



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:

- Leona 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
- Eny Quintanilla



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.
 - 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.
- 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-

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.

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 913-627-4375



Parents As Teachers
Pitter Patter



National Parents as Teachers Honors KCKPS Parent Educator

Lauren Ware, parent educator specialist with Parents as Teachers (PAT), was named National Parent Educator of the Year. This honor was presented October 17, 2016 in St. Louis, Missouri at the Parents as Teachers International Conference.

Ware has been a part of the Kansas City, Kansas Public Schools (KCKPS) family since 2011. She is a graduate of Sumner Academy of Arts and Science and loves working in Kansas City, Kansas because it is her way of giving back to the community that raised her. "I believe the Parents as Teachers program enables parents to positively interact with their young children and gives them the confidence needed to support their children's life-long learning," said Ware.

--Grace Elmore, KCKPS Staff eNews

Positive Pathways in Kansas City, Kansas

Building	Connecting	Empowering
Creating Hope	Community and Basic Needs Resources	Parent Involvement
Fostering Positive Relationships	Social Networks	Maintaining Positive Relationships
Active Parent Listening	Referrals for Mental and Physical Healthcare	Consistent Parenting

"As a first time mom, Parents as Teachers helped show me different parenting styles and activities I could do with my child," said Monica Jackson, parent. "They helped me be better prepared to be an involved parent."

ASK ME ABOUT OUR PROGRAM!

Representing Lauren and KCK Parents as Teachers was a 4 x 8 foot banner showing the benefits of PAT participation.

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:
Crafts	Months of the Year	Music

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



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.



PAT PLAYGROUP AT
SILVER CITY ELEMENTARY
2515 Lawrence Ave, KCKS

Upcoming dates:

- December 16, 2016 - 10:00 a.m.
- January 27, 2017 - 10:00 a.m.
- February 24, 2017 - 10:00 a.m.
- March 31, 2017 - 10:00 a.m.
- April 28, 2017 - 10:00 a.m.
- May 12, 2017 - 10:00 a.m.

COPING WITH COLDS AND THE FLU



With the cold and flu season upon us we are asking that you use good judgment 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 the 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 illness inadvertently passed along to you and your family, so don't put your Parent Educator in a situation that might cause an outbreak of flu among the families she serves.

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 a kiss for no reason other than to say "I love you." Children raised in a loving home 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 almost from birth. When you talk or read to your child, you help him 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.





It's Survey Time!

2016/2017 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! Mail your completed survey to us or drop it off next time you're at playgroup!

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): _____

PAT CALENDAR

DECEMBER HIGHLIGHTS

- PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M.
- WINTER BREAK BEGINS 12/22/16
- **NO PLAYGROUP 12/22/16, 12/27/16 & 12/29/16**
- **HOLIDAY 12/26/16, 12/27/16, 12/28/16, 12/29/16 & 12/30/16 ADMINISTRATIVE OFFICES CLOSED**



JANUARY HIGHLIGHTS

- PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M.
- **HOLIDAY 1/16/17 ADMINISTRATIVE OFFICES CLOSED**



FEBRUARY HIGHLIGHTS

- PLAYGROUP ON TUESDAYS AND THURSDAYS AT 10:00 A.M.
- **HOLIDAY 2/20/17 ADMINISTRATIVE OFFICES CLOSED**



DECEMBER 2016

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

JANUARY 2017

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

FEBRUARY 2017

SUN	MON	TUE	WED	THU	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 OFFICES CLOSED	21 Playgroup	22	23 Playgroup	24 Silver City Playgroup	25
26	27	28 Playgroup				

BACK TO SLEEP...

Tummy to Play



Because babies are now spending so much time on their backs, many are experiencing “flat head syndrome”; weak arm, neck, shoulder and trunk muscles; and delays in developmental milestones such as rolling over, crawling, pulling up to stand and walking. That many babies are “containerized”, that is spending time in such things as walkers, infant carriers, swings and car seats, worsen some of these problems.

