



# Parents as Teachers®

## Affiliate

OUR VISION IS THAT ALL CHILDREN WILL LEARN, GROW AND DEVELOP TO REALIZE THEIR FULL POTENTIAL

## Looking Forward to Partnering with You in the 2016-2017 program year!

by Katie Epema, PAT Coordinator for Jefferson City Public Schools

We hope that each of you have been able to enjoy time with your children this summer! If you receive home visits, please expect a phone call, text, or email from your parent educator by August 20 to set up your first visit of the year together. If your parent educator has not been able to reach you to set a visit by the beginning of September, they will assume that you are no longer interested in participating in the program and will exit your family so that we can begin visiting with one of the many families on our waiting list. You may also let your parent educator know if you are willing to give your visit spot to someone else, and we can then move your family to our PAT Lite program so you can continue to access our other services.

If you have not attended a group connection event or visited our Drop in and Play Center we hope you will take advantage of these opportunities.

If you are not currently receiving home visits please remember that your child is also eligible for a developmental screening once per school year from age 3 months to 5 years (more on these services throughout the newsletter).

If you have friends with young children who reside in the Jefferson City Public Schools attendance boundaries, please let them know that they can take advantage of our screening services even if they are not enrolled in Parents as Teachers. This is a great opportunity to consult with a parent educator as well.

Thank you to each of you who provided feedback on our PAT program by filling out the Survey Monkey survey or a paper survey and returning it to our office. We use this information to help inform how we deliver our services, and use them (along with the forms you filled out if you attended a group connection last year) to choose topics/themes for this year's events. You picked some great ones!

If you would like to provide more input into our program, we are looking for a couple of parents to join our PAT Advisory Committee. If you would like to learn more about this opportunity or if you have any questions about our program, please do not hesitate to contact me at [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us) or (573)659-2350 starting August 15.

We look forward to seeing you soon!

## Jefferson City Public Schools Parents as Teachers

Southwest Early Childhood Center  
812 St. Mary's Boulevard  
Jefferson City, MO 65109  
(573)659-3026  
[www.jcschools.us/pat](http://www.jcschools.us/pat)

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### IN THIS ISSUE



### Child Screening Opportunities & Group Connection Events

Learn more about the services available to your family through the JCPS Parents as Teachers program and our partnership with other organizations in the community.

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### What's Going on With PAT?

You've asked and we listened...there are new ways to keep in touch with PAT. Check them out and decide which work best for your family.

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## MAKE SURE YOUR CHILD IS ON TRACK WITH A DEVELOPMENTAL SCREENING

Parents as Teachers offers FREE screening once per school year for all children in the school district ages 3 months to 5 years of age. Developmental screenings offer parents a quick and effective way to look at how their child is learning and growing in the areas of health, vision, hearing, communication, physical development, problem-solving, and social/emotional development.

There are many benefits to screening, including: You will see how your child is growing, you will learn what is expected next in your child's development, and delays in developmental or physical problems can be identified early. This could reduce a child's need for special help when he is in school.

Your child's development progresses in a pattern. Each new skill builds on earlier and less complicated skills. This pattern depends on your child's age, health, and how much practice he has had. If your child is weak in any area, we can give you suggestions to help build those skills. We can also give you names of places to go for further testing if the screening identifies any concerns.

For more information about screening



including the process and tools used, visit the Screening section of our website at <http://www.jcschools.us/Page/12717>

If your family does not receive home visits or you and your parent educator have agreed that screening at our center would be more appropriate for your child, we welcome you to sign your child up for a screening at one of our monthly events.

Screening sign up is available at <http://www.signupgenius.com/index.cfm?go=c.SignUpSearch&eid=0BCACDDDF9CCF963&cs=09B1BAAE8FB98B117B0664745BCF9BCD&sortby=startdate&view=1> OR visit [www.signupgenius.com](http://www.signupgenius.com), choose "Find a sign up" on the upper right and search by email using [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us). (Note that when you search this way, the sign ups do not show up in calendar order, so look closely at the date you are selecting). You do not need to create a SignUpGenius account to register.

If you do not have internet access or need assistance in registering, please contact Katie Epema at (573)659-2350 or [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us).

### KIDSIGHT VISION SCREENING

In addition to the functional vision and acuity screenings offered by our parent educators during home visits or at one of our screening events, we are pleased to partner with KidSight to offer screening for amblyopia ("lazy eye") and other concerns, available for children six months of age and older.

