



PARENTS AS TEACHERS

December 2023

Reflections from our Coordinator...

This time of year can be so many things for different people. What is supposed to be a time with family and friends and filled with joy, can also be fraught with unmet expectations, disappointment or a time of grieving. For many parents with young children, the holidays may feel overwhelming. I just want to give you some encouragement that you are not alone in this. My wish for us all is that we would focus on simple things, that we would listen to our bodies and souls and make this month a time to nourish that which is important to us. Let's give ourselves grace to let some things go if necessary. One thing everyone who receives this newsletter has in common is that you have at least one young child in your home. I would encourage you to make the focus of your holiday celebrations centered around quality focused time. Whether it's reading books together, making food or treats, or simply driving around listening to music to look at holiday lights, make a point to stay in the present and enjoy the people in your life. It is also great time of year to model giving and serving to your young children. Consider including your child in shopping for gifts for loved ones, baking cookies for neighbors or other random acts of kindness. As you reflect on your own childhood, my guess is you remember experiences, traditions, and people not gifts, so may that be where we put our time and energy this season.

Finally, it is easy to get overscheduled if we are not intentional. I highly recommend considering your child's nap and bedtimes as you make plans. When it's going to be a late night consider getting a babysitter or bringing a pack and play so they can sleep in another room when possible. Packing some healthy snacks for your child is also a great idea when you will be visiting with family and friends. Having realistic expectations for our child's attention span and behavior can go a long way in helping make the holiday season merry and bright.

This holiday season, we are so grateful that you have made the commitment to PAT. Taking the time each month to stop and reflect on your family's goals, your child's development and building connection with your child is such a gift to your family. Thank you for allowing us into your homes!

Happy Holidays!

Michelle Kelly

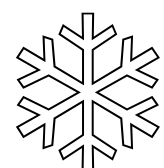
Program Coordinator

BV Parents as Teachers

CALENDAR:

NO PLAYGROUPS
Dec. 18th-Jan.
5th

Evening
Playgroup
December 13th
6-6:45pm





January Playgroups-Registration will open Dec. 19th

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. 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 2-4 week sessions. For January 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-year-olds 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 and one Saturday playgroup in January for dual working families who cannot attend during the week. **If a playgroup session is full please put your name on the waiting list.**

- 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-year-olds 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.

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

Tuesdays 12:15-1pm: 1/9, 1/16, 1/23, 1/30

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

Wednesdays 10:15-11am: 1/10, 1/17, 1/24, 1/31

Thursdays 9:15-10am: 1/11, 1/18, 1/25, 2/1

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

Tuesdays 10:15-11am: 1/9, 1/16, 1/23, 1/30

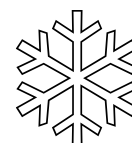
Wednesdays 9:15-10am: 1/10, 1/17, 1/24, 1/31

Playgroup for Birth to 3 years old (birth to 36 months)

Thursdays 10:15-11am: 1/11, 1/18, 1/25, 2/1

Wednesday, January 10th Evening Playgroup 6:00-6:45pm

Saturday Playgroup, January 6th 9:15-10:00am



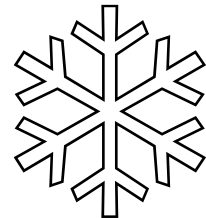
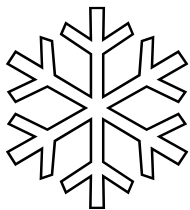


December PTA Corner

“It’s a Jungle out There” and we’re inviting you to explore it with the StoneLion Puppet Theatre as our guide. Thanks to a generous donation to our PTA, Hilltop and our Parents as Teachers program will host **Stonelion Puppet Theatre December 6th from 9:00-9:30 a.m. in the Hilltop Conference Center.** This event is free for parents to attend along with their children. This is a drop in event so no registration is required.

If you would like to be a part of the magic that happens in the PTA we’d love to have you join! This month we’re looking forward to another playgroup, story time, and even some yoga for little beginners! You can fill out your membership [here](#).