Something as simple as tummy time can lessen or eliminate all of these potential problems. Even five minutes of tummy time a day has a positive effect on head shape. When you place your baby facedown, curiosity induces her to attempt lifting her head and pushing up on her arms, strengthening her upper torso. When they're on their back, they have no compelling reason to make the effort! Also, babies who spend time facedown tend to reach their motor milestones earlier than babies that don't.

Right from the start, following a nap or a diaper change, two to three times a day, you should place him on his tummy for a brief play period. You can gradually increase the length of these periods as your baby becomes used to them. Also, whenever possible, lie on your back and place your baby facedown on your chest. This not only helps him adapt to this position, but will also give him a reason to lift his head—to look at you! But even if you didn't begin tummy time the day you brought him home from the hospital, it's not too late to start!

- Keep the time he is on his tummy short, but do it often and plan tummy time when baby is not tired.
- Get “down and dirty” with baby. Lie side by side with him and have a “conversation.” Coo and sing and make funny sounds. There's no one else's voice he'd rather hear.
- Tempt her with a toy. Place a favorite toy just out of your baby's reach and encourage her to get it! Mirrors and rattles work well, too.
- Circle the wagons. Place toys in a circle around him. Reaching in different directions helps develop the muscles needed to roll over, scoot and crawl.
- Put the baby on your chest when you lie down. Talk and sing to her as she looks into you face.
- Give him a lift. Roll up a small towel or baby blanket. Place it under your baby's chest just under his arms so his head and upper body are a little higher.
- Let your baby be a little fussy, but pick her up if she is crying hard. She needs to know you will always care for her if she is upset. Wait for a while before you put the baby on her tummy again.



SAFETY FIRST!

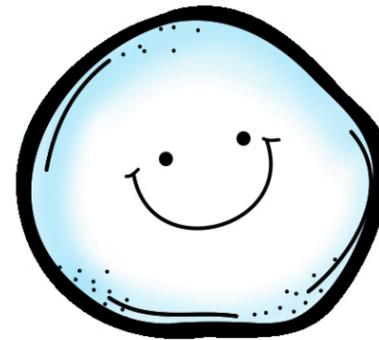
Please don't leave your baby by herself while she is on her tummy. Always supervise your baby's play time.



Snowball

By Shel Silverstein

I made myself a snow ball
 As perfect as could be.
 I thought I'd keep it as a pet
 And let it sleep with me.
 I made it some pajamas
 And a pillow for its head.
 Then, last night it ran away.
 But first—it wet the bed.



ARE YOU INTERNET ACTIVE?



Next time you're browsing the web check out the national Parents as Teachers website. This site offers parenting tips and links to other sites that can assist you in building your parenting skills. Its URL is www.parentsasteachers.org.

While you're at it, KCK Public Schools also has a website that is packed with valuable information. You can even read the latest PAT newsletter at www.kckps.org. Check out Parent Information—that's where you'll find us! (<http://kckps.org/index.php/parents-as-teachers>)

If you have an e-mail address you want to share, get it to your Parent Educator. We'll be glad to add you to our address book so that you can get e-mail reminders of upcoming Parents as Teachers events.



- 1 Cup Flour
- 1/2 Cup Salt
- 2 Teaspoons Cream of Tartar
- 1 Cup Water
- 1 Teaspoon Vegetable Oil
- Spices: Cinnamon, Allspice, Ginger, Nutmeg

Mix the dry ingredients. Add spices a small amount at a time until the dough smells and looks like you want it to. Mix water and oil together before adding them to the dry ingredients and stir. In a pot, cook the mixture for two to three minutes, stirring frequently. The dough will start to pull away from the sides of the pot and stick together. When this happens, take the playdough out of the pan and knead until it becomes soft and smooth. Allow the dough to cool and then store in an airtight container.