



Parents as Teachers®

Affiliate

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

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

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IN THIS ISSUE

We have a great year planned for the 2017-2018 PAT program year!

by Katie Epema, PAT Coordinator for Jefferson City Public Schools

This summer has been a busy one for your JCPS PAT program. Even though we follow the school year calendar and break for the summer, you many have seen parent educators at events around the community. Several also took advantage of training opportunities to help them best serve you and your family, including a week-long Conscious Discipline® institute. We can't wait to bring you more Conscious Discipline® information during home visits and we have also scheduled five parent nights this school year based upon Dr. Becky Bailey's approach. If there is sufficient interest, we will offer a book study on her book *Easy to Love, Difficult to Discipline*.

We've also been busy with preparing for starting the school year with an expanded preschool program at the Southwest Early Childhood Center. This year we will only be serving students who were four by July 31st. If your child fits this criteria and you are interested in having him/her screened to be placed on the waiting list for preschool, please talk with your parent educator or contact me at 659-2350. We will continue to serve children based on academic need, but families are no longer required to qualify for free or reduced lunch to enroll their child into our free preschool program.

Because of this expansion, we are excited to announce that we will be adding another parent educator to our team soon!

If you have been receiving home visits, your parent educator is looking forward to catching up with you. Please expect a phone call, text, or email from your parent educator soon to set up your first visit of the year together. If you are not sure that she has your correct phone number, please call the Southwest Early Childhood Center office at (573)659-3026 so we can get a hold of you. If your parent educator has not been able to reach you to set a visit by the beginning of September, we 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. Both families enrolled in PAT Lite and those waiting to be assigned a parent educator for home visits are eligible to attend group connections, sign their child up for a screening appointment, and use the Drop in and Play Center and we encourage you to do so. We hope to see you soon!



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 Parents as Teachers?

There are lots of 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, whether or not they are enrolled in Parents as Teachers. For families who receive home visits, screening will be completed in your home by your parent educator. 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/20fo449aeaa2aa4fb6-child13> OR visit www.signupgenius.com, choose "Find a sign up" on the upper right and search by email using katie.epema@jcschools.us. (Note that when you search this way, the sign ups may not show up in calendar order, so note 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.

Developmental screenings offer parents a quick and effective way to look at how your 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 s/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 evaluation 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>



KIDSIGHT VISION SCREENING

In addition to the functional vision and acuity screenings offered by our parent educators during visits and at 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 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. More information about KidSight can be found at <https://kid-sight.org/>

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 on Monday, October 30 and Thursday, February 22.

Have Fun with Your Child in our Drop in and Play Center



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.

The Drop in and Play center is open from 9 a.m.-3 p.m. on days that school is in session from August 21, 2017 to May 11, 2018. It will also be open the following evenings from 4-7 p.m.: September 13, October 30, November 28,

January 8, February 22, March 22, and April 3. Dates the center is closed 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>

For security purposes the building has a secured vestibule, which means you can enter the first set of doors and will then need to ring the doorbell and ask to be let into the building. Please use the entrance that has the marquee set sign in the grass and steps leading up to the front of the building.

As parking is along the sides and back of the building, please note that you may have a difficult time leaving in the late afternoon if you are not parked in the spots closest to the front of the building. Preschool parents often begin lining up early for pick up, starting behind the blue dumpster and wrapping around the playground.

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 tubs so they 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.



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 marquee sign in the grass out front.

More details about events will be available approximately a month in advance of the event on flyers and on the Group Connections section of our website at

<http://www.jcschools.us/Page/12716>.

Group Connection Events 2016-2017

August

Friday, August 18: Picnic & Play. Join us at Riverside Park from 9:30-11 a.m. for a time to meet new friends and play together at the park. Feel free to bring a picnic along to share with your child afterward.

September

Thursday, September 7: Connection Before Correction, 6-7:00 p.m. *Come learn new ways to connect with your children using "I Love You Rituals" and encourage learning through Brain Smart Starts, based on Dr. Becky Bailey's Conscious Discipline® approach.*

Tuesday, September 26: Baby 101, 6-7 p.m. *This evening is geared especially for expectant parents and parents of children 12 months and younger. Practice infant massage and more.*

October

Thursday, October 5: Put on Your Own Oxygen Mask First, 6-7:30 p.m. *Learn how Conscious Discipline® starts with YOU, the parent as we provide a brief overview of the powers of Conscious Discipline® with a focus on the skill of composure that helps us become better equipped to be the parents we want to be.*

Saturday, October 14: Stop, Drop, and Roll at the Holts Summit Fire Station, 9-10 a.m. Registration required in advance due to limited space; watch the September email newsletter and event flyer for information on how to register.

