



# The Pitter Patter

## KCK School District Parents as Teachers

Kansas City KS Public Schools  
Parents as Teachers  
2010 N. 59<sup>th</sup> Street  
Kansas City, KS 66104

### Coordinator

Jacki Himpel

### Parent Educators

Sandy Teachout

Kate Manivong

Shelly Crawford

Lacey Law

Josephine (Nene) Nave

Loree Clark

Laura Kienzle

Carmen Almanza

Leonae De La Torre

Eny Quintanilla

Cynde Fry

Blanca Menendez

Terri Graham

Rachel Pollock

Melissa Nead

Natalhy Contreras

Courtney Schmitz

### Administrative Assistant

Christine Waters

### POSITIVE PARENTING

**Positive parenting** describes a set of parental behaviors that foster a child's capacity to love, trust, explore and learn. The goal of **positive parenting** is to help parents guide their children's healthy development in the context of the family's culture. Key elements of **positive parenting** include the ability to:

- \* Understand or imagine the child's point of view, especially during challenging moments.
- \* Respond with interest and sensitivity to the child's cues.
- \* Recognize that parenting can be stressful and missteps are a natural part of childrearing.
- \* Recognize and celebrate the child's strengths, abilities, and capacity to learn and develop.
- \* Provide consistent, age-appropriate guidelines and limits for child behavior.
- \* Work toward a balance of meeting parental needs and child needs.
- \* Delight in moments of connection with the child.
- \* Recognize and regulate their own feelings and behaviors before they respond to the child.
- \* Seek help, support or additional information on parenting when needed.

Article by ZERO TO THREE 2018

### SAVE THE DATE(S)!

December	January	February
3 <sup>rd</sup> – WinterFest	29 <sup>th</sup> – Family Game Night	12 <sup>th</sup> – STEAM Night

# December 2018



SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3 <i>WinterFest</i>	4 Playgroup	5	6 Playgroup	7	8
9	10	11 Playgroup	12	13 Playgroup	14	15
16	17	18 Playgroup	19	20 Playgroup	21	22
23/30	24/31 Winter Break	25 Offices closed	26 Offices closed	27 Offices closed	28 Offices closed	29

**December  
Highlights:**

*12/3 –  
WinterFest  
Group  
Connection  
5:00pm-6:30pm*

**Playgroups:**

**Tuesdays from  
1:00 pm – 2:00  
pm**

**Thursdays from  
10:30 am – 12:00  
pm**

## Parents as Teachers WinterFest!!

**Come join us for a fun evening to celebrate the holiday season! There will be games, arts and crafts, snacks, and storytelling!**

**Monday, 12/03/18**

**5:00 pm – 6:30 pm**

**KCKPS Central Office**

**2010 N. 59<sup>th</sup> Street, 1<sup>st</sup>  
floor**

**Kansas City, KS 66104**



Please let your Parent Educator know if you and your family are able to attend! Or you can call Christine at 913-627-4361.

# January 2019



SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8 Playgroup	9	10 Playgroup	11	12
13	14	15 Playgroup	16	17 Playgroup	18	19
20	21 Martin Luther King, Jr. Day – Offices closed	22 Playgroup	23	24 Playgroup	25	26
27	28	29 Playgroup <i>Family Game Night</i>	30	31 Playgroup		

**January  
Highlights:**

***1/29 – Family  
Game Night***

***5:30 pm-6:30  
pm***

**Playgroups:  
Tuesdays from  
1:00 pm – 2:00  
pm**

**Thursdays from  
10:30 am –  
12:00 pm**

## Family Game Night with Parents as Teachers!!!

Cure “cabin fever” with fun and creative ways to entertain your kiddos even when you are stuck indoors! Family play time using items you may already have around the house!



Please let your Parent Educator know if you can attend this super fun event! Or you can call Christine at 913-627-4361.

January 29<sup>th</sup> 5:30 pm – 6:30 pm

KCKPS Central Office, 3<sup>rd</sup> floor

Kansas City, KS 66104

# February 2019



SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5 Playgroup	6	7 Playgroup	8	9
10	11	12 Playgroup <i>STEAM Night</i>	13	14 Happy Valentine's Day! Playgroup	15	16
17	18 President's Day – Offices closed	19 Playgroup	20	21 Playgroup	22	23
24	25	26 Playgroup	27	28 Playgroup		

## February Highlights:

**2/12 - STEAM Night**

**5:30 pm – 7:00 pm**

**Playgroups:**  
Tuesdays from  
1:00 pm – 2:00 pm

Thursdays from  
10:30 am – 12:00 pm



# Come to STEAM Night with Parents as Teachers!

Tuesday, February 12<sup>th</sup>

5:30 pm – 7:00 pm

KCKPS Central Office

2010 N. 59<sup>th</sup> Street, 1<sup>st</sup> floor

Kansas City, KS 66104

**S:** Science

**T:** Technology

**E:** Engineering

**A:** Arts

**M:** Mathematics



Help support your child grow in their creativity and innovation. All children have a naturally curious mind and we can help bring out these types of concepts in everyday play. Come to learn about several STEAM demonstrations of how incorporating these concepts will build skills they can take through their future and bring home some ideas you can do at home.

