



# Parents as Teachers®

## Affiliate

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

## Welcome to the 2015-2016 Parents as Teachers 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, whether it be playing outside at home or at the park on the cooler days we've had, enjoying the pool or water play on warm days, attending one or more of the many family-friendly events in town, or just snuggling on the couch with a good book or playing together. To your child, it doesn't matter as much *what* you do together as the fact that you are spending time together.

Your parent educator is looking forward to visiting with you and hearing all about the new milestones your child has accomplished. We will not be having an open house/registration night this year so please expect a phone call, text, or email from your parent educator soon 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.

We are pleased to announce that Sally Schnieders is returning and to welcome Laura Thomas to our team of parent educators, and wish Chris Moore and Whitney Beck well as they have moved on to other adventures this year.

We are excited about the many new opportunities we are able to offer to all families this year, including training sessions on Conscious Discipline® by a nationally certified instructor and a newly renovated Drop in and Play space (set to open August 24).

We also have new offerings for families who participate in our PAT Lite program or who are waiting to be assigned a parent educator for home visits. You will find that our calendar includes monthly screening events held at our center so more children ages 3 months-5 years can receive free health, hearing, vision, and developmental screenings. A parent educator will be available at these events for consultation and questions as well.

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.

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/domain/168](http://www.jcschools.us/domain/168)

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### Grant received from United Way

PAT and the JCPS Foundation have received a grant to provide Conscious Discipline® training to parents and providers in Jefferson City. Read more about this amazing opportunity and how to register.

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### Group Connection Events & Child Screening Opportunities

We have partnered with other agencies and organizations in the community to offer a wide variety of events and services that you won't want to miss.

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## “Parenting with Conscious Discipline®” Training for Families

This past spring, the Jefferson City Public Schools’ Parents as Teachers program collaborated with the JCPS Foundation to apply for a grant from the United Way of Central Missouri, and are pleased to announce that we were chosen as one of the recipients of funding. This grant will be used in part to support our Teens as Parents program through the purchase of educational materials related to pregnancy, child birth, and infant care. The balance of the funding will be used to bring Karen Hickman, a National Conscious Discipline® Certified Instructor, to Jefferson City to provide a series of free trainings for parents and providers. Karen travels nationally working with parents and educators, and is excited to partner with us as we all work together to provide the safest and healthiest environments for our children.

Karen is passionate about helping adults develop the skills necessary to transform themselves, their classrooms, and their families. Her workshops are based on Dr. Becky Bailey’s Conscious Discipline®, a social-emotional intelligence program

consisting of Brain Smart® strategies for responding, rather than reacting to life events.

Children develop their self-regulation skills from the adults in their lives. In this series we will learn about the seven skills of Conscious Discipline®, so we as parents will be better equipped to be the parents we want to be.

A session on “Building Connections & Establishing Routines” (most suitable for infant/toddler age) will be offered on September 21, 2015 and April 4, 2016 (the same content each time).

A six-part series most suitable for toddlers-school age includes the following sessions:

- Brain Research & Composure (October 12)
- Adult Assertiveness & Encouragement (November 9)
- Choices & Empathy (December 14)
- Child Assertiveness & Positive Intent (January 4)
- Consequences (February 22)
- Integrating All 7 Skills (March 21)

In order to benefit the most from the training, we ask that parents and providers attend all six sessions in the series if at all possible.

All sessions will run from 6-8 p.m. and will be held at the Southwest Early Childhood Center at 812 St. Mary’s Blvd. in Jefferson



City unless registration exceeds gym capacity.

Learn more about Conscious Discipline® at [www.consciousdiscipline.com](http://www.consciousdiscipline.com) For more information about the training please contact Katie Epema at [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us) or (573) 659-2350.

We are so excited to be able to offer this opportunity here in Jefferson City and hope that you join us to learn how to discipline without permissiveness, aggression, or guilt.

### HOW TO REGISTER FOR SESSIONS

Please register for all sessions that you plan to attend at [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). Select either infant/toddler or toddler-school age sessions (or both). You do not need to create a SignUpGenius account to register. If you do not have internet access, contact Katie Epema at the # above to register.

## Come Check Out the New 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 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 (we like to brag that we have the cleanest ball pit around!). This year we will be rotating toys through different centers on an approximately monthly basis, so there may be something new to check out each time you visit.

Families may enter either one of the main (front) entrances to the Southwest Early Childhood Center in order to access the Drop in and Play center, but it is closer to the side

of the building that has the sign in the grass out front. For security purposes, both entrances are now secured vestibules, which means you can enter the first set of doors and will then need to be let into the building. The Drop in and Play center has moved just across the hall from its previous location. The PAT Coordinator’s office is now located within Drop in and Play, and a sign will be posted listing times she is available if you wish to visit with her or have questions.

The Drop in and Play center will be open from 9 a.m.-3 p.m. on days that school is in session from August 24 to May 13, and one evening a month from 4-7 p.m. in conjunction with our screening events. Dates the center is closed as well as evenings it is open are listed on our PAT events calendar as well as on the Drop in and Play section of our website at <http://www.jcschools.us/Page/379>



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

Parents as Teachers offers FREE screening once per school year for children 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/go/zof0449aeaa2aa4fb6-child> 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). Select the child screening sign up. 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 and acuity vision 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 at the Southwest Early Childhood Center the following dates:

From 9:30-11:30 am:  
 -Tuesday Sept. 15 -Tuesday, March 8  
 From 4:30-6:30 pm:  
 -Monday, August 24 -Wednesday, Jan. 13  
 -Thursday October 22 -Monday, April 25

## Group Connection Events

Group Connections offer opportunities for parents and children to come so that parents can learn by observing their own and other children. During a group connection 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. 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. 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. With the exception of the "Reading Your Baby's Cues," all events are suitable for infants-age 5.

