What does fall mean to you?

Fall holds its own unique meaning for every individual. It could be the coming of cooler days to some. While others think of tailgating and football. To the younger individuals, it means back to school. Those who are passionate about nature, enjoy this time of year. Something as simple as a season change, holds so many meanings to so many different individuals.

As fall begins, temperatures are slightly cooler. It creates a mood of content. The falling leaves are vibrant in colors of red, yellow, and orange. Children playing in the leaves for hours on end, laughing and jumping in and out of the mounds as if they were made just for them. People enjoy long walks in the park. The falling leaves convey a feeling of tranquility.

No matter what it means, it is a transition time. It signifies the end of summer, and the passage to winter. It's a reflection of all things relaxing, soothing, serene, vivid, flamboyant and vibrant. The calming effect of the leaves falling, a time of peace.

What comes to mind when you think of fall?

Harvest
Football
Halloween
Back to School
Falling Leaves

From proudmamma

SAVE THE DATE(S)!

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September Highlights:

- **9/21 Healthy Meal Options at South Branch Library**: 3:30 – 4:30 pm
- **Playgroups**:
  - Tuesdays from 1:00 pm – 2:00 pm
  - Thursdays from 10:30 am – 12:00 pm

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Want some healthy and yummy snack ideas?

Join Parents as Teachers at our HEALTHY MEAL OPTIONS Group Connection on Friday, September 21st at the South Branch Library from 3:30 to 4:30 pm. Joining us will be Gabriela S. Wagner, a nutrition assistant from the Kansas State University Research & Extension Program. She will share some recipes and have healthy food to sample.

Friday, 9/21/18, 3:30 – 4:30 pm

**South Branch Library**

3104 Strong Avenue

Kansas City, KS  66106

Please let your Parent Educator know if you will be attending so we may plan for enough food! Or you can call 913-627-4361 to RSVP.
October 2018

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October Highlights:
10/25 BLOCKFEST at Central Office 5:00 pm
10/30 – Wear your costume to Playgroup!

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

BLOCK Fest®!

October 25, 2018
5:00 pm
KCKPS Central Office
2010 N. 59th Street, 1st floor
Kansas City, KS 66104

On October 25th, with hands-on block play, we will show you and your child how these versatile toys can help develop math skills such as grouping, sorting, adding, subtracting, using fractions and even understanding geometry.

We’ll help you use blocks to teach your child science concepts like gravity & balance. They’ll develop social skills by sharing and cooperating. Blocks will help build strength in fingers and hands as well as develop eye/hand coordination.

Please be sure to wear socks to this event!

SPACE IS LIMITED FOR THIS VERY SPECIAL PLAYGROUP, SO LET YOUR PARENT EDUCATOR KNOW IF YOU WILL BE THERE, OR CALL THE OFFICE AT 913-627-4361!
## HAVING A BALL with PARENTS AS TEACHERS!

BALLS are wonderful because children can use them in so many ways. All children can benefit from rolling, throwing, catching, kicking, and dribbling balls. Come and play with us as we show you different ways to play with children of all ages and balls of all sizes!

Come play with us: **November 13, 2018 from 5:30 – 6:30 pm**

KCKPS Central Office

2010 N. 59th Street, 3rd floor

Kansas City, KS  66104

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### November 2018

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### November Highlights:

- **11/13** Having a Ball at Central Office, 3rd Floor
  5:30 – 6:30 pm

Playgroups:

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

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 and goodbyes songs, free play, activities and snacks. Themed playgroup is a great way to introduce your toddler to some of the expectations of preschool.

September’s Theme is…

LITERACY!

October’s Theme is…

GET OUT THE UMBRELLA!

November’s Theme is…

DIGGING FOR TREASURE!

