



Kansas City KS Public Schools  
 Parents As Teachers  
 2010 N 59th St  
 Kansas City KS 66104



Kck Parents As Teachers

**Coordinator**  
 Jacki Himpel

**Secretary**  
 Kay Gedminas

**Parent Educators:**

- Leonae De La Torre
- Laura Kienzle
- Loree Clark
- Cynde Fry
- Lauren Ware
- Carmen Almanza
- Lacey Law
- Blanca Menendez
- Sandy Teachout
- Josephine Nave
- Shelly Crawford
- Courtney Burdette
- Kate Manivong
- Rachel Pollock



**What is KanCare?** On January 1, 2013 Kansas Medicaid and HealthWave became KanCare.

KanCare is the State of Kansas' plan to improve services and manage Medicaid costs. There are three major programs for individuals and families who qualify:

- **KanCare under the Medicaid plan** - The largest program, this covers people with limited income, which may include pregnant women, children, persons with disabilities and senior citizens.
- **KanCare under the CHIP plan** - This is the Children's Health Insurance Program. It covers children up to age 19 who don't qualify for Medicaid.

**Phone KanCare or contact your Parent Educator for more information and to request an application.**

**KanCare: 1-800-866-305-5147**  
**www.kancare.ks.gov**

- **MediKan** - The only program that is funded entirely by State funds. It covers people who are trying to get Social Security disability benefits.

All medical assistance programs provide prescription drugs, mental health services and medical (doctor) coverage. Inpatient hospital, hearing, dental, and eye-wear coverage is also included for most persons.

You may qualify for these programs if you are a Kansas resident and fall into one of these groups:

- Children up to age 19; including those in foster care or who get adoption support pay-

- Pregnant women
- Persons who are blind or disabled by Social Security rules
- Persons 65 or older
- Low income families with children
- Persons screened or diagnosed with breast or cervical cancer through the Early Detection Works program.

Additional factors in considering eligibility include citizenship and immigrant status, income, other health insurance (if any), and the number of people in your household. Medical assistance is reviewed every year and you may be required to re-apply when it is time for your review.

Parents As Teachers



**Pitter Patter**

Parents As Teachers  
 KCK Public Schools  
 2010 N 59th St  
 Kansas City KS 66104  
 913-627-4375



# PAT Trike Day

**SATURDAY, JUNE 4TH**  
**10:30 A.M.**  
**KCKPS CENTRAL OFFICE**  
**2010 N 59TH ST, KCKS**

This event is the perfect way for your little one to use up all their pent up energy! Parent Educators will set up a kid friendly, age appropriate obstacle course for riding toys. If your child can't pedal, you can push or pull them! Break out the wagons, tricycles, etc. and join us! A limited number of riding toys will be on hand for those without one.

**The first 20 children age five and under who RSVP will receive a free bicycle helmet. To be sure we have the right size, please call 913-627-4361 to**

**reserve a helmet for your child.**

**NOTE: THIS EVENT IS FOR CHILDREN AGE 5 AND UNDER. ONLY AGE-APPROPRIATE RIDING TOYS WILL BE ALLOWED.**

Older children may come with you, but they will not be allowed to participate in the obstacle course.

**Bring your child's favorite riding toy. No motorized toys or two wheelers!**

## Fun In The Water!

Parents as Teachers is inviting you to put on your swim gear and have some fun with your little ones! We will be hosting two play dates in July that is just the ticket for hot summer days.

**July 21st, 10:00 a.m.**  
 at the spray park located at  
**Eisenhower Recreation Center**  
**2901 N 72nd St, KCKS**

**July 28th, 10:00 a.m.**  
 at the spray park located at  
**Heathwood Park**  
**10th & Parallel Prkwy, KCKS**

Refreshments will be served!