The majority of the events will be held at the Southwest Early Childhood Center (812 St. Mary's Blvd, JCMO), unless otherwise noted. More details about events will be available approximately a month in advance of the event on fliers and on the Group Connections section of our website at <http://www.jcschools.us/Page/12716>

#### September

Saturday, Sept. 12: "I Like to Move It!," 9:30 a.m. at Capital Ritz (2716 Plaza Dr., Jefferson City). *Come have fun being active and moving your body!*

Wednesday, Sept. 23: "PAT at the Park," 5:30 p.m. at Hibernia Station Park (Next to North Elementary school at 285 S. Summit Dr. in Holts Summit). *Come meet other families in your town, and/or check out a new-to-you, accessible playground.*

#### October

Saturday, Oct. 3: "PAT at the Playground," 9:30 a.m. at Pioneer Trail Elementary

School's playground (301 Pioneer Trail in Jefferson City). *Come join us for playground time and other activities.*

Saturday, Oct. 10: **Safety and Wellness Fair**, come and go 9:30-11:30 a.m. *Information and activities from a variety of local service providers related to health, safety, and wellness topics. Watch for a flier or check our website as it gets closer for details on classes and services offered.*

#### November

Wednesday, Nov. 4: "Storytime at the Library," 10:30 a.m. at Missouri River Regional Library (214 Adams St.) *Join other PAT families and parent educators for Family Story Time upstairs in the art gallery.*

#### January

Saturday, Jan. 23: "Messy Play Saturday," 10 a.m. *Come dressed to get messy as you explore a variety of sensory activities. Lots of hands-on fun!*

#### February

Wednesday, Feb. 24: "Reading Your Baby's Cues," 6 p.m. *An evening especially for families with children under 12 months of age.*

#### March

Saturday, March 19: "Alphabet Adventure," 9:30 a.m. *Engage in activities to promote pre- and early- reading and writing skills.*

#### April

Saturday, April 16: **Carnival** at Memorial Park from 9:30-11 a.m. *Celebrate the Week of the Young Child with free games and activities at the park.*

TO LOOK FOR OTHER LOCAL EVENTS, CHECK  
 WWW.JEFFERSONCITY.MACARONIKID.COM,  
 WWW.VISITJEFFERSONCITY.COM,  
 WWW.MRRL.ORG, AND  
 HTTP://MDC.MO.GOV/REGIONS/CENTRAL/RU  
 NGE-NATURE-CENTER

## Getting the Most out of Parents as Teachers

It's Monday morning and your Parents as Teachers parent educator is coming to visit. What's going through your mind? Maybe you're looking forward to sharing what your baby has recently started doing or a goal you achieved. Maybe you have a question or concern to address. Hopefully, you're not thinking about canceling the visit!

Things are going through your parent educator's mind, too. He or she is thinking about you and your child! Your parent educator has planned what to discuss based on your interests and your child's development. Of course, your parent educator will bring a parent-child activity that you can enjoy with your child, often using materials you already have in your home.

You and your parent educator are partners in making the most out of your time together. Here are some things you can do to get the most out of participating in Parents as Teachers.

**Observe your child.** You see your child every day; your parent educator visits for a short time. Be ready to share what's new with your parent educator.

### **Don't worry about housekeeping.**

Certainly, it's helpful to have a clean space where everyone can sit, but your parent educator won't mind if there are dishes in the sink. Relax and enjoy your personal visit.

**Minimize distractions.** If your pet longs for attention, take him out of the room until your visit is over. A television or radio playing in the background may make it hard for everyone to concentrate. Save chores such as laundry or dishes for after your parent educator leaves. Put your phone on mute or turn it off. You will get the most out of your time together if you give your full attention to your child and your parent educator.

**Let your parent educator know your thoughts and feelings.** Fully participate in the partnership. Don't be embarrassed to ask any question you might have. Share your goals for your child and the progress you're working toward achieving them. Feel free to share fears or things that worry you. Your parent educator will keep your comments confidential.

**Follow up on recommendations.** Your parent educator will suggest activities you can do with your child between personal visits. Have fun doing these with your child and observe his development. If you and your parent educator form a plan for

and make the necessary contacts. **Attend group connections.** Group connections can provide new information from experts, allow you to meet other families, and give you fun activities to do with your child. You get the most out of your Parents as Teachers program when you participate in all the components – personal visits, group connections, screening, and using community resources.

Thank you for being in Parents as Teachers. Our vision is that all children will learn, grow, and develop to realize their full potential. You are the most important person to make that vision come true for your child.

\*(Article reprinted from a Parent Page from Parents as Teachers, co. 10/14) Parents as Teachers is *the* trusted resource providing a proven home visiting model for the most respected organizations and professionals who meet the evolving needs of families. Our work with the professional community helps young children grow up healthy, safe and ready to learn. Our internationally recognized network of organizations and professionals supports hundreds of thousands of families in all 50 states as well as many other countries through a proven parent education model featuring in-home visits with parents and children. Parents as Teachers affiliates equip parents with knowledge and resources to prepare their children for a stronger start in life and greater success in school. For more information, visit [www.ParentsAsTeachers.org](http://www.ParentsAsTeachers.org).

Parents as Teachers | 2228 Ball Drive, St. Louis, MO 63146 | 314.432.4330 | ParentsAsTeachers.

## 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