

October 2023 News to Know

JC Schools Parents as Teachers Missouri Curriculum Partner



BATH, BRUSH, BOOKS, BED

Bedtime routines are scientifically proven to help children.

Not only does it lead to healthier sleep, it also reduces stress and makes for a happier, more engaged child. Develop a routine that you do every night and be sure to include bedtime stories, even for the tiniest ones.

Cuddle up with these book recommendations:

- The Going to Bed Book** by Sandra Boynton
- Llama Llama Red Pajama** by Anna Dewdney
- The Goodnight Train** by June Sobel

Learn more at [ReadAloud.org](https://www.readaloud.org)

Read Aloud
15 MINUTES

October is Safe Sleep and SIDS Awareness Month

The [Consumer Product Safety Commission \(CPSC\)](https://www.cpsc.gov/) urges parents and caregivers to put their babies to sleep only in products that are safe for sleep—such as bassinets, cribs, and play yards. Babies who fall asleep in other locations should be moved to a crib, bassinet or play yard. CPSC also urges caregivers to reduce suffocation hazards such as soft bedding. This includes removing blankets, pillows, and stuffed toys from a baby's sleep space.

If you have, care for, or are expecting a baby, keep these dos and don'ts in mind:

Do:

- Do use products intended for sleep including cribs, bassinets, play yard and bedside sleepers that meet federal requirements
- Do remember that Bare is Best—nothing but a fitted sheet in a crib, bassinet or play yard
- Do always place baby on their back
- Do move your baby to their crib, bassinet or play yard if they fall asleep elsewhere
- Do [check the CPSC website for recalls](#) and [sign up to receive recall notifications](#)

Don't

- Don't add pillows or blankets to your baby's sleep space
- Don't allow your baby to sleep in an inclined product with an angle greater than 10° such as a [rocker](#), bouncer, swing, or glider

Read more about [why to avoid inclined sleepers](#) from the American Academy of Pediatrics and learn more about [creating a safe sleep environment](#) from the National Institute of Child Health and Human Development.

Time For Bed - University of Missouri Thrive In Five



Cole County Parents: Your Help is Needed

Please help the Region 16 Early Childhood Community Leader group develop a comprehensive plan for enhancing early care and education in Cole County by completing a brief survey. Click the button below to participate. As a thank you, those who complete the survey will be entered into a raffle to win a \$25 Walmart gift card.

[Early Care and Education Survey](#)

The background of the central section is a photograph of a meal from Pancheros Mexican Grill. It features a large bowl of salad with corn, beans, and meat, a plate of burritos, and a bowl of salsa. A smartphone in the foreground displays the Pancheros app interface. The text is overlaid on this image.

***Support Southwest Early
Childhood Center
Tuesday, October 10th
5p.m. to 9 p.m.***

**15% of all proceeds will benefit
family/community activities
for the 23-24 School Year**

**DINE IN OR
CARRY OUT**



JEFFERSON CITY LOCATION ONLY

October Parents as Teachers and Community Events:

Please check with the hosts for details or cancellation information. Inclusion of events on this listing does not imply endorsement of said events. If you know of an event that is not on our list, please [let us know](#) and we'll share it on our Facebook page.

On your schedule: Enjoy music and movement (new video alternate Thursdays) from the Daniel Boone Regional Library (Holts Summit Public Library).

Tuesdays at 10: Family Storytime at the [Holts Summit Public Library](#). Rhymes, stories, and fun for families with children 5 and younger.

Tuesdays at 10:30: Preschool Story Time at [Missouri River Regional Library](#). Stories and music for preschoolers, ages 3-5. No reservations needed.

Wednesdays at 10:30: Family Storytime at Missouri River Regional Library. Stories, music, crafts and activities for families.

First and third Fridays at 9:30, 10:15 or 11 a.m.: Rhyme Time at Missouri River Regional Library. A special time for babies and their caregivers featuring music, movement and socialization. For children 2 and under and their caregivers. No reservations needed.