# Themed Playgroup

Thursday PAT playgroups are themed playgroups. Each month focuses on a different topic and activities and handouts are planned around that topic. Children are asked to participate in a more structured environment by having set times for greeting & goodbye songs, free play, activities and snacks. Themed playgroup is a great way to introduce your toddler to some of the expectations of preschool.

JUNE'S THEME IS:	JULY'S THEME IS:	AUGUST
OUTDOOR EXPLORATION	MAKING RAINBOWS	NO PLAYGROUP IN AUGUST SO OUR CUSTO- DIANS CAN DEEP CLEAN OUR PLAYROOM

10:00 a.m. to 10:30 a.m.	Free Play
10:35 a.m. to 10:50 a.m.	We say "Hello" and have Circle Time
10:55 a.m. to 11:10 a.m.	A craft or activity is shared.
11:15 a.m. to 11:30 a.m.	We read a special story
11:35 a.m. to 11:50 a.m.	We wash our hands & have a snack
11:50 a.m. to 11:55 a.m.	We sing the Clean Up Song & put our things away
11:55 a.m. to 12:00 noon	We say our Goodbyes

The PAT playroom is located on the 2nd Floor of KCKPS Central Office & Training Center,  
2010 North 59th Street, Kansas City KS



- 1 Tablespoon Sugar
- 1/2 Cup Milk or Half & Half
- 1/4 teaspoon vanilla
- 1 quart-size Ziploc plastic bag
- 1 gallon-size Ziploc plastic bag
- Ice cubes
- 6 Tablespoons rock salt (ice cream salt)

1. Fill the gallon Ziploc bag half full of ice, add rock salt and seal the bag.
2. Put milk, vanilla and sugar into the pint bag and seal it.
3. Place the small bag inside the large one and seal carefully.
4. Shake until mixture is ice cream (about 5 minutes)
5. Wipe off the bottom of the small bag, then open carefully and enjoy!



## Heatstroke Safety Tips

Everything you need to know to keep your kids safe from heatstroke.

Babies and young kids can sometimes sleep so peacefully that we forget they are even there. It can also be tempting to leave a baby alone in a car while we quickly run into the store. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's. These tragedies are completely preventable. Here's how we can all work together to keep kids safe from heatstroke.

### Reduce the Number of Deaths from Heatstroke by Remembering to ACT

- **A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.
- **C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.
- **T:** Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.



### Teach Kids Not to Play in Cars

- Make sure to lock your vehicle, including doors and trunk, when you're not using it. Keep keys and remote entry fobs out of children's sight and reach.
- Teach kids that trunks are for transporting cargo and are not safe places to play.
- If your child is missing, get help and check swimming pools, vehicles and trunks. If your children are locked in a car, get them out as quickly as possible and dial 911 immediately. Emergency personnel are trained to evaluate and check for signs of heatstroke.

*Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 10 days a child dies from heatstroke in a vehicle.*



### Go a Step Further: Create Extra Reminders and Communicate with Daycare

- Create a calendar reminder for your electronic devices to make sure you dropped your child off at daycare.
- Develop a plan with your daycare so that if your child is late, you'll be called within a few minutes. Be especially careful if you change your routine for dropping off children at daycare.



# Battling Biting Bugs

Mosquitoes, biting flies, and tick bites can make children miserable. While most children have only mild reactions to insect bites, some children can become very sick. One way to protect your child from biting insects is to use insect repellents. However, it's important that insect repellents are used safely and correctly.

### Dos:

- Read the label and follow all directions and precautions.
- Only apply insect repellents on the outside of your child's clothing and on exposed skin. Note: Permethrin-containing products should not be applied to skin.
- Spray repellents in open areas to avoid breathing them in.
- Use just enough repellent to cover your child's clothing and exposed skin. Using more doesn't make the repellent more effective.
- Avoid reapplying unless needed.
- Help apply insect repellent on young children. Supervise older children when using these products.
- Wash your children's skin with soap and water to remove any repellent when they return indoors, and wash their clothing before they wear it again.

