



# Parents as Teachers®

## *Affiliate*

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

## Welcome to the 2018-2019 PAT program year—it's going to be great!

by Katie Epema, PAT Coordinator for Jefferson City Public Schools

We hope that you have enjoyed time with your family this summer and we can't wait to hear all about it! Please expect a phone call, text, or email from your parent educator soon to set up your first visit of the year. 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 contact 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.

We have had some changes to our Parents as Teachers PAT staff family. Due to these changes, it is possible that you will have a different parent educator this year than you did last year. We are also excited to welcome new parent educators Kellie Littrell and Veronica Nilges!

Our program has been selected to undergo the Quality Endorsement and Improvement Process through the Parents as Teachers National Center in the near future to assure that we are providing the highest quality of services. To help ensure that we are able to meet these the essential requirements, it is imperative that families are receiving the

number of visits per school year that they have agreed to when signing the annual Participation Agreement. Depending on your family's characteristics, this means a minimum of monthly or twice-monthly visits throughout the school year. If you feel that your family is unable to commit to scheduling and keeping visits that frequently, please speak with your parent educator about moving to our PAT Lite program.

We will also be enforcing more strictly our policy regarding visit cancellations and no-shows. While we appreciate you cancelling if someone in the household is ill, cancelling at short notice for other reasons or not being home for scheduled visits three or more times in one school year may result in your family being removed from the home visit component of our program. If you have special circumstances, please speak with your parent educator about how we can best support you.

We hope to see you all soon at a group connection event or visiting our Drop in and Play Center; they are great opportunities to engage with your child and connect with other parents. Details on all these services can be found throughout the newsletter. As always, we wish you well!

## 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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## DISCOVER YOUR CHILD'S STRENGTHS AND EMERGING SKILLS WITH A DEVELOPMENTAL SCREENING

Parents as Teachers offers FREE screening once per school year for any child in the school district three months to five years of age (not yet in kindergarten), 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 an appointment with our screener.

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 any potential developmental or health concerns can be identified early. This could reduce a child's need for special help when s/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. We will offer suggestions on how to encourage emerging skill and can connect you with resources for further evaluation if the screening identifies any potential concerns.

For more information about screening including the process and tools used or to set up a screening appointment, visit the Screening section of our website at <http://www.jcschools.us/Page/12717> or contact the PAT Coordinator at [katie.epema@jcschools.us](mailto:katie.epema@jcschools.us) or (573)659-2350.



### 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 November 19, 2018 & April 4, 2019.



## Make Connections 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 to play with their children. This includes families participating in PAT Lite and those on the waiting list for a parent educator. DIP provides the opportunity to use toys and materials that children may not get to use at 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 20, 2018 to May 9, 2019. It will also be open from 4-7 p.m. on November 19 & April 4. 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>

When coming to visit the Drop in and Play Center, use the entrance that has the marquee

sign set in the grass and steps leading up to the building. Southwest has a secure 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 note that you may have a difficult time leaving in the late afternoon if you are not parked in one of the spots closest to the front door as preschool parents often begin lining up early for pick up along the playground.

Throughout the Drop in and Play Center, you will find posters of I Love You Rituals (playful interactions created by Dr. Becky Bailey that you can do with your children that include eye contact, touch, and being present in the moment). Each poster has the words to one I Love You Ritual, a list of suggested actions to go along with it (feel free to make up your own!), and a QR code that will take you to a video to see it demonstrated. Research shows that as little as 5 minutes of focused play with your child each day reduces power struggles by 50%. To help facilitate your "presence" with your child, we encourage you to put down your phone while playing

unless you are taking a quick photo to capture a fun moment.

DIP also includes a bulletin board with information about upcoming family-friendly events and a resource center with brochures and flyers from local agencies and businesses that you may find helpful.

*To help keep the Drop in and Play Center clean and safe for all families who wish to use it, please remember to:*

- Wait until another day to visit if you or your child has been ill in the last 24 hours (fever, vomiting, diarrhea, etc.).
- Sign in when you arrive and out when you leave, so we know who is here.
- Consume snacks outside. With the exception of nursing or bottle feeding babies, no food or drink is allowed.
- 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 are times for parents to learn about child development, either from special speakers or by playing together so that parents can learn by observing their own and other children. All events are suitable for families with children up to age 5.

During a parent-child activity event, 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.

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.

More information 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>.

### PARENT-CHILD ACTIVITIES:

#### August

**Thursday, August 30: Movie Night at the Library** at 6 p.m. Join us at Missouri River Regional Library to learn about emotional development through a special showing of "Inside Out."

