

Themed Playgroup

<i>November's theme is:</i> OUR SENSES	<i>December's theme is:</i> FITNESS & FUN	<i>January's theme is:</i> HEALTHY FOODS	<i>February's theme is:</i> EMOTIONS
11/28—Thanksgiving NO PLAYGROUP	12/26—Winter Break NO PLAYGROUP	1/2—Winter Break NO PLAYGROUP	

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

PAT CALENDAR

NOVEMBER HIGHLIGHTS

PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M. (EXCEPT FOR HOLIDAYS)

HOLIDAY: OFFICES CLOSED 11/27, 11/28, AND 11/29



NOVEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Playgroup	6	7 Playgroup	8	9
10	11	12 Playgroup	13	14 Playgroup	15	16
17	18	19 Playgroup	20	21 Playgroup	22	23
24	25	26 Playgroup	27 Offices Closed	28 Offices Closed No Playgroup	29 Offices Closed	30

Just For Dads SETTING A GOOD EXAMPLE



"Every father should remember that one day his son will follow his example instead of his advice."

--Anonymous

Young children are very impressionable! This is a secret weapon a parent can use to his/her advantage. However, the weapon can be dangerous if not wielded correctly. Toddlers tend to pick up their parents' vocabulary, mannerisms and behaviors. This can make teaching proper behaviors very simple, if a parent commits to setting a good example at all times. That is a big commitment, but the rewards of a well behaved child are definitely worth the sacrifice.

Leading by example is one of the most effective ways to teach any person no matter what their age is. It is even better for younger children who have a very limited vocabulary. A child will naturally look to their parents to gauge their responses to various situations. It is so much easier and faster to teach a child how to react in any given situation by allowing them to witness your responses.

Parents will quickly learn to rein in their emo-

tions when they know their child is watching. It can be described as being on stage. Parents have certain expectations for their child and in order to communicate those expectations the parents will need to act them out. The act should include appropriate words, mannerisms and gestures.

Children are not born knowing bad or inappropriate behaviors. They must be exposed to them. In the real world, the child will see or learn things from other children, adults and television. Parents will be faced with some undesirable behaviors from time to time. These situations should be viewed as learning opportunities. Take the time to teach the child what he/she should do in the future instead of the unwanted behavior. Parents can counteract some of the bad influences by setting a consistent, good example when they are with their child.

Article Source: <http://EzineArticles.com/5240465>



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**

Interpreters are available and applications are available in 10 languages.

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.

- **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.



We've all heard the famous quote, "One picture is worth a thousand words." A picture of your child can also call to mind a thousand memories of her growth and development.

Save the moment

You probably have favorites among the daily experiences and special events of your young child's life. Remember how cute your newborn looked in the outfit Grandma sent? Or how proud your preschooler was of his "big boy" basketball shoes? Perhaps you want to preserve how sweet your toddler looks, curled up with his special stuffed toy. Capture the stuffer in a picture and it will become a cherished memory of tender toddler bed-times.

Pictures are often taken at special occasions, but you can also create traditions by taking photos at the same place and time year after year. Take a snapshot under the maple tree each year when it turns golden. Collect all the maple tree photos on one page of a photo album and you can see your child getting taller from year to year. Photos of birthday parties and Halloween trick-or-treating tend to be about the event. Taking photos at other times documents your child's favorite clothes, toys, and activities, and shows his growth and development.

Save other mementos also, such as your child's artwork, and attach a photo to show what he looked like when he created the masterpiece. Glue pictures to a calendar page that records activities for that month. As your child grows, he will love looking at the mementos and pictures "from when I was little."

Have fun with pictures

With babies: Mount an 8" by 10" or a 5" by 7" photo of your baby on a stiff backing. Attach a piece of cloth at the top so the cloth hangs down to cover the picture. Show your baby how to lift the cloth to see her picture. Help her learn her name by saying, "There's (her name)!" when she uncovers her picture.

With toddlers: Buy an inexpensive photo album and place snapshots of family, pets, and friends in it. Look at the pictures together and name the people. Be sure to include pictures of your child so she learns she is a part of a family.

With preschoolers: Trace your child's hand on cardboard or craft foam. Let her cut it out if she can use scissors. Trim a picture of your child to fit in the palm of the hand shape and help her glue it on. Place a magnet strip on the back. These "handy" frames provide memories of how your child looked when her hand was so small. Help your child make these magnets and give them as gifts to promote her social-emotional development.

Childhood passes so quickly, especially the early childhood years. Your child has a personal history that is important for him to understand. Taking photos and saving mementos can make memories last a lifetime.

Photographers' tips for great kid pictures

- Take photos frequently in the first year when baby is changing quickly
- Give baby time to focus on the camera before shooting
- When someone else is taking the picture, stay close to your baby for safety and security
- Give your toddler time to warm up in a photo studio
- Keep clothing simple; lots of ruffles or outfits that are too big can overwhelm the picture
- Incorporate favorite toys; children are more relaxed with their own possessions
- Pretend photo sessions with an active toddler so she will know what to expect
- Let preschoolers have some choices about clothing and poses



PAT CALENDAR

DECEMBER HIGHLIGHTS

PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M. (EXCEPT FOR HOLIDAYS AND WINTER BREAK)

HOLIDAY: OFFICES CLOSED 12/23, 12/24, 12/25 AND 12/31

WINTER BREAK: 12/23 THROUGH 12/31



JANUARY HIGHLIGHTS

PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M. (EXCEPT FOR HOLIDAYS AND WINTER BREAK)

HOLIDAY: OFFICES CLOSED 1/1, 1/2 & 1/20

WINTER BREAK: 1/1 THROUGH 1/3



FEBRUARY HIGHLIGHTS

PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M. (EXCEPT FOR HOLIDAYS AND WINTER BREAK)

HOLIDAY: OFFICES CLOSED 2/17/14



DECEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Playgroup	4 Safe Sleep Training 6:30 p.m.	5 Playgroup	6	7
8	9	10 Playgroup	11	12 Playgroup	13	14
15	16	17 Playgroup	18	19 Playgroup	20	21
22	23 WINTER BREAK OFFICES CLOSED	24 WINTER BREAK OFFICES CLOSED No Playgroup	25 WINTER BREAK OFFICES CLOSED	26 WINTER BREAK No Playgroup	27 WINTER BREAK	28
29	30 WINTER BREAK	31 WINTER BREAK OFFICES CLOSED No Playgroup				

JANUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1 WINTER BREAK OFFICES CLOSED	2 WINTER BREAK OFFICES CLOSED No Playgroup	3 WINTER BREAK	4
5	6	7 Playgroup	8	9 Playgroup	10	11
12	13	14 Playgroup	15	16 Playgroup	17	18
19	20 OFFICES CLOSED	21 Playgroup	22	23 Playgroup	24	25
26	27	28 Playgroup	29	30 Playgroup	31	

FEBRUARY 2014

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