Keeping your child safe in the car: recommendations from the American Academy of Pediatrics

The experts are buckling down on the ways that children buckle up. The leading cause of death among children is car crashes, prompting the American Academy of Pediatrics (AAP) to recommend the following:

* Children should ride in rear-facing car seats until age 2, or until they reach the maximum height and weight for their seat.

* Children should ride in belt-positioning booster seats until they have reached 4 feet 9 inches tall and are between 8 and 12 years of age.

These changes are supported by research that shows that using rear-facing seats has been effective at reducing injuries and death. Children under age 2 are 75 percent less likely to die or be severely injured in a crash if they are riding rea-facing, according to a study by the journal *Injury Prevention*.

The recommendations also clarify the importance of meeting height and weight requirements rather than age requirements before transitioning to the next car seat stage.

It is also important to be sure your car seat or booster seat is installed correctly, whatever your child’s age. In many communities, local fire departments and hospitals offer free car seat installation and safety checks. To find resources in your neighborhood, visit www.seatcheck.org.

### SAVE THE DATE(S)!

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<th>March</th>
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<tr>
<td>11-15 Spring Break</td>
<td>9th Everyone Grows</td>
<td>14th Graduation</td>
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<td>30th Car Seat Check</td>
<td>27th Parent &amp; Provider University</td>
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# March 2019 Highlights:

**Car Seat Check Event**
3/30 from 10:00 am – 12:00pm

### Playgroups:
- Tuesdays from 1:00 pm – 2:00 pm
- Thursdays from 10:30 am – 12:00 pm

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## Car Seat Safety Check Event!!!

**Items to bring:**
* your vehicle
* your child
* your car seat
* your vehicle manual (if available)

**Saturday, March 30th from 10:00 am to 12:00 pm**

Central Office & Training Center
Lower level parking lot
2010 N. 59th Street
Kansas City, KS 66104

Please RSVP by **March 15th** by calling your Parent Educator or the Parents as Teachers Administrative Assistant at 913-627-4361.

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**April Highlights:**

**Everyone Grows!** 4/9 from 5:30 pm – 6:30 pm

**Parent & Provider University** 4/27

9:00 – 1:30

**Playgroups:**

- Tuesdays from 1:00 pm – 2:00 pm
- Thursdays from 10:30 am – 12:00 pm

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**Everyone grows!**

Come and learn about ways things grow around us. You will have the opportunity to plant your own flower seed to watch it grow at home, learn with your children how they grow & what our bodies need for healthy living. Enjoy a yummy, healthy snack idea, and learn songs & stories about spring to share with your children.

**When:** Tuesday, April 9th

**Begins:** 5:30 pm

**Ends:** 6:30 pm

**Where:** Central Office, 1st Floor, Room 133

**2010 N. 59th Street**

**Kansas City, KS 66104**

Please talk to your Parent Educator if you plan to attend, or call the PAT office at 913-627-4361 to RSVP!
### May 2019

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<td>Happy Mother’s Day!</td>
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**May Highlights:**

**Graduation Open House!**

5/14 from 5:30 pm – 7:00 pm

**Playgroups:**

- Tuesdays from 1:00 pm – 2:00 pm
- Thursdays from 10:30 am – 12:00 pm

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### BEST EVER NO-COOK PLAY DOUGH RECIPE

**Ingredients:**

- 2 cups of plain flour
- 2 tablespoons of vegetable oil
- ½ cup of salt
- 2 tablespoons of cream of tartar
- 1 to 1.5 cups of boiling water
- gel food coloring (optional)

**Method:**

Mix the flour, salt, cream of tartar and oil in a large mixing bowl. Add food coloring to the boiling water then add both to the dry ingredients. Stir continuously until it becomes a sticky, combined dough. Allow it to cool down & then take it out of the bowl & knead it vigorously until the stickiness has gone away. If it remains a little sticky then add a touch more of flour until it is the perfect consistency!

### GRADUATION OPEN HOUSE

If you have a child who turned 3-years-old after July 1, 2018 or will turn 3-years-old by June 30, 2019 please join us at our Graduation Open House from 5:30 – 7:00 p.m., Tuesday. May 14th for a fun event to celebrate your child’s years in PAT.

Please note this is for children who have completed at least one year of service with PAT. Those recently enrolled with an almost 3-year-old will get to celebrate with us next year. We will have some fun activities for the 3-year-olds!

Starting next program year we will celebrate each child’s exiting with PAT by doing a special activity on their last home visit. We are looking forward to celebrating each child individually this way.
Play is Learning. Your child loves to play. From the time she was born, she has been discovering what her body can do. Every time she plays, your child’s brain is making new connections that help her development. To your child, there’s only one reason to play: to have fun! Her play may look messy, silly, noisy, or repetitive, but you know that she is doing some serious learning! Play is how she tests the possibilities and explored her world. There is no “right” way to play. Any types of play will give your child a chance to develop new skills.

How play helps your child’s development:

Social: When you play with your child, it builds attachment between you. Playing with others teaches your child cooperation, sharing, empathy, and helping.

Emotional: Expressing herself through play boosts your child’s feelings of self-worth. When your child pretends, it helps her understand and learn to control her feelings.

Physical: Exploring her body helps your child strengthen her large and small muscles. As she repeats actions, your child gains hand-eye coordination and other skills that prepare her for learning.

Cognitive: Pretend play helps your child make sense of her everyday experiences. Playing enhances your child’s persistence, attention span, memory, and ability to focus - all skills that are important for success in school.

Language: The more practice she has at making sounds – even silly ones! – the better your child’s tongue and mouth can coordinate to say words. When she cooperates with you or with other playmates, your child uses words to tell you her ideas.

Play is good for your child’s brain no matter what. But it can be even better if you join in! Remember to let her lead the way – when you take over, she feels that her ideas don’t have value.

2015 Parents as Teachers National Center
In the event that school is cancelled because of inclement weather, playgroup will also be cancelled that day.

Kindergarten Round up is April 18th!

Find us on the WEB!!!
The PAT Newsletter is on-line through the Kansas City Kansas School District website. 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!

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!

Did you get a new phone number or did your phone number change? If yes, please let your Parent Educator know ASAP!
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.