

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

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Welcome to Another Year of PAT

I hope that you have had a wonderful summer. It's hard to believe that school will be starting soon, and Parents as Teachers is gearing up for an exciting new year as well! We have several goals for the 2014-2015 school year; one of which is to better use technology to keep you informed of what is going on with PAT. Starting in mid-August, look for more frequent updates to our website. We will also be using email to share information such as event reminders and our newsletters, so please make sure that your parent educator has your current email address. If you do not have email available to you, please let your Parent Educator know so we can continue to send you a paper copy of the newsletter. We will be having two new parent educators join our program this fall, and two of our current parent educators will be switching roles slightly to work with our Title 1 preschool families. While every effort has been made to make this as transition as smooth as possible for all involved, some families may find that they have a different parent educator than last year. We have also used your feedback and suggestions to make some changes in the way we offer services to families. While we will continue to offer personal visits with a certified parent educator; group connection events for families to interact with each other; health, hearing, vision, and developmental screenings; a Drop in and Play center for parents and children to play together; and information about other local resources, how we do this may look a bit different than it has in the past. More information about these changes can be found on page 2. If you have further questions, feel free to email me at katie.epema@jcschools.us or call me at 659-2350. We're looking forward to a great year with your family!

Katie Epema, Parents as Teachers Coordinator, Jefferson City Public Schools



Don't miss our BACK 2 SCHOOL BASH on August 11 from 4-7 p.m.! It will be held in the gym at Southwest Early Childhood Center. This come-and-go/open house event will include fun hands-on activities for you to do with your child(ren) and an opportunity for you to reconnect with or meet your parent educator and set your first family visit for the school year. Hope to see you all there!



What's new in 2014-2015

Many of you have asked for your parent educator to be able to meet with you more often, and Parents as Teachers National Center guidelines agree that visits should occur on a more frequent basis. We are pleased that we will be visiting with all families at least once a month throughout the school year so that we can better partner with you as parents to help you meet the goals you set for your family and your children. If this simply isn't possible in your schedule, please visit with your Parent Educator about the new PAT "Lite" program which includes all the components of Parents as Teachers (Group Connections, Drop in and Play, Screenings, and Resources) except for personal visits.

We have many families who are waiting to benefit from having a parent educator available to them for personal visits.

You also asked for more group connections, so we added several, using many of your suggestions as topics. See the calendar on pages 3-4 for details.

We have set additional screening events in order to be able to offer screenings to the families who are on the waiting list for PAT personal visits or who have chosen to be part of PAT Lite. If you have more than two children, or children who you feel would cooperate better if they were screened at our center, please also feel free to make an appointment at one of our screening events. Otherwise, please plan that we

will complete screenings in your home. Please note that all families are encouraged to come when Saving Sight is at our center; if you are coming only for their vision screening you do not need to make an appointment, but will be seen on a first-come first served basis.

We have changed up our Drop in and Play Center and added some new toys and materials (see photos above). DIP is open 9 a.m.-5 p.m. Monday-Friday when school is in session, and until 7 p.m. approximately one a month. See the event calendar for dates. DIP now also includes a resource center with information available to you about local service providers, events, and activities. Come check out our new look!

Looking at Literacy

Making reading together with young children (even before they are born) part of the daily routine has many benefits. Beyond simply enjoying books, it helps children want to learn to read, which in turn contributes to success in every subject in school.

Your parent educator can share information with you about what types of books and book behaviors are appropriate for each stage of development, and a book sharing activity is part of each personal visit.

Don't have a lot of books, or want to check out some new ones? A large

selection of children's books including board book can be found at the Missouri River Regional Library. The children's department upstairs also offers a play area, computer with children's games, and a variety of events including family movie nights and:

Laptime for ages 0-2: a special time for babies and their caregivers including music, movement, and socialization. Held the first and third Fridays of the month from 10:30-11 a.m.

Preschool Storytime for ages 3-5: Tuesdays from 10:30-11 a.m.

Family Storytime for all ages: Wednesdays from 10:30-11:30.

Barnes and Noble also has a free storytime for pre-K children, held Wednesdays and Saturdays from 10:30-11 a.m.

