Prevent Child Deaths in Hot Cars

A child left in a hot car can die of heat stroke very quickly. But this tragedy can be prevented.

Facts about Child Heat Stroke in Cars

Here are some facts about hot cars and keeping kids safe:

- **Heat stroke** is the leading cause of non-crash, vehicle-related deaths in children under 15.
- Heat stroke can happen when the body is not able to cool itself quickly enough.
- A child's body heats up three to five times faster than an adult's does.
  - When left in a hot car, a child's major organs begin to shut down when his temperature reaches 104 degrees Fahrenheit (F).
  - A child can die when his temperature reaches 107 degrees F.
- Cars heat up quickly! In just 10 minutes, a car can heat up 20 degrees F.
- Cracking a window and/or air conditioning does little to keep it cool once the car is turned off.
- Heat stroke can happen when the outside temperature is as low as 57 degrees F.
- Because of climate change, we can expect more days to be hotter. Also, hotter days can happen throughout the year.

Taken from www.healthychildren.org

SAVE THE DATE(S)!

<table>
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<tr>
<th>June</th>
<th>July</th>
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<tr>
<td>4th – Tumble Time</td>
<td>23rd – Heathwood Spray Park</td>
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<td>25th - Eisenhower Rec Center Spray Park</td>
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June 2019

June Highlights:

6/4 – Tumble Time at Central Office

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

SUN | MON | TUES | WED | THUR | FRI | SAT
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1 | 2 | 3 | 4 **Tumble Time 10 - 12** | 5 | 6 **Playgroup** | 7 | 8 |
9 | 10 | **Playgroup** | 12 | 13 **Playgroup** | 14 | 15 |
16 **Happy Father’s Day** | 17 | 18 **Playgroup** | 19 | 20 **Playgroup** | 21 | 22 |
23 | 24 | 25 **Playgroup** | 26 | 27 **Playgroup** | 28 | 29 |
30 | | | | | | |

Crawl, Jump, Run and Climb!
It’s PAT Tumble Time!

Join us for a fun playgroup where your child can move and play!

**Tuesday, June 4th**
10:00am-12:00pm

Central Office 1st Floor
2010 N. 59th Street
Kansas City, KS 66104

Please RSVP by calling your Parent Educator or the Parents as Teachers Administrative Assistant at 913-627-4361.
July 2019

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July Highlights:

NO PLAY GROUPS THIS MONTH – WE WILL CLEAN THE PLAY ROOM!!!!

Fun in the Water Spray Parks!
7/23 Heathwood Park
10:00 am

7/25 Eisenhower Rec Center 10:00 am

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**Fun in the Water!**

Parents as Teachers is inviting you to put on your swim gear and have some fun with your little ones! We will be hosting two play dates in July that is just the ticket for hot summer days!

**July 23, 2019 10:00 AM**

At the spray park located at Heathwood Park
10th & Parallel Parkway, KCKS

**July 25, 2019, 10:00 AM**

At the spray park located at Eisenhower Rec Center
2901 N. 72nd Street, KCKS
# SUMMER FUN SCHEDULE

**Make Something Monday**
Create a Pinterest board to dedicate to Mondays! Let each child choose a project for themselves.

**Time to Read Tuesday**
It’s time for the weekly trip to your local library. Return old books and look for new books to read together.

**Water Fun Wednesday**
Head out to your favorite splash pad, Water Park, or go swimming. Don’t leave out backyard water fun too!

**Take a Trip Thursday**
Early morning hikes, children’s museums, parks, fishing, drive out of state, or visit a farm.

**Fabulous Friday FUN!**
Field trips, playdates, family picnic, head to the lakes, Your Families Favorite Activity!
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 explores 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.

The Kansas City Kansas School District has a new and improved website!!!

You can view the Parents as Teachers Newsletter online, just follow these steps:

Go to [www.kckps.org](http://www.kckps.org)

Click on PARENTS & STUDENTS

Then click on PARENTS AS TEACHERS

Scroll down to the bottom and select the Newsletter you would like to view.

This page also contains information about the Parents as Teachers Program!
RAINFOREST PUDDING POPS
(makes 10-12 popsicles)

Ingredients:
2 large boxes instant pudding mix (5.1 oz.)
Milk
Food coloring
Dixie cups (5 oz.)
Popsicle sticks

Directions:
* Prepare pudding according to the directions
* Let pudding stand until it has thickened a bit
* Divide into 5 parts & color each part with food coloring
* Layer each color of pudding into small Dixie cups
* Cover with foil, insert popsicle sticks
* Chill in refrigerator 2 hours, then place in freezer to completely freeze
* To eat, peel off Dixie cup paper & enjoy your pudding pop!

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.