



The Pitter Patter

KCK School District Parents as Teachers

Kansas City KS Public Schools

Parents as Teachers

2010 N. 59th Street

Kansas City, KS 66104

Coordinator

Jacki Himpel

Parent Educators

Sandy Teachout

Lauren Ware

Kate Manivong

Shelly Crawford

Lacey Law

Josephine (Nene) Nave

Loree Clark

Laura Kienzle

Carmen Almanza

Leonae De La Torre

Eny Quintanilla

Cynde Fry

Blanca Menendez

Terri Graham

Rachel Pollock

Administrative Assistant

Christine Waters

KIDS and **CARS** . ORG

Love Them, Protect Them

According to the American Academy of Pediatrics, a child left in a hot car can die of heat stroke very quickly. Its website provides facts about hot cars and keeping kids safe.

- Heat stroke is the leading cause of non-crash, vehicle-related deaths in children under 15.
- Heat stroke can happen when the body is not able to cool itself quickly enough.
- A child's body heats up three to five times faster than an adult's does.
- When left in a hot car, a child's major organs begin to shut down when their body temperature reaches 104 degrees.
- A child can die when his body temperature reaches 107.
- Cars heat up quickly! In just 10 minutes, a car can heat up 20 degrees F.
- Cracking a window and/or air conditioning does little to keep it cool once the car is turned off.
- Heat stroke can happen when the outside temperature is as low as 57 degrees.

NoHeatStroke.org advises parents to make a "look before you leave" routine when getting out of a vehicle. Here are some tips on preventing children being left in vehicles:

- **Lock your vehicle.** Ensure children do not have access to keys or remote entry devices. Children should be taught that vehicles are never to be used as a play area.
- **Remember to check the back seats.** Keep a stuffed animal in the car seat and when the child is put in the seat, place the animal in the front with the driver. You can also place your purse, briefcase or cell phone in the back seat as a reminder.
- **Have a plan.** Have your childcare provider call you if your child does not show up for school.
- **Check on the child.** If someone else is driving your child or your daily routine has been altered, always check to make sure your child has arrived safely.

SAVE THE DATE(S)!

June

9th – Trike Day

July

24th - Water Play at
Eisenhower Rec Center

26th - Water Play at
Heathwood Park

June 2018



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



June Highlights:

6/9th - Trike Day
from 10:30 am-12:00
pm



Playgroups only on
Tuesdays from

1:00 - 2:00 pm

PAT Trike Day

Saturday, June 9, 2018 10:30 am – 12:00 pm

KCKPS Central Office, rooms 131-133

2010 N. 59th Street, KCKS 66104



This event is the perfect way for your little one to use 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. Breakout the wagons, tricycles, etc. and join us! A limited number of riding toys will be on hand for those without one.

Bring your child's favorite riding toy – no motorized toys or two wheelers!

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 able to participate in the obstacle course.

July 2018



SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4 Independence Day Offices Closed	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Spray Park Eisenhower	25	26 Spray Park Heathwood	27	28
29	30	31				

July
HIGHLIGHTS:

7/24 - Spray Park at
Eisenhower Rec
Center 10:00 am

7/26 - Spray Park at
Heathwood Park
10:00 am

No Playgroups
this month so our
playroom can be
thoroughly
cleaned.



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 24, 2018, 10:00 AM

**At the spray park located at Eisenhower Recreation Center
2901 N. 72nd Street, KCKS**

July 26, 2018, 10:00 AM

**At the spray park located at Heathwood Park
10th & Parallel Parkway, KCKS**

Refreshments will be served!



August 2018



AUGUST HIGHLIGHTS:

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2 Playgroup	3	4
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	31	

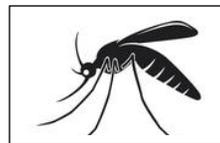
Playgroups on
Tuesdays from 1:00-
2:00 pm and
Thursdays from
10:30 am - 12:00 pm.

Keep Mosquitos and Ticks from *Bugging* you this Summer. Take Steps to Prevent Bites.

Summer allows more time for children to play outdoors, but when kids are covered with bug bites after spending time outside, parents may start to worry about diseases spread by ticks, such as Lyme disease, or by mosquitos, such as West Nile virus. Luckily, parents can take simple steps to prevent bites and diseases spread by bugs.

Use an effective insect repellent. Parents may feel overwhelmed by the many bug protection products in the grocery aisle, wondering which ones are best. The Centers for Disease Control and Prevention (CDC) recommends a variety of effective products. Check the label for one of the following active ingredients:

- DEET
- Picaridin
- IR 3535
- Oil of lemon eucalyptus



Most pediatricians recommend using products with 30% or less of these ingredients on kids. Once you've bought an insect repellent, use it whenever you and your children are outdoors. Put a few bottles or packets of repellent anywhere you might need them-in the car, by the door, in your bag. As hard as it may be to think about, any single bug bite has the potential to bring illness, so it's worth taking a moment for prevention.

Make your backyard a tick-safe zone. While you may think that ticks only live in the woods, ticks can also lurk in backyards. You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert.

Check for ticks. After playing outside, don't make ticks an uninvited guest in your home. Ticks can ride in on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside, even if your outdoor adventures were only in the backyard. Parents should check themselves and their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in the hair. If you find a tick, remove it using fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. But to be safe, watch for signs or symptoms of Lyme disease such as rash or fever, and see a doctor if they develop. Bathing when you get inside can also help you find ticks and remove them. Additionally, you can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks.

By following simple prevention steps, parents and kids can keep pests away so they can focus on fun outdoor activities like gardening, hiking and just playing outdoors!

Themed Playgroups

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 and goodbyes 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...