Looking to grow your own library? This year we are hosting a book exchange. If you have books your child has outgrown that you would like to share with someone else who would like them, you can give them to your parent educator or drop them off in our DIP center. Then help us celebrate Children's Book Week on May 5, and come choose some new-to-you books for your child. Thanks to Scholastic, we also give away books at our events.



Parents as Teachers Events 2014-2015

You asked for more evening and weekend events, so our calendar for this school year is packed with group connections, screenings, and fun special events. PAT events are held at the Southwest Early Childhood Center at 812 St. Mary's Blvd. unless otherwise indicated. Check our website at www.jcschools.us/domain/168 for more information or in case of inclement weather.

AUGUST

Character Trait: Self-Discipline

Monday, Aug. 11: "Back 2 School Bash" 4-7 p.m. Join us at this come-and-go/open house event to participate in activities with you child(ren), reconnect with or meet your parent educator, and set your first personal visit together.

Thursday, Aug. 14: Drop in and Play (DIP) opens for the school year.

Saturday, Aug. 23: "Movin' and Groovin'" Group Connection from 10-11 a.m. at Capital Ritz Dance Studio (212 Metro Drive, Jefferson City). Dress ready to use your big muscles in activities for boys and girls (and their parents) who like to move and groove.

Thursday, August 28: Hearing, Vision, and Developmental screening 4-7 pm./DIP open until 7 p.m. Call 659-3026 after August 14 to sign up for a screening slot. Saving Sight (Formerly Lions' Eye Research) will be present. No appointment needed if you are coming only for Saving Sight's vision screening (they will serve your child on a first come, first served basis).

SEPTEMBER

Character Trait: Respect

Monday, Sept. 1: DIP closed

Saturday, Sept. 13: "A Walk on the Wild Side" Group Connection from 10-11 a.m. at Runge Nature Center (330 Commerce Drive, Jefferson City). Meet at the outdoor pavilion to learn about getting kids involved with nature and take a family scavenger hunt.

Thursday, Sept. 18: Hearing, Vision, and Developmental screening 9 a.m.-noon & 4-7 p.m./DIP open until 7 p.m. Call 659-3026 after August 14 to sign up for a screening slot. Saving Sight will be present from 9 a.m.-noon. No appointment needed if you are coming only for Saving Sight's vision screening (they will serve your child on a first come, first served basis).

OCTOBER

Character Trait: Responsibility

Wednesday, Oct. 15: "Fingers in Motion" Group Connection from 6-7 p.m. Join us for fun parent-child activities focused on using the small muscles in our hands to promote fine motor development.

Thursday, Oct. 16: DIP open until 7 p.m.

Tuesday, Oct. 21: DIP open until 7 p.m.

Saturday, Oct. 25: "Health and Safety Day" from 10-11:30 a.m. Come check out emergency vehicles, visit with local health and nutrition-focused area businesses, participate in a dental screening for children who have not yet had a dental visit, have your car seat checked for safety, and more.

Friday, Oct. 31: DIP closed

NOVEMBER

Character Trait: Polite

Monday, Nov. 3: Hearing, Vision, and Developmental screening 9 a.m.-noon & 4-7 p.m./DIP open until 7 p.m.. Call 659-3026 after October 1 for a screening slot. Saving Sight present from 4-7 p.m. No appointment needed if you are coming only for Saving Sight's vision screening (they will serve your child on a first come, first served basis).

Wednesday, Nov. 12: "Focus on Your Baby's Cues" Group Connection 6-7 p.m., geared toward families with babies under 1 year of age. Come practice infant massage and other activities to do with your baby.

Wednesday Nov. 26-Friday Nov. 28: DIP closed

JANUARY

Character Trait: Hard
Working/Motivation

Thursday, Jan. 1-Friday, Jan 2: DIP closed

Saturday, Jan. 10: "Messy Play Saturday" Group Connection from 10-11 a.m. Come dressed to have lots of sensory fun with a variety of parent-child activities that your child will love and you won't have to clean up after.

Thursday, Jan. 15: Parent Information Night, 6-7 p.m. Come hear speakers on a variety of topics. Ask your Parent Educator for more information as the event gets closer, or watch the website and newsletter for updates.

