



Parents as Teachers

October 2023

CALENDAR

SATURDAY PLAYGROUP

REGISTRATION REQUIRED
OCTOBER 7TH
9:15-10AM

EVENING PLAYTIME

REGISTRATION REQUIRED
OCTOBER 11TH
6-6:45PM

CONNECT, PLAY & LEARN

REGISTRATION REQUIRED
SATURDAY, OCT. 14TH
9:00AM-10:00AM
MULTIPURPOSE ROOM



Daylight Saving and Your Baby's Sleep: Why "Falling Back" Affects Your Child's Sleep

You may be wondering why we make any fuss at all over the end of daylight saving time (November 5th this year). It happens every year, after all...what's the big deal? The big deal is this: your baby's internal clock won't change along with your household clocks. And while we adults can process the time change and stay in bed until our normal wake-up time even after we "fall back", your baby can't do this. You can bet that if your baby usually wakes at a certain time (say, 6:30am), she'll wake about an hour earlier than normal after the time change (closer to 5:30am, in this case). That's due to the fact that 5:30am feels like 6:30am to your child—because it was 6:30am just a day ago! The end of daylight saving time causes most children to wake earlier than usual, and that in turn throws off naps and bedtime, and this turns into a relentless cycle of overtired crankiness from which it can feel very difficult to escape.

What can you do:

If your baby is sleeping well and is adaptable...

...then it may be just fine to do nothing at all. Your baby will probably have a few "off" days, sleep-wise, after the time change, but since he's adaptable, he'll likely adjust without issue.

If your baby is sleeping well and is not adaptable...

...then you'll probably want to adjust the schedule ahead of time, to minimize damage. If you don't, your baby will probably wake too early, and may have a hard time getting back to normal. What's more, since your baby is less-than-perfectly-adaptable, the schedule disruptions may cause big nighttime and nap time waking problems. To prevent the time change from destroying your family's sleep, you can work to gradually adjust your baby's schedule forward by degrees, until she's close to waking about an hour later than usual. Move the schedule (wake-up, naps, and bedtime) forward by 10-15 minutes every day or two.

If your baby is waking later in the morning than you'd like...

...congratulations! You don't have to do anything. The time change will effectively bump your child's schedule back by an entire hour, so this should solve any late-waking problems you may be having.

If your baby is waking too early in the morning...

...I'm sorry. The time change isn't going to do you any favors. And let me emphasize that in this case, you definitely don't want to simply do nothing, as your baby is going to wake close to an hour earlier than usual after the time change. So if your baby is normally up at 5am, you can expect a closer-to-4am wake-up call. Yikes! Not to worry through—you can take steps to minimize the damage. Begin by shifting your child's schedule forward by degrees in the days leading up to the time change, using the same process outlined earlier. If your child is waking at 5am, for example, and you want him to wake at 6am, work towards a 6am start to the day, and shift everything else forward by an hour, too. After the time change, you'll be back to a 5am(ish) wake-up time. From there, you simply work again towards a 6am start to the day, once the time change is done. This might sound like a ton of work, but it's so much more palatable than not doing anything and having your baby wake way, way too early instead of just early.

November Playgroups
Sign Up emailed October 17th at noon

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 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 2-4 week sessions. For November, you have the opportunity to sign up for a group that will meet weekly at the same time for four weeks (excluding Thanksgiving week). 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 Saturday and one evening playgroup a month for dual working families who cannot attend during the week.

- Each group will be limited to 10-18 families
- **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 someone in your home is experiencing any signs of illness.

Don't Forget to Leave the Light On!



As we lose daylight in the evening, please be sure to leave a light on for your parent educator.

November Playgroup Dates and Times

Baby Play-for non-walkers (4-12 months)

Tuesdays 12:15-1pm: 10/31, 11/7, 11/14, 11/28

Playgroup for 1-Year-Olds (12-23 months)

Wednesdays 10:15-11am: 11/1, 11/8, 11/15, 11/29

Thursdays 9:15-10am: 11/2, 11/9, 11/16, 11/30

Playgroup for 2-Year-Olds (24-36 months)

Tuesdays 10:15-11am: 10/31, 11/7, 11/14, 11/28

Wednesdays 9:15-10am: 11/1, 11/8, 11/15, 11/29

Playgroup for Birth to 3-Year-Olds

Thursdays 10:15-11am: 11/2, 11/9, 11/16, 11/30

Wednesday, November 8th Evening Playgroup (birth to 3yrs) 6:00-6:45pm

Saturday, November 4th Playgroup (birth to 3yrs) 9:15-10am

NO PLAYGROUPS NOV. 20-24

Connect, Play & Learn

Join us Saturday, October 14th from 9:00 to 10:00 am for a fun interactive parent/child event. We will explore Conscious Discipline concepts while you enjoy a morning of connection with your child. There will be hands-on activities, games and songs. This class is designed for children 18 months and older that are currently enrolled in Parents as Teachers. Please plan alternative care for siblings outside the age range. Due to limited space, one parent per child is requested. Sign up [here](#).

PTA Corner

Happy Fall! We have some great things planned for this season including playgroups, a story time with Mr. Bradley, and a trip to the pumpkin patch! Our first playgroup will be next Friday, October 6th. If you'd like to join us, but haven't signed up to be a PTA member, now is your chance. [Sign up here today!](#)

Megan Dumas-BVEC PTA President

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Caregiver Workshop: Music Matters

Learn how you can use music to help your child regulate emotions and have fun learning!



**In-Person Workshop led by
Kristi Hanson, certified Music Therapist
and
Creator of Stepping Stones KC**

Wednesday, October 18, 6:30-7:30 p.m.

Central Resource Library, 9875 W. 87th Street

Registration Now Open



913.826.4600

JOHNSON COUNTY LIBRARY

FALL FUN!

Blue Valley Schools
P.O. Box 23901
Overland Park, KS
66283
This publication available in alternate formats.

Finger plays

Finger plays can be used in many different circumstances. You can use them on walks with your toddler or driving in the car. They will amuse your child at changing time or while he waits for his meal in his highchair. Sing or say the finger plays as you rock in the rocking chair or as your child plays in his bath. Finger plays are appropriate just about anytime and anyplace!

My Apple



Look at my apple, it is nice and round. (*cup hands*)

It fell from a tree, down to the ground. (*move fingers in a downward motion*)

Come, let me share my apple, please do! (*beckoning motion*)

My mother can cut it half in two—(*slicing motion*)

One half for me and one half for you. (*hold out two hands, sharing halves*)

Hickory, Dickory, Dock



Hickory, dickory, dock, (*stand, swing arm like pendulum*)

The mouse ran up the clock. (*bend over; run hand up body*)

The clock struck one, (*clap hands over head once*)

The mouse ran down, (*run hand down to feet*)

Hickory, dickory, dock. (*stand; swing arm like pendulum*)

The Family

This is mama, kind and dear. (*point to baby's thumb*)

This is papa, standing near. (*point to pointer finger*)

This is brother, see how tall! (*point to middle finger*)

This is sister, not so tall. (*point to ring finger*)

This is baby, sweet and small. (*point to little finger*)

This is the family one and all. (*wiggle all fingers*)