Using a Plusoptix photoscreening device, trained technicians quickly and noninvasively take a picture of each child's eyes and the device produces an immediate "pass" or "refer" result.

ALL families are encouraged to take advantage of this opportunity. No appointment is necessary for this screening. KidSight will conduct first-come, first-serve vision screenings from 4:30-6:30 p.m. at the Southwest Early Childhood Center (812 St. Mary's Blvd.) on the following dates:

September 29	November 29
January 24	March 30

More information about KidSight can be found at <https://www.saving-sight.org/KidSight>

## Come Visit the Drop in and Play Center

*To help keep the Drop in and Play center clean and safe for all families who wish to use it, please keep the following rules in mind:*

- Please sign in when you arrive and out when you leave, so we know who is here.
- Snacks should be consumed outside. With the exception of nursing or bottle feeding babies, **no food or drink** is allowed in the center.
- Place any toys that your child has put in his or her mouth in the marked tub so it can be sanitized.
- Allow time for cleaning up. Putting toys away in their designated spot is part of the play process. Shelves and tubs are labeled to help facilitate this.

The Drop in and Play center (DIP) is a fun place for parents, guardians, or grandparents who are enrolled in the Parents as Teachers program (including PAT Lite and the waiting list) to play with their children. It provides the opportunity to use toys and materials that children may not get to use at home in a different setting, and there is often the opportunity to interact with other children. Toys are washed and disinfected regularly to help stop the spread of germs.

The Drop in and Play center is located across the hall from the main office of the Southwest Early Childhood Center (on the side of the building that has the sign in the grass out front). For security purposes, building entrances have secured vestibules, which means you can enter the first set of doors and will then need to be let into the building.

A large bulletin board featuring local family-friendly events is located inside the Drop in and Play Center, and we will be enlarging our resource information center as well to include brochures and flyers.

The Drop in and Play center will be open from 9 a.m.-3 p.m. on days that school is in session, beginning August 18. The center will be closed the following days: September 5, October 7 & 28, November 23-25, December 22 at noon-January 2, January 16, February 20, March 3 & 20-24, and April 14. The last day the Drop in and Play center will be open for this school year will be May 12.

In addition to day hours, the Drop in and Play center will be open the following evenings from 4-7 p.m.: September 12 & 29, October 11, November 29, January 24, February 23, March 30, and April 24.



## WHAT IS A GROUP CONNECTION?

Group Connections offer opportunities for parents to learn about child development. Sometimes this means bringing in special speakers on different topics for parents to listen to. It may mean special family events such as health or resource fairs, or that we'd love to have you stop by the PAT booth at events out and about in the community. Most often, group connections are times for parents and children to enjoy playing together so that parents can learn by observing their own and other children.

During most hour-long group connection activities you can expect to gather in a large group for an opening book or activity, and information from the parent educators leading the event related to the topic. If you come late to the event, you may miss this important information. Most of the event will be spent in hands-on learning activities with your child. There will be several stations set up and you may choose to do all or some of the activities, based on your child's development and interest. Closing will generally be another book or large group activity.

Some events are "come and go" events during which you can come at any time and leave when you are ready. These are designated in the group connection description.

We ask families that attend to fill out a feedback form about the experience to help us plan future events, and you will go home with a book or other prize.

Once again we have chosen the topics/themes of this year's group connections based on your suggestions, and all events are suitable for infants-age 5.

Events will be held in the gym at the Southwest Early Childhood Center (812 St. Mary's Blvd, JCMO), unless otherwise noted. For evening or Saturday events, you will need to enter the front doors on the side of the building that has the sign in the grass out front.

More details about events will be available approximately a month in advance of the event from your parent educator and on the Group Connections section of our website at <http://www.jcschools.us/Page/12716>.