Reading Rally with Mrs. Ratliff at Mommy & Me-Before, During, and After (3526 Amazonas, JC). Event is for ages 0-3 and includes stories, a craft, and free play time in Pop In and Play. Watch their [Facebook page](#) for events with more details.

Open Play at Tiny Tumblers for children 1-6 years old, (1716 Four Seasons Drive, JC). Monday, Wednesday, and Friday from 9:00-10:30 a.m. and Sunday 6-7:30 p.m. \$5 per child per visit or \$40 for 10 visit voucher (valid MWF). \$10 per child per visit on Sundays.

Pop In and Play at Mommy & Me-Before, During, and After: The Pop In And Play area is open anytime the store is open (Monday - Saturday from 8:30 am until 2:30) at 3526 Amazonas Drive. There is a \$5 entry fee for each child 6 months and older at each visit. Coffee and snacks are available for purchase.

Often additional events come available after our newsletter is created, and we share these on our Facebook page as we learn about them. [Follow our page](#) for timely information about upcoming community events.

All month: [Agents of Discovery Mission: Sensory Hike](#) at Runge Nature Center. [Agents of Discovery](#) is a mobile app game that takes your visit to another dimension! Become an Agent and play along with our very own Field Agent Oscar using your senses to discover and engage with nature. Great fun for the whole family! The mission at Runge Nature Center is designed for you to have sensory experiences as you walk the beautiful Raccoon Run trail. To get started, download the free Agents of Discovery app through the App Store for Apple products or Google Play for Android devices..

Sunday, October 1: [Porchfest JCMO](#), 1-4 p.m. on Forest Hill Avenue, West Main Street, and the corner of West Main and Boonville. A free, family-friendly citywide event where the community can share their love of playing and listening to music by holding porch concerts in different neighborhoods. Visual artists and other art mediums will be lined down the middle of Forest Hill Avenue. Bring your lawn chair, sunscreen, and tip money for your favorite artists!

Wednesday, October 4: [Little Acorns PLUS: Bugling Bulls](#) at Runge Conservation Nature Center, 10-11 a.m. Missouri's elk population is growing! Join us to learn more about this sensational cervid. We will bugle like bull elks, have fun with elk activities, and even take our own elk hunt! [Registration required](#). At least one child in the 0-2 age range AND at least one child in the 3-6 age range.

Thursday, October 5: Capital City High School Homecoming Parade, 6 p.m. at the Capital City High School (1650 Cavalier Drive, JC). If you and your child would like to ride on the Southwest Early Childhood Center float, [please let us know](#) so we can give you details about when and where to meet. If you attend the parade, watch for us on The Magic School Bus!

Friday, October 6: [Little Acorns: Bugling Bulls](#) at Runge Conservation Nature Center, 10-11 a.m. Missouri's elk population is growing! Join us to learn more about this sensational cervid! We will bugle like bull elks, have fun with elk activities, and even take our own elk hunt! [Registration required](#). Ages 3-6.

Tuesday, October 10: [Babes in the Woods: Animal Wrappers](#) at Runge Conservation Nature Center, 10-11 a.m. Missouri's elk population is growing! Join us to learn more about this sensational cervid! We will bugle like bull elks, have fun with elk activities, and even take our own elk hunt! [Registration required](#). Ages 0-2.

Wednesday, October 11: [KidSight Vision Screening](#) at Missouri River Regional Library, 10-11 a.m. Representatives from KidSight will be present to offer quick, free vision screening for children six and under.

Wednesday, October 11: [Evening Family Storytime](#) at Missouri River Regional Library, 6-6:30 p.m. Stories and songs for families. No reservations needed.

Thursday, October 12: [Little Acorns: Bugling Bulls](#) at Runge Conservation Nature Center, 10-11 a.m. Missouri's elk population is growing! Join us to learn more about this sensational cervid! We will bugle like bull elks, have fun with elk activities, and even take our own elk hunt! [Registration required](#). Ages 3-6.

