



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
Loree Clark
Barbara Dayal
Cynde Fry
Lauren Ware
Carmen Almanza
Lacey Law
Blanca Menendez
Sandy Teachout
Josephine Nave
Shelly Crawford
Courtney Burdette
Kate Manivong
Rachel Pollock

Please Remember...



All Parents As Teachers activities follow the USD 500 guidelines of inclement weather. If school is cancelled due to weather, all PAT playgroups and group meetings will be cancelled.

Your Parent Educator will contact you regarding any home visits scheduled.



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



Parents As Teachers

Pitter Patter



FAMILY FITNESS



You know your energetic toddler craves activity. You can barely keep them from moving long enough to achieve the simplest tasks like wiping their face or even snapping a quick photo. But, do you know how to channel their endless energy into exercise?

Kids who are active not only sleep better and are better able to maintain a healthy weight, but they're much happier than couch potatoes. What's more, active toddlers are more likely to stave off heart disease, diabetes and some forms of cancer as they get older.

So, how do you make sure your tots get the exercise they need? Before you start worrying that an exercise plan may include costly gymnastic lessons or endless hours of carpooling to the YMCA, relax. Exercise comes in many forms and it doesn't have to cost a penny!

Toddler Exercise: Tips to Get Moving!

FORM A FAMILY BAND. Have everyone grab an "instrument" and jam to a CD; tape bubble wrap to the floor and dance like crazy!

PLAY AIR BALL. Take turns hitting a beach ball up towards the ceiling, trying not to let it touch the ground.

PLAY TAG. Make it more fun by playing "tail tag." Each player wears a detachable "tail," such as a length of ribbon or strip of cloth, which you try to pull off.

CREATE AN OBSTACLE COURSE. Jump on pillows, crawl under chairs, and burrow through a blanket covered tunnel.

STEP OUTSIDE. Whatever the weather! Go to a playground or park where your child can climb, jump and run. If the park is too far, play tag in your own yard. In the summer, teach your child to hold a mini tennis racket and hit some balls. In the fall, jump in the leaves you've raked. In the winter, teach them to build a snowman and make snow angels. In the spring, take them on their first hike.

COME TO PLAYGROUP. Take advantage of all the ride-on toys, play gym and tunnel play offered by the Parents as Teachers playroom.

CURB THE COUCH POTATO LIFESTYLE. As much as you may treasure the quiet that comes with a

Disney DVD, try to limit your child's TV time to no more than two hours a day and preferably not in one stretch since kids this age shouldn't be sedentary for more than one hour at a time. Remember, there will be even more electronics beckoning to your inquisitive toddler as they get older, so setting limits on screen time now will help establish healthy habits down the road.

One way to use TV to your advantage: choose DVDs that encourage your toddler to get up and dance or move along with the characters.

SET THE RIGHT EXAMPLE. No matter what you say to your child the best way to get your toddler active and teach them the importance of exercise is to get yourself moving, too!



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.

DECEMBER'S THEME IS:	JANUARY'S THEME IS:	FEBRUARY'S THEME IS:
NUTRITION	STAYING FIT	OUR EMOTIONS

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

COMFORTING ROUTINES OVER THE HOLIDAYS

From a baby's perspective, the holidays can be an exciting but slightly scary time. There are new and unfamiliar surroundings, faces, sights, sounds and smells everywhere. To cope with all this, babies often rely on the familiar rituals of their everyday life to provide them with a sense of security and comfort. Minimizing the disruption of your baby's routine can make the holiday experience a peaceful and pleasant one for your little one and you! Here are some ideas about how to maintain familiar routines over the holidays.

- **UNFAMILIAR FACES.** Hold your baby and let her watch you interact with all the new faces. Discourage unfamiliar relatives from grabbing her or approaching her too closely by explaining that she is likely to be more sociable once she gets to know them a bit.
- **MEALTIME.** Bring your baby's high chair along when you are having holiday dinner. Try to feed her as close to her regular mealtime as possible, even if it doesn't coincide with the adults' mealtime. Everyone understands that babies operate on their own timetable.
- **SHOPPING TRIPS.** Plan to go shopping right after your baby wakes up from his nap. Keep your shopping list short and don't test your baby's patience. Spend some time having fun--enjoy the fountain, window displays and lights together. If baby becomes fussy, pick him up and hold him closely. Walk to a quieter place and talk to him or sing to him in low, comforting tones. Then, when he is calmer, head home.
- **HOLIDAY GATHERINGS.** Take several breaks during the evening when you can take the baby away from the noise to a quiet area where you can change her diaper, feed her, play quietly with her or let her explore.



