

## NOVEMBER 2020 KCKPS PARENTS as TEACHERS

### A message from our Program Coordinator: Jacki Himpel



Wow! Our Parents as Teachers families have done a FANTASTIC job of continuing to meet with our parent educators through Zoom visits or phone visits. We really appreciate that you are making time to visit with us and do the activities with your children. We know you want us back in your homes and we want to be there too. Our parent educators miss meeting with you all in person. Be patient with us as we wait this out and get clear direction on safely meeting with you all in person again. We know parenting is the hardest job you will ever have and can make the biggest impact on anything you will ever do. Adding the events of 2020 has added even more stress to this very important job.

What are you doing to take care of YOU? Even when you take care of yourself you are modeling for your children. Even something as simple as taking in slow deep breaths and letting them out slowly can lower your heart rate, calm you and help with depression and anxiety. You can do this anywhere. It only takes a couple of minutes and you can teach your child to do this too! One of my favorite videos that circulated this year was of a toddler who uses deep breaths and affirmations to calm down. After a deep breath her mom asks if she is okay and has her repeat the following:

I'm okay.  
I'm strong.  
I'm beautiful.  
I'm loved.  
I'm worthy.

Try repeating those words to yourself today, because - you are okay, strong, beautiful, loved and worthy no matter how hard life may seem. PAT is here to give you that "pat" on the back, because YOU are your child's first and most important teacher!

To watch the video clip, copy, paste and go to:

<https://www.wogx.com/video/831089>

Or type "little girl I'm strong, I'm beautiful" in a search.

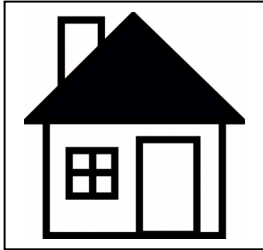


# SAVE THE DATE! November 19<sup>th</sup> at 5:00 pm

## CABIN FEVER OLYMPICS

### GROUP CONNECTION

Are you stuck inside during these colder months? Want some creative ideas of homemade games you can make and play with your kiddos? Then save November 19<sup>th</sup> on your calendar and join Parents as Teachers via Zoom for



some clever and fun homemade ideas!

\*\*\*\*\*

### COMMUNITY RESOURCES....

#### Healthy Habits with Grover

Everyone's favorite "expert" **Grover** is here with some ways to stay healthy by washing your hands correctly!



[https://cdn.sesamestreet.org/sites/default/files/media\\_folders/Images/Infographics-LiquidSoap51.pdf?\\_ga=2.68328657.1751499599.1604067757-14774985.1604067757](https://cdn.sesamestreet.org/sites/default/files/media_folders/Images/Infographics-LiquidSoap51.pdf?_ga=2.68328657.1751499599.1604067757-14774985.1604067757)

#### Lists of Housing Strategies & Policies

Local Housing Solutions: [www.localhousingsolutions.org](http://www.localhousingsolutions.org)

#### Housing Advocacy, National Organizations & Coalitions

- National Low Income Housing Coalition: <https://nlihc.org/>
- Right to the City, Homes for All Campaign: <https://righttothecity.org/news/homes-for-all-campaign-summary/>
- Center for Community Progress: <https://www.communityprogress.net/>
- National Fair Housing Alliance: <https://nationalfairhousing.org/>

#### Domestic Violence Resources

- [Kansas Attorney General's Domestic Violence Page](#)
- Kansas Crisis Hotline 1-888-363-2287
- [Kansas Coalition Against Sexual and Domestic Violence](#)
- [National Domestic Violence Hotline](#) 1-800-799-7233
- We at KSPHQ are always here for you too. 785-841-2345