



# Parents as Teachers

March 2024

## Reflections from the Coordinator..

### Calendar:

Click [HERE](#) for website

#### Saturday Playgroup

March 2nd

9:15-10am

REGISTRATION  
REQUIRED

#### Evening Playgroup

March 6th

6-6:45pm

REGISTRATION  
REQUIRED

NO PLAYGROUPS  
MARCH 11-15 FOR  
SPRING BREAK

Screen Sanity—parents  
only and registration is  
required

Saturday, March 23rd  
9:30-11am

Hilltop Conference  
Center



We were ecstatic to see so many of you at our Roll and Read event last Saturday. We hope you had as much fun as we did getting some wiggles out and enjoying the playground as well. I am sure you are loving our surprise spring weather as much as I am. Outdoor free play is so great for your children, and us adults too! This weekend looks amazing, and I hope you will be able to set aside some time to enjoy the sunshine.

This month I want to focus on an area that is near to my heart. We live in an increasingly digital world, and with that comes many benefits (who doesn't like free 2-day delivery) but research is showing that it also comes with harmful side effects for us and our children. These past few months, many of you completed an activity with your parent educator where we asked you to spend 10 min of undistracted time playing with your child and gave you a list of 29 things you can do to impact their development. In the upcoming months you will see a local PSA in Kansas City called "Raising KC" and another one called "Just 10 Minutes". Both campaigns come out of the same research showing the importance of being mindful of our time and attention, especially when it comes to connecting with our kids.

I am excited to share that we have 2 more events coming up this Spring to help equip you to navigate our digital world and build a deep connection with your child. The first is a District-wide partnership between Blue Valley and [Screen Sanity](#), a nonprofit organization committed to helping equip parents to be mentors and guides for their children so they can grow up happy and healthy in this new digital environment. On March 23<sup>rd</sup>, we are excited to have the opportunity to bring you the **Starting Strong: Early Childhood Edition** event which will help you learn how to get off to a great start in your home. We firmly believe it is never too early to have these conversations and begin to make a roadmap for your family's use of technology in your home. Screentime continues to be the number one requested topic for parent training across the district, and even though your children are still young, you are building habits and modeling values around it now. Our goal is to help you do this intentionally with research and information in hand. You can find more information and [register](#) in this newsletter. This is a parent only event and we encourage you to get a sitter and come with your parenting partner as there will be time to discuss and reflect on information shared. Coffee and light breakfast items will be provided. It is a free event, but registration is required. There is also a QR code to purchase the workbook, which I highly recommend.

Then, in April, we are going to put Screen Sanity's motto of wanting kids to be **captivated by life and not screens** into practice and go on a **Worm Walk!** Mark your calendar for April 13<sup>th</sup> for an outdoor adventure you won't want to miss. More details to come next month.

As always, these are great topics to discuss with your parent educator. You are not alone on this parenting journey, we want to walk with you!

*Michelle Kelly*

# April Playgroups...Sign up begins March 19th

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 two weeks 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 3-4 week sessions. For April, 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 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 evening and one Saturday playgroup in April for dual working families who cannot attend during the week.

**If a playgroup session is already full please add your name to the waiting list. Waiting list families will get priority for the next months session.**

- 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.

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

Tuesdays 12:15-1pm: 4/2, 4/9, 4/16, 4/23

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

Wednesdays 10:15-11am: 4/3, 4/10, 4/17, 4/24

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

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

Tuesdays 10:15-11am: 4/2, 4/9, 4/16, 4/23

Wednesdays 9:15-10am: 4/3, 4/10, 4/17, 4/24

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

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

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

**Saturday Playgroup, April 20th 9:15-10:00am**

## Save the Date! Nature Play and Worm Walk

This outdoor event will take place on Saturday, April 13th from 10-11am. More details and registration will be in the April newsletter so stay tuned!



## PTA Corner

Let's work together to say "thank you" to our PAT educators. This month the PTA is organizing to stock the educators' Breakroom and we could use your help. You don't have to be a PTA member to participate. Just follow [this link](#) to claim an item from our list to bring in. Donations will need to be dropped off at the front desk no later than April 1st.

Are you looking for more playgroups, outings, or things to do with your kids? Consider joining the PTA today! We exist to support Blue Valley families with children ages birth to 5. You can follow [this link](#) to purchase your yearly membership today!





# Starting STRONG

## EARLY CHILDHOOD EDITION

SATURDAY, MARCH 23, 9:30-11AM  
HILLTOP CONFERENCE CENTER

**Calling all Blue Valley early childhood parents and caregivers!**

**Blue Valley Parents as Teachers**, along with **BV Well** and the **Blue Valley Education Foundation**, invite you to a complimentary session designed especially for early childhood parents and caregivers. The highly-acclaimed Screen Sanity program is designed to:

- help parents **unpack today's hottest screentime topics**
- provide **tips and tricks** for raising happy, healthy kids in an increasingly digital world
- offer practical ways to **talk to your kids** about screen use
- address **digital health and wellness** practices for your family

**Screen Sanity** is an international nonprofit whose family-education programs help parents consider the role technology plays in their lives and connect with their kids in meaningful ways.

Scan to **register online** for  
**Starting Strong:  
Early Childhood Edition**  
Space is limited - register today!



**Register now!  
FREE event**

Optional: scan to **purchase  
Screen Sanity's Preschool  
Plugged-in Planner.**



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