



PARENTS AS TEACHERS NEWSLETTER



FEBRUARY 2026



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REFLECTIONS FROM THE COORDINATOR

Hello PAT families,

If your child is over 10 months old, your parent educator has probably discussed the PICCOLO with you or will do so this month. PICCOLO stands for Parenting Interactions with Children Checklist of Observations Linked to Outcomes. We like this tool for several reasons. First, there is the old saying that children don't come with instruction manuals. This is true, but the PICCOLO does provide 29 concrete, evidence-based parenting behaviors that we can implement as parents, leading to positive outcomes for our kids. Having a checklist helps reinforce the things we are already doing well and can prompt us to add in others. The great news is that they are all things any parent can do. Another reason we love this tool is that it is based on 10 minutes of undistracted playtime with your child. We live in such a busy culture and are pulled in so many directions that it can be hard to set aside time to put away distractions and just be present with our child. Knowing that even just 10 minutes can make a meaningful impact on our child makes it feel realistic. The best part is we can make these 10 minutes part of other routines we are already doing throughout the day, such as family mealtime, reading books before bed, waiting in a doctor's office, anytime we are present with our child and actively engaged in something together, these outcomes are happening.

To make it even easier, we have another great tool for you! Our state organization, KPATA, along with Dr. Anne Meeker Watson, created a website called "[Just 10 Minutes](#)". The whole premise is to give parents ideas of things they can do with their child in 10 minutes. It is divided into categories such as: in the car, in a restaurant, with grandparents, outside, at home...so many fun, simple activities that foster communication, connection, emotional growth, and more. We know that when our kids feel connected to us, it also leads to more positive behaviors. You can also follow them on socials. If you find it helpful, please give them a follow and share with your friends to help keep them funded.

[Just 10 minutes family Facebook](#)



[Just 10 minutes family Instagram](#)

So, enjoy Just Ten Minutes with your child today!

Michelle Kelly

Program Coordinator

Blue Valley Parents as Teachers

MARCH PLAYGROUPS

BV PAT is excited to welcome families to our playroom. In-person playgroups offer numerous benefits, including opportunities to connect with other families, introducing new activities for children to explore, and helping children learn to interact with one another.

In order to help facilitate connections between children and families, we run playgroups in 2-4 week sessions. In March, families have the opportunity to sign up for a group that will meet weekly at the same time for 4 weeks. You can choose to sign up for a group with children that are similar in age to your child (Baby Play, 1-Year-Olds, or 2-Year-Olds), or you can choose our multiage group (1's and 2's) if you have more than one child or would like your child to be around children of all ages.

MARCH PLAYGROUP SIGN-UP WILL BE EMAILED ON **FEBRUARY 17th**

Each group will be limited to 10-18 children.

- Only one adult per child may attend. A nanny or grandparent is welcome to bring your child in place of a parent if necessary.
- No siblings are allowed in the Baby Play, 1-Year-Old, or 2-Year-Old playgroups. Siblings under 36 months of age are allowed to attend the multiage playgroups, evening, and Saturday playgroups. Non-walking/crawling babies are an exception.
- All adults must show a valid state-issued photo ID or passport to enter any BV building. Please plan to bring ID with you every time you come to playgroup, or you will not be allowed to attend.
- Strollers and car seats are not allowed in the playroom. Please plan to wear or carry your baby while in the playroom when not on the floor playing.
- If a session is full, please add your name to the waiting list. Waiting list families will receive priority registration for the next month.
- If you miss two sessions in a row, your spot will be given to the next family on the waiting list.
- Please stay home if you or your child is ill.