Friday, October 13: [Sensory Play Day](#) at Missouri River Regional Library, 10:15-11 a.m. Drop in and enjoy an open learning and play time featuring a variety of sensory and activity stations for ages 3 and under.

Monday, October 16: [Family Book Bingo](#) at Missouri River Regional Library, 6-7 p.m. All ages. No reservations needed. An hour of Bingo fun for the family. Winning cards earn book prizes for ages 12 and under.

Tuesday, October 17: [Conscious Discipline Parent Meetings](#) at the Southwest Early Childhood Center (812 St. Mary's Blvd., JC), 8 a.m. and 5:30 p.m. (the same information will be shared at each time, so pick the one that works best with your schedule). If you have a student in the JC Schools Preschool Program, Early Childhood Special Education, JC STEP 2 or Parents as Teachers, you're invited to come meet other parents and learn about the Conscious Discipline approach used at Southwest and how you can apply it at home too. If possible please leave children at home (we understand if you can't, but they MUST stay with you quietly at all times so that all participants are able to learn). Enter at the main front entrance for the morning meeting (on the left side if you are facing the building from the street). Use the back entrance near the gym for the evening meeting (enter through the playground on the side of the building that has the flagpole out front).

Wednesday, October 18: [Baby & Toddler Time](#) at the Holts Summit Public Library, 10-10:45 a.m. Bond with your little one through books, songs and play. Ages birth-36 months.

Friday, October 20: [Holts Summit Police Department Trunk or Treat](#), 6-8 p.m. in the HSPD parking lot (245 S. Summit Drive, Holts Summit).

Sunday, October 22: [Trunk or Treat](#) at the Southwest Early Childhood Center (812 St. Mary's Blvd, JC), 2-5 p.m. Pumpkin decorating, candy, games and more.

Tuesday, October 24: [Boop a Baby Animal](#) at Holts Summit Public Library, 6-7 p.m. Come hang out with some friendly farm babies from Gigi's House, and swing inside the library for farm-themed crafts and activities, too. Families, all ages.

Friday, October 27: [Discover Nature: Animal Feeding at Runge Nature Center](#), 2-2:30 p.m. The animals are hungry! Watch as the Runge naturalist feeds the snakes, aquarium fish, and snapping turtles. No registration required. All ages.

Friday, October 27: [Family Movie Night: Hotel Transylvania: Transformania](#) at Missouri River Regional Library, 6-8 p.m. No reservations needed. Family Event. Blankets and pillows welcome! Light snacks will be provided. NOTE: This is an after-hours event- the library doors will be closed at 6:15 pm.

Saturday, October 28: [Lobby Activity: Not So Spooky Creatures](#) at Runge Nature Center, 10 a.m.-2 p.m. Some animals may seem spooky at first, but once you get to know them you may find they are not so scary after all! Come meet some of our not-so-spooky critters at Runge and discover why they are important to have around! Staff and volunteers will have ongoing activities and crafts available for all ages. No registration required. All ages

Saturday, October 28: [High Street Trick or Treat](#), downtown Jefferson City from 11 a.m.-2 p.m. Gather the family and head downtown to High Street Trick-or-Treat. Snag goodies from participating local businesses in the downtown area.

Saturday, October 28: [Parson Family Fall Festival](#) at the on the lawn of the Missouri Governor's Mansion from 1 - 3 p.m. This outdoor event will feature trick-or-treating, several vendors, children's activities, and bluegrass musical entertainment. Children 12 and under, will be able to receive candy. For those with food allergies, an alternative option will be made available. The event is free and open to the public, and no registration is required. Children are invited to wear their favorite costumes and will be offered a grab bag.'

Saturday, October 28: [Jefferson City Jaycees Trunk or Treat](#), 2-5 p.m. at the fairgrounds. Admission one dollar proceeds to benefit Operation T.O.Y.S. Calling all parents, students, family, and friends bring your little ones out for games, activities, and goodies! Enjoy a safe and fun environment.