Monday, Jan. 19: DIP closed

Thursday, January 22: DIP open until 7 p.m.

FEBRUARY

Character Trait: Honesty

Tuesday, Feb. 3: DIP open until 7 p.m.

Tuesday, Feb. 10: "Learning About Self Through Play" Group Connection, 6-7 p.m. Come explore themes related to social-emotional development with your child, such developing a sense of self, and early sibling and friend relationships.

Wednesday, Feb. 11: DIP open until 7 p.m.

Friday Feb. 13: DIP closed

Monday, Feb. 16: DIP closed

Saturday, Feb. 21: Kindergarten Transition, 9:30-11 a.m. If you have a child who turns 5 by July 31, 2015, you won't want to miss this event. Parents will have the opportunity to learn about how to help their child prepare for kindergarten from our panel of experts followed by a question and answer time (including representatives from both public

and parochial schools), while children entering kindergarten will experience what a kindergarten classroom feels like. (There will not be childcare available for children of other ages).

MARCH

Character Trait: Trustworthy

Thursday, March 12: "Science; It All Adds Up" Group Connection, 6-7 p.m. Come experience a variety of hands-on early science and math activities with your child.

Monday, March 16: Hearing, Vision, and Developmental screening 9 a.m.-noon & 4-7 p.m. /DIP open until 7 p.m. Call 659-3026 after February 1 to reserve a screening slot for the full screening. ** All families invited for a vision screening using a Plusoptix photoscreening device through Saving Sight (9 a.m.-noon) & Head Start staff (4-7 p.m) and/or hearing screening provided by Early Head Start staff for children under 3 using a OAE machine (9-noon and 4-7). No appointment needed if you are coming only for these vision and hearing screenings (they will serve your child on a first come, first served basis).

Monday, March 30-Friday April 3: DIP closed (spring break)

APRIL

Character Trait: Accountable

Wednesday, April 8: DIP evening hours, 5-7 p.m.

Tuesday, April 14: Field Day at SW 9-11 a.m. Let your child exercise their large muscles as they complete a variety of obstacle courses. This come and go activity is part of the Jefferson City Week of the Young Child 2015 celebration.

Thursday, April 16: Wild Heart in concert, 6-7 p.m. Come enjoy an interactive, family friendly concert with a science and conservation message put on by local Emmy Award Winning entertainers Jan and George Syrigos.

Saturday, April 18: Carnival at Memorial Park, 9:30-11 a.m. Send out the Week of the Young Child with a celebration including a variety of games and activities.

MAY

Character Trait: Forgiving

Tuesday, May 5: "Book Bonanza: Donate a Book, Swap a Book" from 6-7 p.m. All year long your parent educators will be collecting books that your child may have outgrown so that they can be passed onto a younger child. Tonight as part of a celebration of Children's Book Week, you can come learn what books are best for each stage of development and pick up a few "new" books with your child.

Friday, May 15: Last day DIP is open for the school year

Can you help us? Our parent educators use lots of recyclable supplies so that our families can keep activities made during visits. We would appreciate your donations of the following materials: empty paper towel tubes, small trays such as the ones frozen dinners come in, medium size plastic containers with lids such as yogurt containers, milk jug lids, scraps of colorful paper, and 20 oz. soda bottles. Please leave your clean items in the marked box located near the restroom in our DIP center. Thank you!

From Games to Play with Babies by Jackie Silberg (2011)

0-3 Months: Stroke the Baby--This is a wonderful bonding game that encourages loving interaction between the baby and the adult. Find a variety of objects with which to stroke your baby. A blanket, feather, or cotton ball are all excellent choices. Hum softly as you stroke your baby. Rub baby's fingers and toes one at a time with each item.

3-6 Months: The Spider Game-- Lie on the floor with your baby, on your tummies, facing each other. Make your fingers crawl like a spider. Make them disappear and reappear. Wiggle your fingers. Crawl your fingers over your baby's hands or your baby's nose, then make them disappear. Always say, "Here comes the spider!"