BABY PLAY

Tuesdays 9:15-10am:
3/3, 3/10, 3/24, 3/31

Thursdays 12:15-1pm:
3/5, 3/12, 3/26, 4/2

2-YEAR-OLDS

Tuesdays 10:15-11am:
3/3, 3/10, 3/24, 3/31

Wednesdays 9:15-10am:
3/4, 3/11, 3/25, 4/1

EVENING

Wednesday 5:30-6:15pm:
3/4

1-YEAR-OLDS

Wednesdays 10:15-11am:
3/4, 3/11, 3/25, 4/1

Thursdays 9:15-10am:
3/5, 3/12, 3/26, 4/2

1 & 2 YEAR OLDS

(For children 9 to 36 months of age &/or families with more than one child under 36 months)

Thursdays 10:15-11am:
3/5, 3/12, 3/26, 4/2

SATURDAY

Saturday 9:15-10am:
3/7

NOTE

NO PLAYGROUPS
3/17, 3/18, 3/19

COMMUNITY CONNECTION

DINOZAUR (151st & 69 Hwy) has reserved two free sessions for BVSD - Parents as Teachers families for Monday, February 9th @ 9am & 10am. To book your visit, please go to their website [DOZER](#) (DINOZAUR TAB) or download the app [HERE](#) and use the code BVSD at checkout. If you have any questions, feel free to reach out to justin@dozerkids.com. We look forward to having some fun at DINOZAUR!



C.A.R.E. WORKSHOP

Join us for a **fun and engaging evening workshop** on **Feb 19th, 6-8 pm. A light dinner is included.** It is designed to support parents and caregivers in strengthening relationships and reducing difficult child behaviors. This workshop introduces **CARE (Child-Adult Relationship Enhancement)**, a positive parenting approach derived from evidence-based programs, including **Parent-Child Interaction Therapy (PCIT)**.

CARE focuses on practical, easy-to-use strategies that help:

- Strengthen the child–adult relationship
- Increase positive behaviors
- Reduce power struggles and challenging behaviors

This workshop is ideal for parents and caregivers of young children and is designed to be interactive, supportive, and encouraging—no judgment, just helpful tools you can use right away.

We hope you'll join us for an evening of learning, connection, and fun!

Watch for an email with the registration link

PTA NEWS

We are excited to share that our BVEC PTA will host a Screen Time presentation for parents at their General Meeting, which has been rescheduled to **February 2nd, 6:00 pm at Hilltop.**

The event is for PTA members only, but it's not too late to join by clicking [Click Here](#). PTA membership is only \$30 for the year and includes access to additional playgroups as well as other activities throughout the spring.

The presentation will be delivered by PAT Coordinator Michelle Kelly and BVEC Principal Kendall Burr, who will share information about the latest research on screen use and its relationship to early childhood and parenting. It will be appropriate for parents of children 0-5. It will last about 45 minutes and include dinner. We hope you will join us. If you were in the program last year and attended our screen time event, this would be the same content. Childcare is not provided, and registration is required through the link below. After the presentation, you are welcome to stay for the PTA General Meeting or leave during the break.

Please let us know if you have any questions. We hope you can join us. [Click Here](#)

**2026 Blue Valley
Preschool Resource**
[Click here](#)

To find out information about area preschools and community offerings.



READ & ROLL

This is a drop-in event on Saturday, February 28th, from 9:30-11 am in the Hilltop Conference Center (7700 W 143rd St). **YOU WILL PARK AND ENTER THROUGH THE CONFERENCE CENTER ON THE WEST SIDE OF THE BUILDING.** No registration is needed. This event is designed to be educational and full of fun for all families and kids of all ages enrolled in our program. With Roll & Read focusing on two important goals for families - early literacy and physical well-being, the event will include:

Book Trade Station - Give a book, take a book

Large track for walking, riding, and rolling

Nursery Rhyme activities

Puppet Play & Pretend Play

Music and Dance

Parachute Play



COMMUNITY

MOMS ARE FIRST RESPONDERS - LEARN CPR



**FEB 14,
2026**

**9:30 -
10:30AM**

**Resurrection Leewood
13720 Roe Ave
Room B252**

**\$50 Suggested
Donation at
time of event**

During heart month, join us for a morning focused on CPR education. Empower yourself with life-saving skills that help keep your family safe. Registration proceeds benefit the Kansas City American Heart Association.

American Heart Association.