Saturday, October 28: [The Great Pumpkin Park Party](#), 4-8 p.m. at Binder Park. A spooky good time to be had by all! Enjoy witchy crafts, pumpkin carving, games, haunted hayrides, treats, and fun contests to celebrate Halloween. Once the darkness creeps over, send your carved pumpkins on a pumpkin float into Binder Lake! Costumes are encouraged.

Tuesday, October 31: [Trick or Treat at the Library](#) at Missouri River Regional Library, 9 a.m.-6 p.m. Come in costume and trick or treat at the circulation desks at the main library!

Tuesday, October 31: [Runge in Your Backyard](#) at Memorial Park, 10 a.m.-noon. Stop by Memorial Park for this special Halloween themed event where The Runge Conservation Nature Center will bring hands-on displays and activities of 'Not So Spooky Creatures.' Discover wild Missouri animals and native species that can be found in your backyard! Costumes are encouraged.

Tuesday, October 31: [Little Acorns PLUS: Bugling Bulls](#) at Runge Conservation Nature Center, 10-11 a.m. Missouri's elk population is growing! Join us to learn more about this sensational cervid. We will bugle like bull elks, have fun with elk activities, and even take our own elk hunt! [Registration required](#). At least one child in the 0-2 age range AND at least one child in the 3-6 age range.





Holiday Help

Callaway county families: Registration for [Adopt-A-Family](#) through Serve, Inc. is open through October 31. [Apply online](#).

Cole county families: The Samaritan Center is holding appointments for their [Christmas Adoption](#) program October 2-18 for families who are registered as a client and have a current file. Sign up for an appointment during pantry hours.

Safe Sleep Resources

The [Safe Cribs for Missouri](#) program provides portable cribs and safe sleep education to low-income families who have no other resources for obtaining a crib.

Eligibility Requirements:

- 32 weeks gestation to three (3) months post-partum
- Medicaid eligible, WIC eligible, or fall below 185% of the federal poverty level.
- Missouri Resident
- Do not own a full size or portable crib, and have no other resources for obtaining one
- Agree to participate in two (2) short safe sleep education sessions

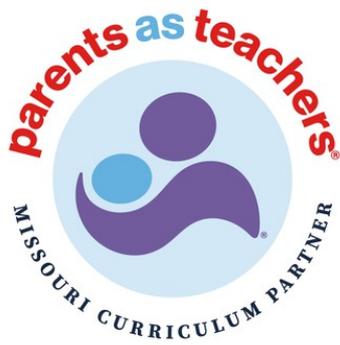
Apply at your local Health Department:

- Callaway County (4950 County Road 304, Fulton): 573-642-6881
- Cole County (3400 W. Truman Blvd., JC): 573-636-2181

Come join our team!

We are looking for additional parent educators to join our team so we can serve all families in our community who would like to participate in personal visits. If you or someone you know has education and experience with young children and their families and would enjoy a flexible schedule (a combination of days and evenings, with school holidays and summers off), check out the job posting and apply [HERE](#).