Most of all, enjoy the holiday season with your little one. And remember, right now you are the rock that provides all the safety, security and stability in their life.



Coping with Colds or Flu

With the cold and flu season upon us we are asking that you use good judgement when it comes to a child that is either recovering from illness or may be just beginning to have some cold or flu-like symptoms.

Because people with the flu are most infectious during the 24-hour period before symptoms appear and also on the days when symptoms are at their worst, **please don't bring your child to playgroup or any other social event when they are ill.** Doing so risks exposing others to the same bacteria or virus that infected your child.

Also, if a member of your family is home with the flu or a bad cold **please reschedule any home visit you may have.**

Your Parent Educator sees many families during the course of her week. Her exposure to illness could result in that illness being spread to the next family she visits, the one after that, and so on.

You wouldn't want the illness inadvertently passed along to you or your family, so don't put your Parent Educator in a situation that might cause an outbreak of flu among families she serves.

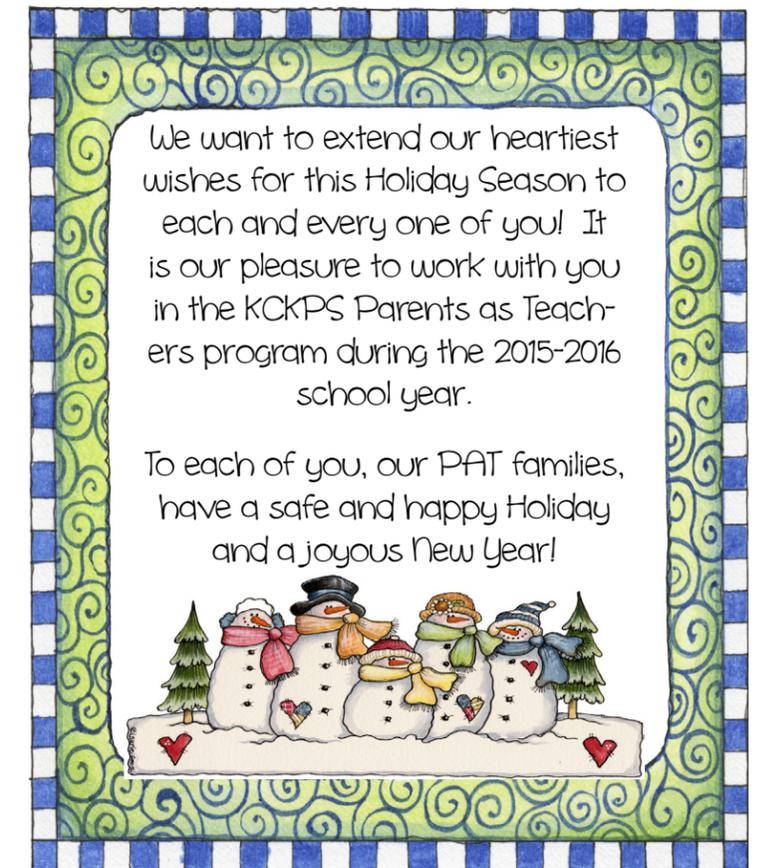


FREE HEARING SCREENING

PAT will offer free OAE hearing screenings for children of all ages from 10:30 a.m. until 12:00 p.m. at the West Branch Library, 1737 N. 82nd St. These screenings will be offered on the following dates:

Thursday, December 10, 2015
Wednesday, January 12, 2016
Thursday, February 10, 2016
Thursday, March 10, 2016

No appointment is necessary!



We want to extend our heartiest wishes for this Holiday Season to each and every one of you! It is our pleasure to work with you in the KCKPS Parents as Teachers program during the 2015-2016 school year.

To each of you, our PAT families, have a safe and happy Holiday and a joyous New Year!





Your Satisfaction Survey may be mailed back to us, given to your Parent Educator next time she visits, or turned in at playgroup.

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
Please note that the ratings go from left to right	—————→				
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): _____

PAT CALENDAR

DECEMBER HIGHLIGHTS

- **PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M**
- **NO PLAYGROUP 12/22, 12/24, 12/29 OR 12/31**
- **SILVER CITY ELEMENTARY PLAYGROUP 12/18 10:30 A.M.**
- **KCKPS OFFICES CLOSED 12/23, 12/24, 12/25 & 12/31**
- **12/10/15 - OAE HEARING SCREENING AT WEST BRANCH LIBRARY 10:30 A.M. TO NOON**



JANUARY HIGHLIGHTS

- **PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M.**
- **KCKPS OFFICES CLOSED 1/1/16 & 1/18/16**
- **1/12/16 - OAE HEARING SCREENING AT WEST BRANCH LIBRARY 10:30 A.M. TO NOON**



