shoeboxes and cut a hand-sized hole in the side of each. Put a different interesting item inside each box (a few acorns, some crinkly leaves, a stick). Have your child put his hand inside and touch the object without looking. Can he guess what is inside? (Note: some children may be reluctant to put their hand inside the box without knowing what is inside. That's okay—modify the activity by having your child help you put the items inside each box. This might help him or her feel more comfortable with touching without seeing).

~Zero-to-Three

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This publication available in alternate

formats.