



## CALENDAR

### Saturday Playtime

September 16th

9:15-10:00am

### Evening Playtime

September 13th

6-6:45pm

### Outdoor Explore

September 9th

9:30-11am

Drop in event

**CLICK [HERE](#)  
FOR OUR WEBSITE**

# Parents as Teachers

SEPTEMBER 2023

## Reflections from the Coordinator...

With fall around the corner, I am starting to dream of cozy sweaters, football games and sitting around our firepit. I feel a sense of camaraderie with all of you for making it through last week's heat wave, phew, it was hot! I hope you have some fun things planned for the holiday weekend and will also have some downtime to unwind and relax with your family.

This week I had the privilege to speak to a group of preschool teachers as they prepare for the year. We talked a lot about how important it is for us to be able to share our calm with our children in moments of chaos. The only way that is possible is if we are calm ourselves. This month, as we settle back into routines, I want to encourage you to find 20 min of quiet and take an inventory of how you are doing. Dr Dan Siegel writes about "The Healthy Mind Platter" (see below). Take a moment to reflect on each of these areas of well-being and whether you are getting what you need in each area to show up as your best self.



The Healthy Mind Platter for Optimal Brain Matter

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Self-care is not bubble baths and wine, it is understanding what we need in each of the areas above to thrive and prioritizing them even in the midst of this crazy season of life.

Ask yourself what is one thing I could add to my routine this month to meet my needs? Talk to your spouse, a parent, or close friend to help you brainstorm how you can make it work amongst life with young children. Then encourage the people around you to do the same for themselves. Maybe you could swap kids with a neighbor for an hour each week or maybe drop them off in the church nursery a few minutes early and enjoy a cup of coffee alone before service. Get creative and know that the investment into yourself will help you be a better parent, friend, spouse, coworker and allow you to show up as your best self!

Warmly,

*Michelle Kelly*

BVPAT Program Coordinator

## October Playgroups

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 we will be running playgroups in 3-4 week sessions. For October, 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 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. If a session fills up please put your name on the waiting list. Waiting list families will get priority registration for the next month.

- 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 you or your child is ill.

**October Sign Up Genius will be emailed at noon on  
September 19th**

## October Playgroup Dates and Times-Link will be emailed at noon on Sept.19th

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

Tuesdays 12:15-1pm: 10/3, 10/10, 10/17, 10/24

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

Wednesdays 10:15-11am: 10/4, 10/11, 10/18, 10/25

Thursdays 9:15-10am: 10/5, 10/12, 10/19, 10/26

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

Tuesdays 10:15-11am: 10/3, 10/10, 10/17, 10/24

Wednesdays 9:15-10am: 10/4, 10/11, 10/18, 10/25

### **Playgroup for Birth to 3 years old**

Thursdays 10:15-11am: 10/5, 10/12, 10/19, 10/26

**Wednesday, October 11th Evening Playgroup 6:00-6:45pm**

**Saturday, October 7th Playgroup 9:15-10:00am**

## SAVE THE DATE to Connect, Play, & Learn

According to Dr. Becky Bailey, “Discipline isn’t something you do to children. It’s something you develop within them” Save the date for Saturday, October 14th from 9:00 to 10:00 a.m. and plan to attend a fun, interactive parent/child event. We will share Conscious Discipline concepts as parents and children engage in activities together. Watch for event details and a registration link in the October newsletter.



## Outdoor Explore Saturday, September 9th 9:30-11am

Join us Saturday, September 9th, to explore the outdoor space at Hilltop Learning Center (7700 W 143rd St). The play area will be open from 9:30-11am. Come run, jump, climb, balance, swing, slide and crawl by exploring the fabulous playgrounds at Hilltop Learning Center. Extra activities include tricycles, “car” washing, painting with water and blowing bubbles. These activities are most suitable for children that are 12 months and older. We are excited to partner with Safehome Women’s Shelter and Charlie’s House who will be onsite to share valuable resources. We will be collecting items for Safehome at Outdoor Explore. Please see the following flyer for suggested items. Please bring water for your family, however, no food will be allowed on the playgrounds. Please keep personal items in your car. This is a drop in event so no registration is required. Just come and have some outdoor fun!

# Safehome

Did you know that every family that comes to stay in Safehome's shelter is provided with new personal/household necessities? Survivors are able to keep all of those items when they move out of shelter and into safe housing!

Every donation makes an incredible impact. Thank you for supporting the mission of Safehome!

## Safehome's Current Needs

- New Hand & Body Towels
- Toilet Paper
- Paper Towels
- New Pillows
- New Twin Sized Comforters
- New Twin Sized Sheet Sets
- Shower Curtains + Rings
- Diapers (Size 5 & 6)
- Laundry Baskets & Detergent
- Full Sized Hygiene (Shampoo, Conditioner, Body Wash & Hand Soap)
- Deodorant
- Hair Brushes
- Trash Cans
- Plastic Cutlery
- Disposable Plates/Bowls
- Gift Cards (Walmart, Target, Hy-Vee)

**Please note: we are only able to accept new/unused donations and full sized toiletries**

Stay up-to-date as needs change!  
**[safehome-ks.org/donate](https://safehome-ks.org/donate)**

Connect with us on social media!  
**@safehomeks**



## PTA Corner

Parents as Teachers (PAT) is excited to be able to expand our Next Steps program this year by adding our own space! Next Steps is an extension of Parents as Teacher services for children 3-5 years of age who are not eligible for the Blue Valley Peer Model Preschool Program due to lack of fluency. Next Steps families receive a monthly home visit along with a weekly parent child preschool experience class. The class is an hour and focuses on parent child interaction, enrichment activities, and learning classroom routines. Parent educators help families get connected to a preschool in the community and other resources in the community.

**The BV EC PTA along with the Mertz family made donations that will help PAT transform their new space into an inviting and enriching classroom. At our PTA meeting, it was brought up that families are often looking for meaningful ways to donate gently used toys and asked if the parent educators could put together a wish list for desired toys to add to the playrooms or to be used on home visits. Thank you in advance for considering donating any gently used toys that fit [the list](#) the educators have put together.**

Your PTA has some fun playgroups and an outing planned for this month. These are **member exclusive events**. We'd love for you to join us! [Please sign up for the PTA today.](#)

For our **PTA members**, you're invited to join us for these activities this month:

September Playgroups

[Friday, September 8<sup>th</sup> from 9:15-10:00 a.m.](#)

[Friday, September 22<sup>nd</sup> from 9:15-10:00 a.m.](#)

[Friday, September 29<sup>th</sup> from 9:15-10:00 a.m.](#)

Outing: Arthur & Betty Verhaeghe Park

[Friday, September 15<sup>th</sup> 10:00-11:30 a.m.](#)

[Megan Dumas](#)

BVEC PTA President

(913) 251-1114

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

