



Parents as Teachers

February 2021

Reflections from our Coordinator...

“Don’t Postpone Joy”.

This quote sat in the background on Zoom during a meeting with a co-worker. This quote resonates with me during this season. As we head into 2021 I am vowing to not postpone joy. I am tired of waiting. Tired of thinking the thought, “when this is over...” I am determined to focus on living in the present and doing what I can to make today good. Whether it is enjoying the sunny days we keep being blessed with and getting out to explore a new trail, or getting take out and having carpet picnics at home, I keep looking for ways to enjoy the present and stay focused on the people close to me and finding ways to stay connected, through Facetime, outdoor walks, even a simple text. I encourage you to look for ways to embrace today and find gratitude in the small things. I look forward to warmer weather right around the corner that will open up more social opportunities outdoors...I am starting a countdown to spring! I have hope that there are better days ahead and in the meanwhile I will celebrate today.

Looking for simple ways to be intentional with your kids this month? Check out the fun group connections our staff have planned. We are focused this month on doing live, interactive experiences for you to enjoy with your child. Make sure to sign up for our Feb 3 “cooking class” and the Feb 20th scavenger hunt.

Finally, we hope you received your beach ball! We have had a slight uptick in new enrollments and want to thank you for spreading the word with your friends, neighbors and coworkers. If you have not yet had a chance to share your extra beach ball, please thoughtfully consider someone in Blue Valley with a child prenatal to three who you could invite to join Parents as Teachers. Parents in our program are our best referral source.

Calendar:

Interactive Cooking Class

Wednesday,
Feb. 3rd

10am

Virtual Scavenger Hunt

Saturday,
Feb. 20th

9am

Visit our website by clicking
[HERE](#).



Michelle Kelly

Program Coordinator

Blue Valley Parents as Teachers

Interactive Cooking Class...only a few spots left!

Did you know that the kitchen is a great place for your child to gain skills in all areas of development? Find your aprons and chef hats and join parent educators, Ms. Becky and Ms. Amy, for a fun-filled morning in the kitchen mixing, measuring, counting and scooping to make yummy Trail Mix. This event is Wednesday, February 3rd at 10am. You will be sent a list of ingredients and supplies a few weeks prior to class that you will need to have prepared and ready to use during our time together. We will follow the steps of the recipe to make our Trail Mix and your child can enjoy the snack they made while listening to the book [My Food, Your Food, Our Food](#) by Emma Carlson Berne. This is a fun story about how different foods and the ways in which we eat make our world interesting and wonderful, just as different people do. Click [HERE](#) to register.



“Rejoice with
your family in
the beautiful
land of life!”

~Albert
Einstein

Interactive Scavenger Hunt

It's time for a SCAVENGER HUNT! Join Mollie and Cindy for some fun searching for items in your home, singing songs, and reading books. Be ready to listen to the clues, think about what you can find, and show them to us during our time together. We'll see you on February 20th at 9:00am for our scavenger hunt! Click [HERE](#) to register.



Getting Along with Others

Your child gets his first lessons in how to relate to other people from your example. He learns how to get along with others from the ways you and he relate to each other. He also learns from seeing how you get along with other people. There are several ways in which he learns how to treat others and be treated by others in return:

- How you treat him;
- How he sees you treat others;
- How you allow him to treat you and others;
- How others allow him to treat them.

You'll see some of the effects of your "teaching by example" now. Other patterns, although laid down now, may not appear in his relationships until he's older. He will pick up from you different ways to act with others who are more or less powerful than he is, which he will use when he's in conflict situations. And he will learn, from observing you, ways of treating his own mate and children which he will carry into these adult relationships.

Reward Positive Behavior

If you want to see problem behavior disappear, pay more attention to the things children do well than to their mistakes. Without thinking, we often take for granted those behaviors that please us. Then we exaggerate out of proportion those things that children do wrong. Unfortunately, this approach doesn't work because children tend to repeat those behaviors that get the most attention. For example, the more you ask a child to stop an annoying behavior, such as playing with his food, the more he may do it. Try ignoring it instead. Then when you notice he is eating neatly, compliment him. An old rule says parents should compliment a child for every time they criticize him. As you watch for positive behavior and compliment children on that behavior, you can begin to see some changes in the behavior you don't like.

February Songs

Finger plays, songs and rhymes are important for helping children learn the sounds of language. This is the beginning step of learning to read. It is important for young children to repeat rhyming songs and poems and identify rhymes as well as to recognize the common sounds at the beginning of words. Have fun with these seasonal songs and rhymes!



I Am Making Valentines

(sung to "Mary Had a Little Lamb"):

I am making Valentines,
Valentines, Valentines.
I am making Valentines,
For the one's I love.
Watch me as I cut and paste,
Cut and paste, cut and paste,
Watch me as I cut and paste,
My special Valentines.
See me mail my Valentines,
Valentines, Valentines,
See me mail my Valentines
To the ones I love.



Blue Valley Schools

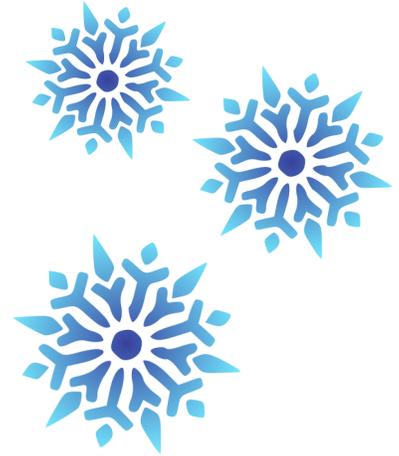
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This publication available in alternate formats.

Snowflakes, Snowflakes

Snowflakes, snowflakes,
Dance around.
(Dance fingers)
Snowflakes, snowflakes,
Touch the ground.
(Touch floor)
Snowflakes, snowflakes,
In the air,
(Flutter fingers upward)
Snowflakes, snowflakes,
Everywhere.
(Flutter fingers outward)



I'm a Little Groundhog

(Sung to "I'm a Little Teapot"):

I'm a little groundhog,
Furry and brown.
When winter comes
I sleep underground.
I'm curled up
As cozy as can be.
When it's spring
Please wake me!

The ABC's of Hand Washing

Hand washing is important for your whole family!

Even if your hands look clean, they probably carry germs. Germs are everywhere. If you wash your hands really well with warm soapy water, you can get rid of the germs. Some germs can make you sick. Colds and flu can spread from one person to another in your family through unwashed hands. It's easy to contaminate food, too, with germs from dirty hands. Always wash hands before handling food or eating a meal or snack. Always wash hands after handling food, using the bathroom, touching a pet, coughing or sneezing into your hands, combing hair, blowing your nose, changing a diaper, or handling the garbage.



~Nibbles for Health