# Group Connection Events 2016-2017

## August

Saturday, August 20: **Pool Party!** 10-11:30 a.m. at Ellis Porter pool (320 Ellis Porter Drive). *Join us for a special swim time exclusively for families with children under 5 (older siblings may also attend). Admission will be just \$1 per person entering the pool.*

## September

Monday, September 19: **Conscious Discipline 101**, 6-7:30 p.m. *If you are new to Dr. Becky Bailey's Conscious Discipline® approach or would like a refresher, join us for a discussion on the brain development behind Brain Smart® strategies parents can use to respond, rather than react to life events in order to help develop self-discipline within their children.*

Saturday, September 24: **Roll and Read**, 10 a.m.-noon at Ellis Porter-Riverside Park. *Join PAT, the Central Missouri Ways to Enhance Children's Activity and Nutrition Coalition, Capital Region Medical Center's Healthy Schools Healthy Communities Initiative and Jefferson City Parks and Recreation as we kick off Storybook Trails with a special event including informational booths, activities, door prizes and more. Feel free to come dressed as your favorite storybook character or decorate your child's stroller or wagon with a storybook theme.*

## October

Monday, October 3: **Seven Skills of Conscious Discipline**, 6-7:30 p.m. *Join us for round table discussion and hands-on practice of the seven skills of Conscious Discipline®, so we as parents will be better equipped to be the parents we want to be.*

Tuesday, October 18: **A Measure of Science: STEAM Exploration**, 6-7 p.m. *Discover how STEAM (Science, Technology, Engineering, Art, and Math) learning begins in early childhood and enjoy hands on activities with your child.*

## November

Thursday, November 10: **From Athletics to Zumba: Let's Get Active!** 6-7 p.m. *Enjoy a variety of large muscle movement activities with your child.*

## January

Saturday, January 28: **Around the World: Messy Play with a Multicultural Twist**, 10-11 a.m. *Come dressed to get messy as you explore cultures from around the world through a variety of sensory activities.*

## February

Monday, February 6: **Conscious Discipline: Routines and Safe Space**, 6-7:30 p.m. *Learn how having a predictable routine can help make transitions such as getting ready to leave the*

*house in the morning or going to bed easier, and make your own visual schedules for your children. We will also discuss how having a "safe space" to go when upset can help children learn to regulate their emotions, and put together a kit containing some items that you may want to include in your space.*

## March

Friday, March 10: **Helen Haynes Presents Musikgarten**, 10-11 a.m. at Haynes Music Studio (1411 Southwest Boulevard). *Learn about how through singing, moving, listening, and playing simple natural instruments, children develop a foundation in pitch recognition, steady beat, rhythm patterns and more. Enjoy music and movement activities with your child.*

## April

Saturday, April 29: **Week of the Young Child Carnival**, 9:30-11 a.m., \*location to be announced. \*Join the United Way Early Childhood Advisory Committee to celebrate the Week of the Young Child with free games and activities. *This is a large come-and-go event.*

## CHECK OUT SOME OF THE UPCOMING EVENTS IN OUR COMMUNITY SUCH AS:

- **MIGHTY MACHINES**— AUGUST 20, 11 A.M.-2 P.M. (CAPITAL MALL)
- **JEFFERSON LANDING BACKYARD CONCERT SERIES**—AUGUST 20 & SEPTEMBER 17, 6:30-7:30 P.M. (LOHMAN BUILDING LAWN AT 100 JEFFERSON ST.)
- **CULTURAL CONCERTS**—AUGUST 26 & SEPTEMBER 9, 7:30-9:30 P.M. (CAPITOL ON THE SOUTH LAWN STEPS)
- **CAPITAL STREET ART FAIR & JAZZFEST**— SEPTEMBER 10, 1 P.M.-5 P.M. (DOWNTOWN JEFFERSON CITY)
- **EVENING AT THE AMPHITHEATRE**— SEPTEMBER 16 & OCTOBER 14, 6-10 P.M. (ELLIS PORTER-RIVERSIDE PARK)
- **OKTOBERFEST**— SEPTEMBER 24, 10 A.M.-6 P.M. (OLD MUNICHBERG—W. DUNKLIN ST. AREA IN JEFFERSON CITY)
- **MULTICULTURAL FALL FESTIVAL**— OCTOBER 1, 10 A.M.-3 P.M. (DOWNTOWN JEFFERSON CITY)
- **RIVER CITY FALL FESTIVAL**—OCTOBER 22, 10 A.M.-4 P.M. (BILL QUIGG COMMONS AT NORTH JEFFERSON RECREATION AREA)