Storytelling: Imagining, Creating, and Communicating Ideas

* How do we do it with babies? *

- Get in a position where your baby can see your face.
- Tell her a story. It can be based on something true, a special event, something funny that happened to you, a memory from childhood, the day your baby was born, or something make believe. You can also re-tell your favorite nursery rhyme or traditional story.
- Vary the volume and pitch of your voice as you tell the story. Use facial expressions, gestures, and repetitive phrases to draw your baby in and keep her attention.
- Use a bag of objects to help prompt your story ideas. Pull an object from the bag and let your baby mouth/play with it while you tell a story about it.

* How do we do it with young children? *

- Sit on the floor with your child. Tell him the two of you are going to make up a story together.
- Show him some pictures of people. Have him choose one. Describe the person on the picture.
- Show him some pictures of places and again have him choose. Let him tell you what the place is and what things happen there. Ask open-ended questions if he needs help.
- Once you have chosen three pictures, lay them on the floor in front of your child. Encourage him to make up a story based on his choices and your conversations.
- Thank your child for helping you make up a story. Continue to play as long as he is interested.

From National Parents as Teachers 2016
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!

Fantastic Fall Dip Recipe

Ingredients:
16 oz Cool Whip
3 small boxes of vanilla pudding mix
1 small can of pumpkin
Pumpkin Pie Spice

Combine 16 oz. of cool whip, 3 small boxes of instant vanilla pudding ** dry mix only ** Don’t make the pudding **, and the can of pumpkin. Mix everything together and add a small amount of pumpkin pie spice. Serve with graham crackers, apple slices or wafers!

A B Cs of SAFE SLEEP for baby:

The ABCs are a simple formula for remembering the key points of safe sleeping.

A = babies sleep safest ALONE.
B= babies sleep safest on their BACKS.
C = Babies sleep safest in their own CRIBS.

When you tuck your little one into bed, you want to know you have done everything possible to keep her safe. That’s why you should put her on her back in her own crib at naptime & at bedtime. When she sleeps like that, she is less likely to suffocate or die of other causes like sudden infant death syndrome, or SIDS.

Until she is 4 or 5 months old, your sleeping baby is not able to turn her head or body enough to get more air when she needs it. Even when she is older, she may not be able to react soon enough to her brain’s messages that it needs more air while she’s sleeping. Soft mattresses, quilts, pillows, bumper pads, and stuffed animals can all get in the way of your baby’s breathing. Experts say you should avoid using any of those in her crib until she is at least 1 year old. Keep laying her on her back in the crib until age 1 too, even if she turns over while she sleeps.

From National Parents as Teachers 2016
Why Your Child Should Be Playing with BALLS!

By Stephanie Brown

All children can benefit from rolling, throwing, catching, kicking, and dribbling balls. These activities improve motor skills, hand-eye coordination, and timing. Ball skills are an important part of the developmental progression for toddlers. The skills your child learns by playing with balls will eventually come in handy once your child graduates to collaborative and competitive play.

What your child learns:

Balls are easy and affordable must-have toys. You can introduce them to your child very early on because they immediately strengthen motor skills and familiarize little ones with their environment. Early on, little ones gravitate toward things that roll. Your infant will be fascinated by a ball’s continuous movements. Rolling a ball back and forth is a way to build a social bond between two people, and it’s a very introductory lesson of cause and effect.

Toddlers will discover a ball’s abilities and the different effects of bouncing, rolling, tossing, kicking, and dropping a ball. A ball will remain an entertaining toy as your child transitions from independent play and parallel play to collaborate play, which is vital in developing social skills, learning how to share, how to follow rules, and how to negotiate.

NATIONAL PARENTS AS TEACHERS DAY IS
NOVEMBER 8TH!

On this day in November, the Parents as Teachers Organization is recognized for its educational services to parents across the country. These affiliates give all parents of young children support and it also provides information so all children learn, grow and develop to realize their full potential.

The concept for Parents as Teachers developed in the 1970’s when Missouri educators noted that children were beginning kindergarten with varying levels of school readiness. Research showed that greater parent involvement is a critical link in the child’s development of learning skills, including reading and writing.

The Parents as Teachers National Center in St. Louis, MO declared the first Parents as Teachers Day in 2001 supporting community events spreading awareness of early childhood programs.
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.