6-9 Months: Tug of War--Get on the floor with your baby. Give her one end of a long sock while you grasp the other end. Gently pull the sock toward you. Show the baby how to pull the end toward herself. Pretend the baby is so strong that she pulls you over.

9-12 Months: The Rainmaker--Play this rainmaking game in the bathtub. Punch holes in a plastic bottle and give it to your baby. Show him how to fill the bottle with water and hold it in the air to make it rain. Your baby will be delighted with this activity. Sing "rain" songs such as "Rain, Rain, Go Away" and "It's Raining, It's Pouring."

From Games to Play with Toddlers by Jackie Silberg (2010)

12-15 Months: Changing Sounds--This is a good game to develop your toddler's listening and language skills. Sit your child in your lap facing you. Start saying the same sound over and over. For example, "da, da, da." Now change the sound to something else like, "ga, ga, ga." If you notice a reaction when you change sounds, it shows that she is listening carefully. Go back to the first sound, and as you say it, change the pitch of your voice. When she seems to get bored with this, change to the second sound and change your voice pitch at the same time. If she responds with a smile or excitement, you know that she is listening intently. End the game with a big hug.

15-18 Months: Let's Roll--Your toddler is in a constant state of motion, crawling, climbing, walking, and running. Show your child how to roll. Lie down on the floor and roll from one end to the other. He will be delighted and will want to copy you. Play this game. Lie down on the floor side by side. Count to three. On the count of three, say in a big voice, "Let's roll!" Start rolling to the other side of the room. Be prepared to play this game often. Whenever you do an activity with your toddler, practice it on both right and left sides. Even though toddlers are too young to understand left and right, they can recognize that their bodies have two sides.

18-21 Months: Kitchen Band--Get out pots, pans, plastic bowls, wooden spoons, metal spoons, and anything else that might make music. Sit on the floor with your toddler and start banging the spoons on the pots. Hit the pots together, the spoons together, and so on. Give a spoon and pot to your child and encourage her to copy you. Chant the following "Pots and pans are fun to play fun to play, fun to play. Pots and pans are fun to play, let's make music."

21-24 Months: Twos--Toddlers are not ready yet to count or recognize numbers, but they can understand the basic concept of "two." Help your child begin to understand this concept by pointing out many things that come in pairs: two shoes, two socks, two hands, two feet, two ears. In your daily conversation, use the word "two" whenever possible. "Look at these two flowers." Give your toddler things in twos, "Here are two toys."

From Games to Play with Two-Year-Olds by Jackie Silberg (2010)

Young Twos: Building a Train--Collect two groups of blocks; one for you and one for your child. Invite your child to make a train with you. Put down one of your blocks and ask her to put down one of hers. Continue placing blocks next to one another. Talk about the train you are making together. Touch one block and say, "This is the block that you put down." Point to another block and say, "This is the block that I put down." Play a game with your child. Move the train of blocks and say, "Here comes the train. Choo, choo, choo." When children have an opportunity to play both roles, the leader and the follower, they begin to understand what working together means.

Middle Twos: Games With Toys--Young children enjoy playing simple games such as "Ring Around the Rosy." Playing this game with a stuffed animal reinforces the rules of the game. Hold a favorite stuffed animal in your arms. Give your child another to hold in his arms. Sing the song "Ring Around the Rosy" and when you come to the "fall down" part, fall down. Now take it one step further. Sit on the floor and make the stuffed animal dance with your hands. When you come to the "fall down" part, let the toy fall to the ground. Two-year-olds love this game so much that they might play it without you. One of the many good things about this game is that your little one learns to wait for the words "fall down."

Older Twos: Funny Stuff--Two-year-olds are in the process of developing a sense of humor. They particularly enjoy calling something they recognize by a different name. Pick out a favorite book and read it with your child. Look at the pictures and point to a picture and call it by a different name. For example, point to a dog and call it a "cat." They will think it is pretty funny and want you to do another one. Naming animals and body parts by the wrong name is very, very funny to a two-year-old. Call a nose an "ear." Call a toe a "finger."



WHAT'S GOING ON AROUND TOWN?