Puzzles!



July – No Play Groups this month so our playroom can be thoroughly cleaned.



August's Theme is...Art!



10 fun ideas under \$5.00 for summer fun in Kansas City!

1. Family Lego Club at the Kansas City Kansas Public Library.
2. Join the summer movie club at Cinemark or Regal Cinema where you can enjoy cheap films all summer long. Or attend a FREE film at The Legends Outlets.
3. Build a free project at Lowe's or Home Depot. Both offer free workshops on select Saturdays.
4. 6 x 6 Storytime at the Kansas City Kansas Public Library.
5. Explore one of Kansas City's best parks.
6. Splash and play at a Kansas City area spray ground – Eisenhower Park, Heathwood Park or Pierson Park.
7. Explore the Nelson-Atkins Museum of Art.
8. Family Storytime at the Kansas City Kansas Public Library.
9. Kansas City Kansas Farmer's Market.
10. Family Art Sessions at Kaleidoscope – FREE!



Bringing Back Family Game Night

by Gina Klein, write for KC Parent

Remember the days when families looked each other in the eye, had real conversations with one another and gathered around the kitchen table playing board games? Sadly, that was then, and this is now. Today, most families sit in separate rooms and stare at screens – television, tablets, computer or phones. It's as though they're avoiding interaction with one another, the opposite of what families should be doing! Researchers today are finding that all of that lighthearted play years ago actually led to some serious child development benefits, because board games are rich in learning opportunities. If this isn't enough to inspire you to drag Monopoly out of the closet, here are some more great reasons to start up a weekly or monthly family game night: Brings everyone together. In a culture where everyone is running from one activity to another, family game night offers the opportunity to set aside fun, quality family time on a regular basis. It allows families to bond and get to know each other better.

- Gets everyone off screens. Let's face it, screens have taken over our lives, and too much of anything is never good for anyone. Family game night is a great way to get everyone to turn off all the devices together. What's more, soon your kids will discover there's even more fun beyond their screens!
- Great for motor skills. With a roll of the dice or shuffle of the cards, your little ones are developing hand-eye coordination and fine motor skills. This can lead later to success in playing instruments, writing, sports, etc.
- Can improve grades. Some games can boost specific skills useful in your kids' academic careers. Research has shown even a small amount of practice playing academic games can lead to improvements in the classroom.
- Can help your kids solve problems. Playing strategy games with your kids is a great way to give them practice at solving problems and making decisions.
- Teaches good sportsmanship. Yes, the winning-and-losing aspect of playing games can be both a pro and a con when it comes to game night. However, it's a great life lesson kids will learn while young, and not necessarily one they'll learn on the baseball or soccer field.
- Games teach flexibility. How? If a game the kids choose to play is too hard to play, or if the kids find it boring, they can stop and try a different game.
- Game nights are cheap. Going to the movies is expensive! And you can't interact much in a movie theater. Games provide entertainment, conversation, laughs and fun. You can't beat that!



Make Your Own Bubbles!

2 Tablespoons of liquid soap

1 Tablespoon of glycerin

9 Ounces of water

Combine the ingredients and let sit for several hours. Pour into a large pan and dip your wand for some unbelievably beautiful bubbles! You can experiment with wire hangers or floral wire to make wands of different shapes and sizes.



Wellness Policy

If you, your child(ren), or anyone in the household have had a fever, vomiting, or diarrhea in the last 24 hours before a scheduled visit....

Please call or text your Parent Educator to reschedule your home visit for another date!

5 Tips to Teach Kids to Play Safely with Dogs

Dogs are kid's best friend! But to get these BFFs together, children need to learn safe get-to-know-Fido rules. Kids and dogs go together like PB&J, but it's important to teach our little ones that there are certain rules for safely interacting with these furry friends. These 5 tips will help kids stay safe when meeting a new dog or playing with a pooch they already know.

1. Ask permission before petting: Teach your child to always stand back & ask before petting a dog.
2. Show the dog you're friendly: Reaching out can startle a dog. Instead, your child should offer an open palm a couple inches away from her own body, allowing the pooch to approach and sniff.
3. Pat smartly: Once the dog warms up to you, gently stroke it under the chin. The dog can see where your hand is, which makes him more comfortable.
4. Think like a dog: Ask your child, "If you were eating or sleeping, would you be happy if your brother or sister started poking you?"
5. Play fetch with two balls: As soon as the dog brings one back, have your child show it the other. The dog will drop the one in his mouth to catch the new one. Then your child can pick it up safely.

— from Parents Magazine



Find us on the WEB!!!

The PAT Newsletter is on-line through the Kansas City Kansas School District web site. Just go to www.kckps.org, click on the blue *Parent Info* tab, click on the red *Parents as Teachers* tab on the right side. This page also contains information about the Parents as Teachers Program!

Make a Bird Feeder at Home!

Smear nut butter onto a pinecone with a paintbrush until it's well coated. Give your child a Ziploc bag filled with birdseed, then have him/her shake the pinecone in the bag until it is thoroughly covered with seeds. Tie a piece of ribbon around the end of the pinecone, knot the ends and hang.





Phone KanCare for more information and to request an application:

KanCare: 1-800-792-4884 www.kancare.ks.gov

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 19 years old who don't qualify for Medicaid.
- **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 eyewear 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 19, including those in foster care or who get adoption support payments; pregnant women; persons who are blind or disabled by Social Security rules; persons 65 years or older; low income families with children; persons screened or diagnosed with breast or cervical cancer through Early Detection Works Program.

Parents as Teachers
KCK Public Schools
2010 N. 59th Street, 2nd floor
Kansas City, KS 66104