Megan Dumas
BVEC PTA President

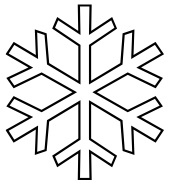


A Word about Home Visits

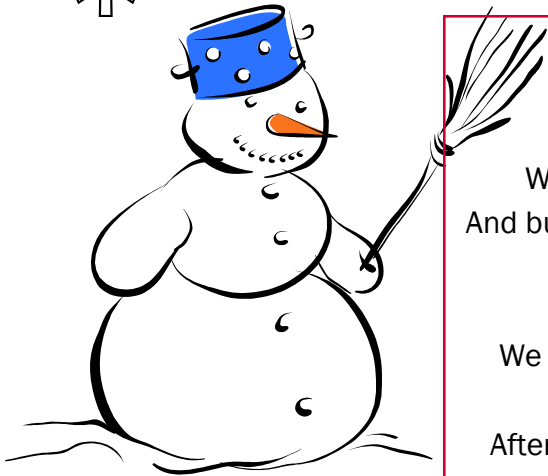
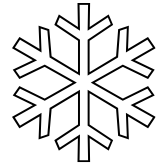
Now that winter is approaching please remember to have a path shoveled for your parent educator’s home visit. If you are scheduling an evening visit please turn on an outside light for your parent educator and watch for her. Safety is our priority. We appreciate your help. Thank you!

December Office Hours

Our office and play center at Hilltop Learning Center will be closed from Thursday, December 21st through Tuesday, January 2nd, 2024. All emails and voicemails will be returned on Tuesday, January 3rd. Enjoy the winter break, always buckle your child in their car seat and stay safe!



December FUN



SNOW FINGERPLAY

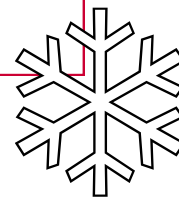
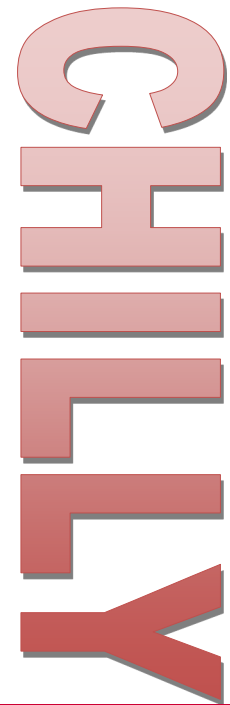
Snow, snow has fallen today (*flutter fingers*)
 Come, lets go out to play (*motion to come*)
 We'll roll three balls, large, medium, and small (*three fingers*)
 And build a snowman, proud and tall (*form snowman in air, stand tall*)
 Then play a game before we freeze. (*shiver*)
 I'd like to play fox and geese (*point to self*)
 We can make angels with pretty wings (*move arms up and down*)
 Lie down and give your arms a fling.
 After awhile we'll sure tire, so we'll go inside and sit by the fire (*sit*)

MAKE SLUSHY PRETEND SNOW

You will need:

- ◆ 8 rolls of cheap toilet paper
- ◆ 1 bar Ivory soap, shredded with a vegetable peeler
- ◆ Warm water

Unroll one roll of toilet paper into a large bowl or tub, cover with shredded Ivory and add water slowly until the paper starts to disintegrate between your fingers. Squish until very wet. Add more toilet paper and then more water. Keep the container covered. Texture improves overnight. Add more water until you have the consistency you like. Your child may enjoy this wonderful sensorial experience!



MAKE CLOUD DOUGH

You will need:

- ◆ 8 cups of flour
- ◆ 1 cup of vegetable oil
- ◆ Heaping tbsp. non-toxic Tempera paint powder
- ◆ Potato masher or pastry cutter & wooden spoon.

In a large bowl stir together flour and oil. Add the tempera paint powder, give it another stir, then using a potato masher work the dough for several minutes until the color is uniform and the ingredients are soft, silky and well-mixed.

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This publication available in alternate formats.