November

Thursday, November 2: That's the Expectation and I'm Sticking to It, 6-7:30 p.m. *Learn about setting appropriate limits for your child's behavior based on their age and stage of development, using Dr. Becky Bailey's Conscious Discipline® approach.*

Wednesday, November 8: Fun Family Fitness, 6-7 p.m. *Come dressed to move as we work with our big muscles in active play!*

January

Thursday, January 4: Avoiding Power Struggles & Responding to Temper Tantrums, 6-7:30 p.m. *Fussing and fits are a normal part of child development. Join us as we learn how to best respond to them based on Dr. Becky Bailey's Conscious Discipline® approach.*

Saturday, January 20: Winter Wonderland, 10-11 a.m. *We're going to have snow much fun exploring a variety of sensory activities, so come dressed to get messy!*

February

Thursday, February 1: Guiding Your Child's Behavior Without Rewards and Punishments,

6-7:30 p.m. *Wondering how to get your child to do what you are expecting of them, without resorting to bribing or punishing? Come learn tips on how to help motivate your child based on Dr. Becky Bailey's Conscious Discipline® approach.*

Wednesday, February 7: Eating the Rainbow at Hy-Vee, 6-7 p.m. *Learn about the importance of healthy eating, and how to involve your child in cooking from Lindsey Koelling, registered dietician. Registration required in advance; watch the January emailed newsletter and event flyer for information on how to register.*

March

Tuesday, March 6: S'More Fun with Literacy, 6-7 p.m. *Our variety of hands-on early and pre-reading and writing activities are sure to be a recipe for a good time!*

April

Saturday, April 21: 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.*

FOR MORE FAMILY-FRIENDLY EVENTS, VISIT:

MACARONI KID OF JEFFERSON CITY
WWW.JEFFERSONCITY.MACARONIKID.COM
(VIEW THE ONLINE CALENDAR AND/OR SIGN UP FOR WEEKLY EMAILED NEWSLETTERS)

MISSOURI RIVER REGIONAL LIBRARY
WWW.MRRL.ORG
(VIEW EVENTS ONLINE AND/OR SIGN UP FOR THEIR EMAILS ABOUT CHILDREN'S EVENTS)
OFFERS STORYTIMES FOR INFANTS, TODDLERS, AND PRESCHOOLERS, FAMILY MOVIE NIGHTS, AND OTHER SPECIAL FAMILY EVENTS

RUNGE NATURE CENTER
[HTTP://MDC.MO.GOV/REGIONS/CENTRAL/RUNGE-NATURE-CENTER](http://MDC.MO.GOV/REGIONS/CENTRAL/RUNGE-NATURE-CENTER)
(VIEW EVENTS ONLINE AND/OR SIGN UP FOR THE HABITAT HAPPENINGS NEWSLETTER)
OFFERS CHILDREN'S PROGRAMS FOR INFANTS, TODDLERS AND PRESCHOOLERS AS WELL AS OTHER FAMILY FRIENDLY EVENTS

MISSOURI STATE MUSEUM
[HTTP://MOSTATEPARKS.COM/EVENTS/PARK](http://MOSTATEPARKS.COM/EVENTS/PARK)
OFFERS STORYTIMES FOR CHILDREN AT VARIOUS TIMES THROUGHOUT THE YEAR AND OTHER SPECIAL EVENTS

WWW.VISITJEFFERSONCITY.COM

Keep up with what Parents as Teachers has going on—find us on social media.

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! Thankfully there are lots of ways to keep in touch. 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

Newsletters are emailed near the beginning of each month during the school year. If you haven't been receiving them, please check your spam box and make sure to add katie.epema@jcschools.us to your list of people to accept emails from. If you still do not see one, please email katie.epema@jcschools.us from the account that you would like us to send the

newsletter to. It is possible that we may not have your email address or we might not have read it correctly from your enrollment form.

Newsletters include information about upcoming events, pictures, and often a short article and/or video that may be of interest to you.

JCPS PAT Website

Our website www.jcschools.us/pat already contains a wealth of information under the "Program 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. We also have information on community resources, everyday activities, and ideas on helping your child get ready for kindergarten.

Like us on Facebook

Our Facebook page (facebook.com/JCPSPAT or search *Jefferson City Public Schools-Parents as Teachers*) includes event information and pictures, as well as links to articles, videos, and other resources that you may find helpful.

Text Messages/Emails through Remind

This system will primarily be used if we need to cancel an event due to weather.

To sign up, visit

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. 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 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