#### September

**Thursday, September 27: Adventure at the Nature Center**, 6-7 p.m. Come explore the great outdoors at the Runge Nature Center (or indoor exhibits depending on weather).

#### January

**Saturday, January 26: Sensory Summer Fun: Beach Party**, 10-11 a.m. Come dressed to get messy while exploring a variety of sensory activities. Held at the Southwest Early Childhood Center (812 St. Mary's Blvd). Enter the front doors on the side of the building that has the marquee sign in the grass out front.

#### March

**Saturday, March 2: Dr. Seuss Birthday Bash**, 9:30-11 a.m. (location TBD). Join the United Way Early Childhood Initiative's Advisory Board for a variety of hands-on literacy fun.

## Group Connection Events 2018-2019

### CONSCIOUS DISCIPLINE® PARENT SERIES:

Children develop their self-regulation skills from the adults in their lives. In this series, we will learn about Dr. Becky Bailey's Seven Powers and Seven Skills of Conscious Discipline® so that we as parents will be better equipped to be the parents we want to be. While you are welcome to join us at any session you are able, the information presented will make the most sense if you are able to attend the whole series as it will build upon information previously presented.

The Conscious Discipline® parent night series will be held at the Hawthorn Bank Community Room at 3600 Amazonas Drive on the 2nd Tuesday of the month from September-April. Information for parents will be presented from 6-7:30, with additional information for childcare providers from 7:30-8. **These events are for adults only and advance registration is required.** Limited childcare will be available. Watch your monthly email newsletter and event flyers for registration details.

**Tuesday, September 11: Conscious Discipline® Parent Night Series #1: Conscious Discipline® 101.** 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 that parents can use to respond, rather than react, to life events in order to help develop self-discipline within their children.

**Tuesday, October 9: Conscious Discipline® Parent Night Series #2: Composure.** This month's focus will be on calming ourselves and taking responsibility for our own upset and how to teach children to take responsibility for theirs.

**Tuesday, November 13: Conscious Discipline® Parent Night Series #3: Assertiveness.** Learn how to focus on what you want children TO do by setting and clearly communicating healthy limits to encourage compliance.

**Tuesday, December 11: Conscious Discipline® Parent Night Series #4: Encouragement.** Discuss how to help children develop social skills such as being kind and helpful to others.

**Tuesday, January 8: Conscious Discipline® Parent Night Series #5: Choices.** Learn about building self-esteem and strengthening skills such as impulse control and persistence.

**Tuesday, February 12: Conscious Discipline® Parent Night Series #6: Empathy.** Practice acknowledging the feelings behind the fussing and the fits that can occur in early childhood.

**Tuesday, March 12: Conscious Discipline® Parent Night Series #7: Positive Intent.** Learn how to turn resistance into cooperation by seeing the best in others.

**Tuesday, April 9: Conscious Discipline® Parent Night Series #8: Consequences.** Discover how to see misbehavior as the opportunity to teach your child new skills and discuss how to integrate all seven powers and all seven skills together.

### MORE JUST FOR PARENTS:

**Wednesday, November 7: Cooking Matters At the Store**, 6-7:30 p.m. This virtual grocery store "tour" presented by MU Extension staff will show participants how to stretch food dollars by using strategies to get the best price and to identify foods that provide the most nutrition for lowest cost. This event is for adults only and advance registration is required. Limited childcare will be available. Registration details will be shared in the email newsletter, on Facebook, and in event flyers in October. Held at the Southwest Early Childhood Center (812 St. Mary's Blvd). Enter the front doors on the side of the building that has the marquee sign in the grass out front.

**Monday, April 29: Read from the Start**, 6-8 p.m. During this program presented by the Missouri Humanities Council, participants read/discuss children's books and explore fun activities to enhance story time and nurture early literacy skills in their children. Participants get to bring home 5 books. This event is for adults only and advanced registration is required. Limited childcare will be available. Registration details will be shared in the email newsletter, on Facebook, and in event flyers in March. Held at the Southwest Early Childhood Center (812 St. Mary's Blvd). Enter the front doors on the side of the building that has the marquee sign in the grass out front.

*For more family-friendly activities in our community, check out the Macaroni Kid newsletter and events calendar at [www.jeffersoncity.macaronikid.com](http://www.jeffersoncity.macaronikid.com) as well as our Facebook page for events that are shared. Between the Missouri River Regional Library, Runge Nature Center, Capital Mall, JC Parks, the Missouri State Museum, and more, Jefferson City has a lot going on for families!*



## 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](mailto: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](mailto: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](http://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](https://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](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