# Themed Playgroups

Thursday PAT playgroups are themed playgroups and last an hour and a half. 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.

December's Theme  
is... "Hello –  
Goodbye"



January's Theme  
is... "Parachute  
Popcorn"



February's Theme  
is...  
"Boxes are Fun"



## Winter Car Seat Safety Tips

From the American Academy of Pediatrics (AAP)

Winter is a tricky time for car seats. As a general rule, bulky clothing, including winter coats & snowsuits, should NOT be worn underneath the harness of a car seat. In a car crash, fluffy padding immediately flattens out from the force. Leaving extra space under the harness. A child can then slip through the straps and be thrown from the seat.

- \* Store the carrier portion of infant seats inside the house when not in use.
- \* Get an early start. If you're planning to head out the door with your baby in tow on winter mornings, you need an early start.
- \* Dress your child in layers. Start with close-fitting layers on the bottom, like tights, leggings, and long sleeved bodysuits. Then add pants and a warmer top, like a sweater or thermal-knit shirt. As a general rule of thumb, infants should wear one more layer than adults. If you have a hat and coat on, your infant will probably need a hat, coat, and blanket.
- \* Don't forget hats, mittens, and socks or booties. These help keep kids warm without interfering with car seat straps.
- \* Tighten the straps of the car seat harness. If you can pinch the straps of the car seat harness, then it needs to be tightened to fit snugly against your child's chest.
- \* Use a coat or blanket over the straps. You can add a blanket over the top of the harness straps or put your child's winter coat on backwards (over the buckled harness straps) after he or she is buckled up. Keep in mind that the top layer should be removable so your baby doesn't get too hot after the car warms up.
- \* Use a car seat cover ONLY if it does not have a layer under the baby. Nothing should ever go underneath your child's body or between her body and the harness straps. Be sure to leave baby's face uncovered to avoid trapped air and re-breathing.
- \* Pack an emergency bag for your car. Keep extra blankets, dry clothing, hats, and gloves, and non-perishable snacks in your car in case of an on-road emergency.

*Note: The tips above are appropriate for all ages. In fact, wearing a puffy coat yourself with the seat belt is not a best practice because it adds space between your body and the seat belt.*

## LEAD POISONING – Understand this serious health risk

By the University of Pittsburgh Office of Child Development

Lead is a powerful poison. Exposure to lead is linked to problems ranging from irritability to brain damage and death, depending on the level of exposure.

Lead poisoning can affect anyone. But children are especially vulnerable. Their rapidly developing nervous systems are particularly sensitive to the effects of lead. About one out of every six children in the United States have levels of lead in their blood that are toxic.

Lead is found in paint, water, and soil. You should make sure that your home is free of lead-based paint and that the lead level in your drinking water is acceptably low. The risk of lead exposure is greater if you live in a home built before 1950.

To better protect your child and family it is important to understand the basics of lead exposure and what you can do to limit exposure.

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### **Lead testing for children is now available at the Wyandotte County Health Department!**

No appointment needed – the hours are 8:30 am – 4:00 pm Monday through Friday, except Thursday they are open 8:30 am – 11:30 am then open back up from 3:00 pm – 6:00 pm.

If you have any questions, please contact them at 913-573-6788

### **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!**



KCK Parents as Teachers

**Please remember to shovel your driveway and/or walkway to your door after it snows! We want to make sure our Parent Educators have a safe path to walk on when they come to visit you!**



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](http://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!

In the event that school is cancelled because of inclement weather, playgroup will also be cancelled that day.

## Christmas Chocolate Spoons



### Ingredients:

- \* chocolate chips for melting
- \* festive sprinkles
- \* crushed peppermints
- \* heavy duty plastic spoons

### Instructions:

1. Melt chocolate according to the package directions.
2. Then prop the spoons up so they are level, like with a beveled plate.
3. Drizzle a teaspoon of melted chocolate in the spoon. Gently shake the spoon back & forth until the chocolate smooths out.
4. Then use festive sprinkles and/or crushed peppermints to decorate. Refrigerate spoons until the chocolate has hardened.
5. Stir in a cup of coffee, a mug of hot chocolate, or a warm glass of milk.



Phone KanCare for more information and to request an application:

KanCare: 1-800-792-4884 [www.kancare.ks.gov](http://www.kancare.ks.gov)

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.

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