FOR MORE FAMILY-FRIENDLY EVENTS, VISIT:  
[WWW.JEFFERSONCITY.MACARONIKID.COM](http://WWW.JEFFERSONCITY.MACARONIKID.COM),  
[WWW.VISITJEFFERSONCITY.COM](http://WWW.VISITJEFFERSONCITY.COM),  
[WWW.MRRL.ORG](http://WWW.MRRL.ORG),  
[HTTPS://MOSTATEPARKS.COM/PARK/MISSOURI-STATE-MUSEUM](https://MOSTATEPARKS.COM/PARK/MISSOURI-STATE-MUSEUM)  
[HTTP://STORES.BARNESANDNOBLE.COM/STORE/2161?VIEW=](http://STORES.BARNESANDNOBLE.COM/STORE/2161?VIEW=)  
[HTTP://MDC.MO.GOV/REGIONS/CENTRAL/RUNGE-NATURE-CENTER](http://MDC.MO.GOV/REGIONS/CENTRAL/RUNGE-NATURE-CENTER)

## Looking for a Way to Keep up with Everything Parents as Teachers?

Whether you see your parent educator once or twice a month or you don't have home visits, it can be difficult to keep up with everything that we have going on with PAT! In an effort to combat this, we are adding new ways to see what we have going on and making changes to our current options. Hopefully you will find a few that will work well for your family; please take advantage of as many of them as you would like.

Our parent educators will continue to provide our yearly events calendar, group connection flyers, and resource information at home visits, especially if you do not have Internet access.

### Email Newsletters

This year we will switch from a quarterly newsletter (like this one which has been emailed for the past year) to a shorter monthly emailed newsletter including information about upcoming events, pictures, and perhaps a short article or link to a video that may be of interest to you. Please make sure that your parent educator has your preferred email address, or email

[katie.epema@jcschools.us](mailto:katie.epema@jcschools.us) if you do not have a parent educator so you will receive them. Watch for them to come near the beginning of the month from [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us)--you may need to check your spam box and settings as this email goes to a large number of families at a time.

### JCPS PAT Website

Our website [www.jcschools.us/pat](http://www.jcschools.us/pat) already contains a wealth of information under the "Programs Services" section of the drop down menu (found by clicking on the "Parents as Teachers" heading). If you're looking for details on our events and screening sign up information, or just more about the services we provide, you can find it all here. Our goal this year is to add more to the "Community Resources" and "Everyday Activities" sections. Check throughout the year for information on topics such as helping your child get ready for kindergarten and activity ideas.

### Like us on Facebook

Several of you have asked if we have a Facebook page, and now we do at [facebook.com/JCPSPAT](https://facebook.com/JCPSPAT) (or search *Jefferson City Public Schools-Parents as Teachers*). We will be posting event information, pictures, and links to articles, videos, and other resources that you may find helpful here.

### Text Messages/More Frequent Emails

If you would like more communication from PAT than the monthly emailed newsletters, sign up to receive text messages and/or emails such as group connection reminders and weather cancellations. To sign up, visit [www.remind.com/join/jcpat](http://www.remind.com/join/jcpat) or follow these directions:

To sign up via text, text @jcpat to 81010. You can opt-out of messages at any time by replying 'unsubscribe @jcpat.' Trouble using 81010? Try texting @jcpat to (573)303-3799 instead.

To sign up via email, send an email to [jcpat@mail.remind.com](mailto:jcpat@mail.remind.com). To unsubscribe, reply with 'unsubscribe' in the subject line. If you would prefer to use the Remind App, it is available through the iTunes app store or Google Play store.

### Follow us on Twitter

We will tweet the occasional photo, meme, or information from @JCPS\_PAT.

### More Jefferson City Public Schools

For more information about what's going on in our school district, check out the *Jefferson City Public Schools* Facebook page at [facebook.com/jcschools](https://facebook.com/jcschools) or follow them on twitter @JCPSTWEETS. Jefferson City Public Schools also has boards on Pinterest at @jcschools and the Youtube channel JCPSVIDEOS.

## Parents as Teachers Vision:

All children will learn, grow and develop to realize their full potential

## Parents as Teachers Mission:

To provide the information, support and encouragement parents need to help their children develop optimally during the crucial early years of life.

## Parents as Teachers Core Values:

- The early years of a child's life are critical for optimal development and provide the foundation for success in school and in life.
- Parents are their children's first and most influential teachers.
- Established and emerging research should be the foundation of parent education and family support curricula, training, materials and services.
- All young children and their families deserve the same opportunities to succeed, regardless of any demographic, geographic or economic considerations.
- An understanding and appreciation of the history and traditions of diverse cultures is essential in serving families

As stated in the Parents as Teachers Foundational Curriculum