### Dont's:

- Never apply insect repellent to children younger than 2 months.
- Never spray insect repellent directly onto your child's face. Instead, spray a little on your hands first and then rub it on your child's face. Avoid the eyes and mouth.
- Do not spray insect repellent on cuts, wounds, or irritated skin.
- Do not use products that combine DEET with sunscreen. The DEET may make the sun protection factor (SPF) less effective. These products can overexpose your child to DEET because the sunscreen needs to be reapplied often.



## HOME VISIT GUIDELINES

Your Parent Educator looks forward to the privilege of serving your family. State funding requirements for the number of home visits to be conducted during the year make it very important to keep all scheduled visits. Cancellations due to emergencies or illness are unavoidable. With this in mind, we ask that the following suggestions be considered:

- Contact your Parent Educator as soon as possible to reschedule a cancelled visit.
- Personal safety is an important concern for everyone. To assist your Parent Educator, please leave outdoor lights on after dark and clear ice and snow from entrances in the winter.
- Personal visits are most effective when the room is free from distractions. Turn off TV's, stereos, & cell phones and secure pets away from the home visit area.
- In addition, we recognize that your time is valuable. Should your family find that your personal visits create a burden on your time and no longer meet your needs, let your Parent Educator know. This will allow her to accommodate another family from our extensive waiting list in your place.

## PAT CALENDAR

### JUNE HIGHLIGHTS

- **PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M.**
- **PAT TRIKE DAY, 6/4/16 10:30 A.M., KCKPS CENTRAL OFFICE**



### JULY HIGHLIGHTS

- **PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M.**
- **WATER PARK FUN! 7/21/16 10:00 A.M. AT EISENHOWER SPRAY PARK**
- **WATER PARK FUN! 7/28/16 10:00 A.M. AT HEATHWOOD SPRAY PARK**
- **NO PLAYGROUP AT CENTRAL OFFICE 7/5, 7/21 & 7/28**



### AUGUST HIGHLIGHTS

- **THERE WILL BE NO PLAYGROUP DURING THE MONTH OF AUGUST SO OUR PLAYROOM CAN BE THOROUGHLY CLEANED. PLAYGROUP WILL RESUME IN SEPTEMBER.**



JUNE 2016

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Playgroup	3	4 Trike Day 10:30 a.m.
5	6	7 Playgroup	8	9 Playgroup	10	11
12	13	14 Playgroup	15	16 Playgroup	17	18
19	20	21 Playgroup	22	23 Playgroup	24	25
26	27	28 Playgroup	29	30 Playgroup		

JULY 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Offices Closed	5 Offices Closed	6	7 Playgroup	8	9
10	11	12 Playgroup	13	14 Playgroup	15	16
17	18	19 Playgroup	20	21 Spray Park 10:00 a.m.	22	23
24 31	25	26 Playgroup	27	28 Spray Park 10:00 a.m.	29	30

AUGUST 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2015/2016 PARENT SATISFACTION SURVEY

To help us make our program the best it can be, please complete this short survey by circling the number that best describes your experience (1=Strongly Disagree; 2=Disagree; 3=Neither Agree or Disagree; 4=Agree; 5=Strongly Agree). Your response will be kept private. Thank you!

Are you the child's: **Mother** **Father** **Other (Please specify)** \_\_\_\_\_

Circle the number that best describes your experience	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
<i>Please note that the ratings go from left to right</i>	—————→				
1. I feel comfortable talking with my parent educator.	1	2	3	4	5
2. My parent educator is genuinely interested in me and my child.	1	2	3	4	5
3. Activities in the visits strengthen my relationship with my child.	1	2	3	4	5
4. My parent educator encourages me to read books to my child.	1	2	3	4	5
5. My parent educator and I partner to set goals for my child, myself, and my family.	1	2	3	4	5
6. My parent educator helps me find useful resources in my community.	1	2	3	4	5
7. My parent educator gives me handouts that help me continue learning about parenting and child development.	1	2	3	4	5
8. This program motivates me to try new parenting strategies.	1	2	3	4	5
9. This program increases my understanding of my child's development.	1	2	3	4	5
10. This program helps me build relationships with other families.	1	2	3	4	5
11. I feel less stressed because of this program.	1	2	3	4	5
12. I am very satisfied with this program.	1	2	3	4	5
13. I would recommend this program to a friend.	1	2	3	4	5

What about this program has been the most helpful to you and your family?

