



Parents as Teachers

November 2020

CALENDAR

**VIRTUAL BABY PLAY
BEGINS NOV. 3RD
12:30-1PM**

**BABY DOLL CIRCLE
TIME
TUESDAY, NOV 10TH
9AM**

**GUIDING BEHAVIOR
WORKSHOP
Q & A SESSION
NOV 14TH
9-10AM**

Reflections from the Coordinator...

This month I am choosing to focus on gratitude. At a time in our world where there is so much to be anxious about, I will choose to focus on the things that I can control. I am grateful for Dr Tina Payne Bryson who spoke last month (<https://youtu.be/vix02rNoKl8>) who reminded me to focus on my connection with my children and making sure they know I enjoy them and want to spend intentional time with them. I am grateful for each family in our program and your willingness to stay engaged with parent educators through Zoom. Grateful that you keep showing up, keep setting goals, and are working so hard to be intentional during these times. I am grateful for random acts of kindness I see every day when I choose to look for them. I am grateful for the opportunities to reflect on and educate myself more on topics such as implicit bias, our local systems of government, and my family's health. I am grateful for a month to focus on our family and all that we do have, even when life feels heavy. I want to love more, listen more, and serve more.

I wanted to highlight an opportunity this month to join 2 parent educators for an interactive morning to help apply and build on what you learned through the Dr. Bryon's training and talk it out with other parents. We encourage you to watch the training prior to class, but main topics will be reviewed at the beginning of the session as well. As a parent with teenagers, I still use these same strategies every day, it is a great investment of your time to start now.

As always, this program is for you, please reach out and let me know if you have comments or suggestions to continue to help us grow. And if you find the program beneficial, please share with your friends, neighbors, coworkers and family who have young children in the Blue Valley School District, our best referral is word of mouth!

Many blessings,

Michelle Kelly

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



Guiding Behavior Workshop

Our Guiding Behavior format has changed! In mid-October, Dr. Tina Payne Bryson provided a 3 hour presentation for our community. Dr. Bryson is the coauthor of several books and also the founder/executive director of the Center for Connection. Her presentation was by reservation only. Dr. Bryson was kind enough to provide us with a link to her recorded presentation for a limited time. We want to take advantage of that information and share it out with anyone that may be interested. For our Guiding Behavior class, we will send the link to those that have enrolled and ask that you watch the presentation ahead of time. You can also find the link above in the Reflections from our Coordinator. Then on Saturday, November 14th from 9:00am-10am, Parent Educators Mimi Nagle and Terry Jensen will host a question and answer session for those that would like to discuss the information in more detail. There will also be breakout sessions to discuss the topic with other parents. Click [HERE](#) to enroll. We will send out the presentation link to all enrolled the first week of November along with additional handouts. The question and answer session will not be recorded.

Winter Session of Virtual Baby Play

The winter session of Baby Play will begin on November 3rd and will run until December 15th (no class on November 24th). Every Tuesday Amy Scavuzzo creates a lesson plan of fun activities for non-walking babies and their caregivers. This virtual playgroup runs from 12:30-1pm. This is a great opportunity to bond with your baby and meet with other parents. Because space is limited we are asking families to register online for this virtual playgroup. Click [HERE](#) to register.

Baby Doll Circle Time

Join us on Tuesday, November 10th at 9 AM for our first Baby Doll Circle Time. We welcome caregivers and children of all ages – whether you're a first-time parent with a newborn, have a toddler who is a new big brother/sister or have a child who likes snuggling or playing with their baby doll. This is a great opportunity to spend 1:1 time connecting with your child and helping them learn self-regulation, cooperation and social play. Grab a baby doll/stuffed animal and small blanket for this event. Click [HERE](#) to enroll.



How Young Kids Can Help in the Kitchen

Want to involve your kids in cooking? Here is a list of all the ways kids can help out in the kitchen, with activities tailored to their age and ability. So whether they're two or 10, you can train up a little sous chef! All kids develop at different rates, so these age ranges are just suggestions. Your child may be ready to do a certain task earlier or later than suggested below. Obviously, follow your own instincts!

0 to 18 Months

For the first year and a half, the best way to involve little ones in your cooking is just to let them observe your cooking! Bring them into the kitchen while you cook. Set them up someplace safe, like in a highchair, and give them a few adult-sized cooking tools to bang around. Wooden spoons, whisks, spatulas, non-breakable mixing bowls, and measuring cups and spoons are all fair game here. Talk to them about what you are doing. If you are cooking food for their meals, let them smell and touch the ingredients. This is all about making cooking a fun, interesting thing they can watch and experience.

18 Months to 3 Years

Somewhere around 18 months (but possibly even closer to 2 years) kids are ready to start helping out with a few simple tasks, like:

- Pour dry and liquid ingredients into a bowl.
- Rinse fruits and vegetables.
- Scrub potatoes.
- Pick herbs off the stem.
- Tear greens into pieces.
- Brush oil or butter with a pastry brush.
- Stir batter in a bowl.
- Mash vegetables.
- Sprinkle salt or herbs.
- Hold the dustpan.
- Put silverware in the dishwasher.

They still need lots of instruction and supervision, but they're likely to be very enthusiastic about helping out!



Kansas Reads to Preschoolers-FREE

Click on the following link to hear a story for free. Once you click on the link below you will then click on the blue BOOKFLIX. The story is Groovy Joe: Ice Cream and Dinosaurs by Eric Litwin. Eric Litwin is also the writer of Pete the Cat books.

<https://kslib.info/1017/Kansas-Reads-to-Preschoolers>

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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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