## ARENTS AS TEACHERS

#### Partner-Facilitate-Reflect

# Info and Activities

A to Z Guide Activities for Kids by KC Parent Magazine



Sar-Ko-Par Trails Park Lights

Dec. 6-Jan 20



Covid-19, RSV and the Flu: What you Need to Know



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### **January PAT Events**

We hope your family enjoyed a peaceful and joyful winter holiday season. As we kick off the new year, we are thrilled to share some exciting updates and activities for January.

Thanks to a generous grant from the <u>USD 232 Education Foundation</u>, our playroom has received new sensory materials designed to enhance exploration and engagement for young children. This month, our daytime groups in the playroom will focus on sensory exploration, allowing families to experience these new additions firsthand.

Mark your calendars for January 10th! We're heading to the Monticello Library for a *Books and Blocks* event. This fun and interactive session will highlight early literacy and the progression of building play in young children, offering great insights and ideas for fostering development at home.

Check out the January calendar on the 3rd page for details on all our upcoming events.





#### **Community Highlights**

#### **Kansas Breastfeeding Coalition**



The Kansas Breastfeeding Coalition works to promote and protect breastfeeding and human milk feeding to improve Kansas families' health and well-being.

We are individuals from various organizations, agencies, and private businesses collaborating to ensure that families thrive. We welcome and encourage participation from anyone interested in making breastfeeding and human milk feeding more accessible and equitable in Kansas through advocacy and leadership.

The Coalition's Website provides information and resources for families. Their website highlights:

- Local Resources
- Questions to ask your medical provider about breastfeeding
- <u>Prenatal Breastfeeding Education</u> <u>Classes online</u>
- Breastfeeding Resource Library

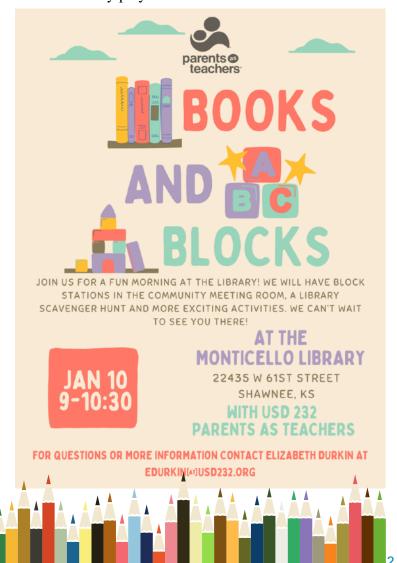


### USD 232 **Sensory Play**

Sensory play is a vital part of early childhood development, engaging children's senses—touch, sight, sound, smell, and taste—to support learning and growth. Through sensory play, children explore the world around them, build language and motor skills, and enhance their creativity and problem-solving abilities. Activities like playing with sand, water, or sensory bins encourage creativity, problem-solving, and calm focus.



This month, our playroom groups will highlight sensory exploration with exciting new materials. Join us to experience the joy and benefits of sensory play firsthand!



### **Staying Healthy During the Winter**

As we navigate cold and flu season, we want to prioritize the health and well-being of all our families and staff. Illnesses are common this time of year, and we kindly ask for your support in helping us maintain a healthy environment for everyone.

If you or your child are feeling unwell, please refrain from attending group events. Additionally, if anyone in your home is sick, we encourage you to reschedule any home visits. Your Parent Educator will be happy to work with you to find a new time or explore the option of a virtual visit to keep you connected to our program while allowing everyone to recover safely.

We will also be engaging in additional sanitizing efforts during this time to reduce the spread of illness and ensure that our program remains a safe space for all families. Thank you for helping us create a healthy and supportive community!

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08 Morning Group 9-10:30 CTEC	09	Morning Group 9-10:30 Monticello Library	11
12	13	14	Morning Group 9-10:30 CTEC	16	Morning Group 9-10:30 CTEC	18
19	20	Evening Group 5-7 pm CTEC	Morning Group 9-10:30 CTEC	23	24 Morning Group 9-10:30 CTEC	25
26	27	28	Morning Group 9-10:30 CFEC	30	31 Morning Group 9-10:30 CTEC	

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