What could be improved about this program?

How many total personal visits have you had?

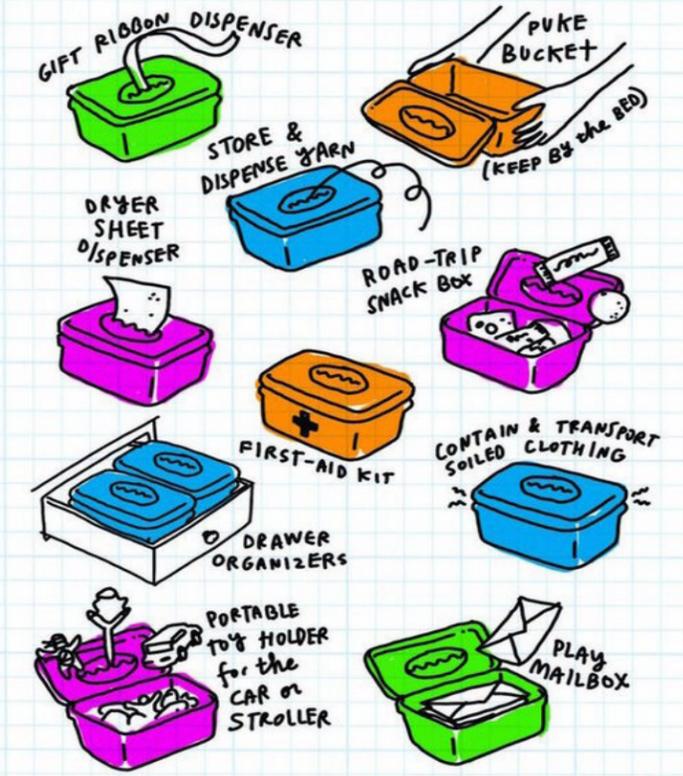
Additional Comments:

Parent Educator Name (optional): \_\_\_\_\_ Your Name (optional): \_\_\_\_\_

# Parent Hacks

A *parent hack* is a creative, unexpected solution to a kid-related problem. It's a clever work-around, an inspired shortcut, a duct-tape-and-chewing-gum-type move that changes the game!

Even after your kids outgrow wipes, it's likely you'll still have an empty *baby wipe tub* or two around the house. Here are some uses for those wipes and the tubs they come in:



--From "PARENT HACKS 134 Genius Shortcuts for Life with Kids" by Asha Dornfest

## Just For Dads: Dads Do It Different

Dads have an important role to fill in the lives of their children. Babies learn better how to deal with a variety of people and personalities when they have experienced the different touch, vocal, and play patterns of Dad as well as Mom.

Dads play, communicate, hold and discipline in a much different way than Moms. For example, when playing, Moms usually provide the child with the opportunity to be in charge and direct the play. On the other hand, play with Dad has him teaching the activity--"kick the ball," "hand me the bat."

Moms communicate with emotional language. Dads teach more and share less emotionally. Moms hold their babies, wrapping them in their arms providing comfort, warmth and security. Dads often hold their child at arm's length to make eye contact, turn her around so that her back is against his chest, or prop her up to look back over his shoulder--giving her a sense

of freedom. When disciplining, Moms adjust the discipline according to the child's mood. Dads discipline with set rules.

What can Dads do to help their children learn and grow?

- Be there from the beginning
- Tell them you love them
- Play with them
- Read to them



--Information from PAT and Parents "Letting Dads be Dads"