FEBRUARY HIGHLIGHTS

- **PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M.**
- **KCKPS OFFICES CLOSED 2/15/16**
- **2/10/16 - OAE HEARING SCREENING AT WEST BRANCH LIBRARY 10:30 A.M. TO NOON**



DECEMBER 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Playgroup	2	3 Playgroup	4	5
6	7	8 Playgroup	9	10 Playgroup OAE Screenings	11	12
13	14	15 Playgroup	16	17 Playgroup	18 Silver City Playgroup	19
20	21 ← WINTER PLAYGROUP	22 BREAK - NO PLAYGROUP	23 Offices Closed	24 Offices Closed	25 Offices Closed	26
27	28 ← WINTER PLAYGROUP	29 BREAK - NO PLAYGROUP	30	31 Offices Closed		

JANUARY 2016

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

FEBRUARY 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Playgroup	3	4 Playgroup	5	6
7	8	9 Playgroup	10 OAE Screenings	11 Playgroup	12	13
14	15 Offices Closed	16 Playgroup	17	18 Playgroup	19	20
21	22	23 Playgroup	24	25 Playgroup	26	27
28	29	IT'S A LEAP YEAR!				



Baby, it's cold outside!

As the leaves turn color and temperatures become brisk, parents begin thinking of long hours spent indoors with their young child. But cooler weather doesn't mean you have to limit your child's active play. Here are some ways to keep your child moving even when the temperatures dip.

BUNDLE UP!

Your little one can still enjoy outside adventures in cool weather if dressed properly. Dress your child in layers, rather than in a single heavy garment. She'll need one more layer than you. Keep porous layers such as thermal underwear next to the skin, and make sure the outer layer is a water-resistant material. Ninety percent of heat loss occurs from a child's head, so wearing a hat is essential. Mittens and boots complete your child's protective clothing.

Dressing your child in layers allows you to loosen or remove some clothes to prevent overheating. Toddlers and preschoolers need to be able to move freely in their outdoor clothing to get the most benefit from playing outdoors. Remember to dress for the weather yourself so you'll be comfortable while you let your child have a good, long outdoor playtime.

LOOK FOR INDOOR PLAY PLACES

Tummy time is exercise time for babies, and crawlers will want to do just that—crawl! Make sure your baby has plenty of time on the floor, out of infant carriers and car seats. Baby proof the room where your baby spends time on the floor and supervise him at all times. Then you can feel confident letting your baby exercise by rolling, crawling, or walking.

Visit a shopping mall in cold weather and you are likely to see parents with babies and toddlers. Some malls even have play areas for little ones. A large, relatively empty space will allow your child to run and play. Make use of community resources such as indoor swimming pools or recreation centers. Organize a play group in a church multi-purpose room. Perhaps the basement of your home or apartment building can accommodate active play. Add a riding toy and large ball and you have a place that encourages your child to be active. Be sure to take advantage of Parents at Teachers group meetings that offer vigorous indoor activities.

GO OUT AND ABOUT!

Cool weather activities can be so much fun for you and your child. Bundle up and go outside. Jump in a big pile of leaves! Hop through the crisp, cold snow! You will be teaching your child that being active is a year-round possibility. ❖



TIPS FOR SAFE COLD WEATHER PLAY

- ♦ Dress in layers
- ♦ Wear a hat and mittens
- ♦ Don't play outside if temperature is 10° or colder
- ♦ Drink water to remain hydrated
- ♦ Change clothes when they become wet
- ♦ Have a snack for energy
- ♦ Keep young babies inside in very cold weather

Just For Dads MEANINGFUL GIFTS THAT DON'T COST A DIME



These gifts may not seem like a lot compared to the normal haul your kids get at the holidays, but each gift has a special meaning:

- Put an "I believe in you" note in one of your older child's textbooks encouraging him or her to finish the semester strongly. If you have a positive outlook on life, your child will too.

- Share physical touch. Give your child a hug or kiss for no reason other than to say "I love you." Children raised in loving homes will learn to love. Your warm response and loving touch help your child grow physically and emotionally.
- Cuddle up on the sofa or in a big, comfy chair and read aloud to your child. Children can recognize their parents' voices from birth. When you talk to or read to your child—even an infant—you help them develop language skills.
- Celebrate your heritage. Fix traditional foods, or share songs or stories. These activities help your child take pleasure in their connection to others.
- Set aside time at night or on weekends that you call "family time." Don't let the phone or minor things interrupt. Let your child see that family time is important.
- Be a role model. Pay attention to what you say and do in front of your children. They learn from you.

--From Home Front



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

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

Children's Health Insurance Program. It covers children up to age 19 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 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 payments
- 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.