Stay connected with us

 Facebook

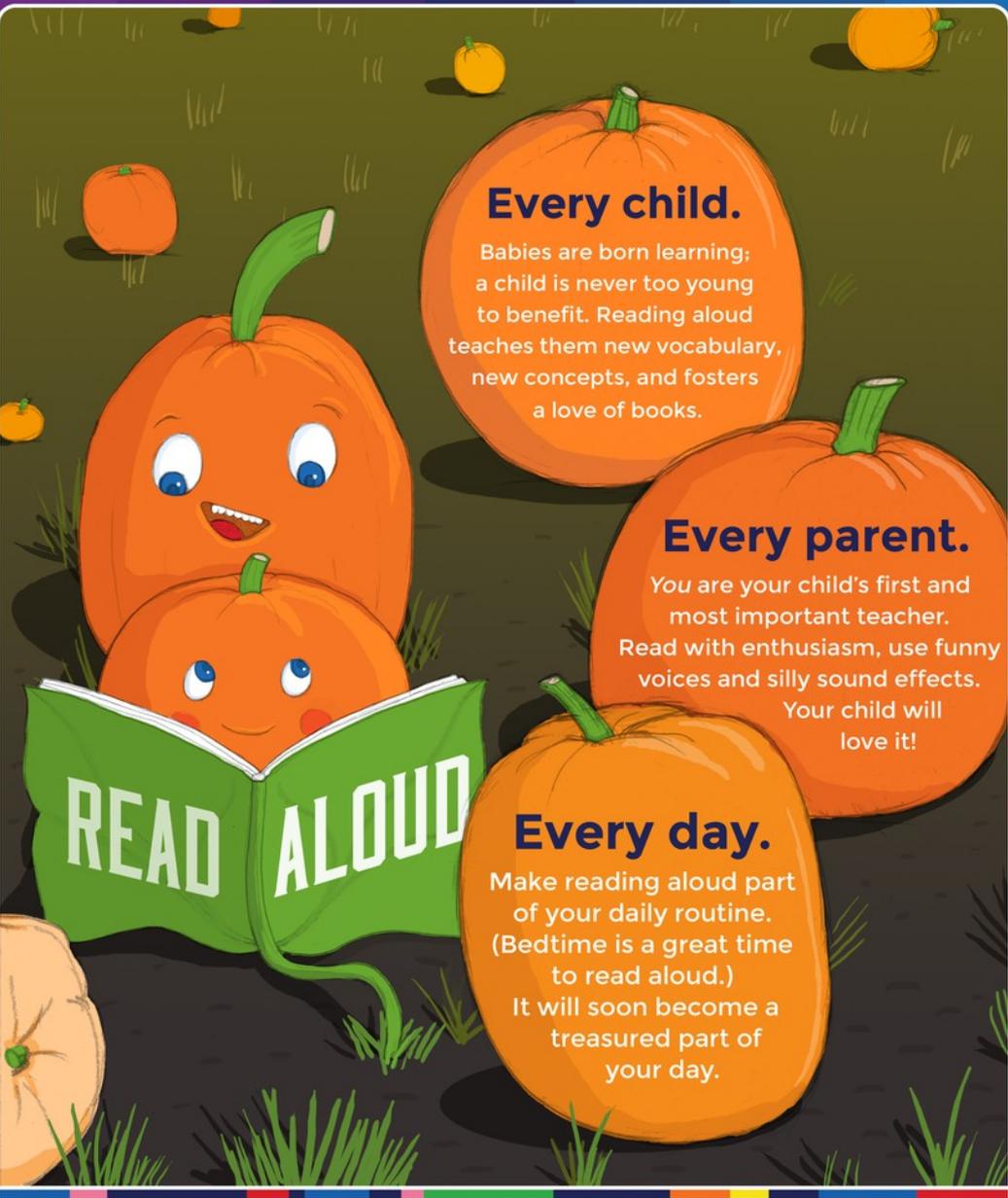
 @JCSchoolsPAT

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An illustration featuring several pumpkins in a field. One pumpkin in the center is holding an open green book that says "READ ALOUD" in white letters. To the right, three large pumpkins contain text boxes with messages about reading aloud. The background is dark green with scattered pumpkins and grass.

Every child.
Babies are born learning; a child is never too young to benefit. Reading aloud teaches them new vocabulary, new concepts, and fosters a love of books.

Every parent.
You are your child's first and most important teacher. Read with enthusiasm, use funny voices and silly sound effects. Your child will love it!

Every day.
Make reading aloud part of your daily routine. (Bedtime is a great time to read aloud.) It will soon become a treasured part of your day.

 **Read Aloud 15 MINUTES**

Every child. Every parent. Every day.

 **LET'S TALK**

Learn more at ReadAloud.org