For more information about these events or to look for other local events, check out www.jeffersoncity.macaronikid.com, www.visitjeffersoncity.com, www.mrrl.org, and <http://mdc.mo.gov/regions/central/runge-nature-center>

AUGUST

Friday, Aug. 1: Aquarium and snake feeding at Runge Nature Center at 11:30 a.m.

Tuesday, Aug. 5: Learning@11: "World's Fair: Then and Now" at the Missouri State Museum (201 W. Capital) from 11-noon. Geared for ages 4-7.

Saturday, Aug. 9: Puppet Show: Bein' Cool When It's Hot at Runge Nature Center, 1 p.m.

Sunday, Aug. 10: Sunday Funday, noon-4 p.m. downtown in the 200 block of High Street. Variety of activities including live music and activities for kids. You can also watch the Criterium (state championship bike race).

Tuesday, Aug. 12: Learning@11: "Going Batty for Bats of Missouri" at the Missouri State Museum (201 W. Capital) from 11-noon. Geared for ages 4-7.

Saturday Aug. 16 & Aug. 23: Story Tree—On the Trail at Runge Nature Center, 10-11 a.m. Walk the Naturescape Trail and encounter a naturalist eager to share a story with you. Indoors in case of inclement weather.

Sunday, Aug. 17: Geico Motorcycle Hot Bike Tour 2014 Check out the motorcycles downtown from 1-7 pm.

Tuesday, Aug. 19: Learning@11: "Backyard Grocery Store" at the Missouri State Museum (201 W. Capital) from 11-noon. Geared for ages 4-7.

Tuesday, Aug. 19: "My Pet Book" story time at Barnes and Noble at 11 a.m.

Tuesday, Aug. 26: Back to School story time ("Peanut Butter and Cupcake") at Barnes and Noble at 11 a.m.

SEPTEMBER

Weds. Sept. 3: Helen Haynes Presents Musikgarten at Missouri River Regional Library. Fun with music for ages 0-3 from 10:30-11 and ages 3-6 from 11:15-noon

Saturday, Sept. 6: JazzFest and Street Art Fair downtown. Live jazz music and artist competition with chalk art drawings. Art competition begins at 12:30pm and the music starts at 1:30.

Saturday, Sept. 27: Oktoberfest, corner of Dunklin and Washington Streets. Activities will include performances on main stage, Missouri's largest Dachshund Derby and costume contest, Kid's Korner with games and activities, craft and food vendors, baked goods, craft demonstrations, and the Mid-Mo Old Car Club show. Schedule at http://www.oldmunichburg.com/apps/SCHEDULE%20OF%20EVENTS_14.pdf

OCTOBER

Thursday, Oct. 2: JC Homecoming Parade downtown at 6:30 p.m.

Saturday, Oct. 4: JC Multicultural Fall Festival downtown, 10 a.m.-4 p.m. Entertainment, food, arts, crafts and storytellers for the children, community information booths and vendors that embrace the diverse cultures found in mid-Missouri.

Saturday, Oct. 11: Family Fall Fest at Missouri River Regional Library, 11 a.m.-noon. Celebrate fall with games and activities.

ONGOING (SEE ALSO P. 2 FOR ONGOING STORYTIME EVENTS)

First Fridays Art Stroll the first Friday of the month in downtown Jefferson City (High and Madison Streets), 6-9 p.m. As part of the celebration of America's Most Beautiful Small Town, enjoy street performers, artists, kid's crafts, theater and cinema, and live music of all types.

"What's Going on?" every Saturday at Runge Nature Center, from 10 am-noon (no reservations required, for all ages). Exploratory tables, activities, and/or crafts with a different topic each week. Visit <http://mdc.mo.gov/regions/central/runge-nature-center> or sign up for their Habitat Happenings newsletter for more details.

Babes in the Woods (ages 0-2), **Little Acorns** (ages 3-6), and **Little Acorns PLUS** (ages 0-2 AND 3-6): Nature program for children at Runge Nature Center. Each age group has 2 programs a month with a different topic each month. Reservations are required (phone 573-526-5544 beginning the 1st of each month). Visit <http://mdc.mo.gov/regions/central/runge-nature-center>