



# PARENTS AS TEACHERS NEWSLETTER



**MARCH 2026**



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Scan the QR code to begin.



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Twitter: [@BlueValleyPAT](#)

Instagram: [parentsasteachersbv](#)

## REFLECTIONS FROM THE COORDINATOR

*Hello PAT families,*

Welcoming a new baby is often described as one of life's happiest moments. But for many families, the months after birth can also bring unexpected emotional challenges. Our team recently had the chance to spend an afternoon at Advent Health to learn more about the free services they provide to new families through their [Parent Care](#) programs. This day led to an in-depth conversation about mental health challenges we see families in our program facing and how we can best support you.

One way we do this is through sharing the **Edinburgh Postnatal Depression Scale (EPDS)**—a simple, confidential screening tool—to check in on the emotional well-being of all parents with a child under 12 months old. It's normal to have emotional ups and downs in the early weeks after birth. Hormonal shifts, sleep deprivation, physical recovery, feeding challenges, and the life adjustment of caring for a newborn can all affect mood.

However, for some parents, symptoms last longer or become more intense. The **EDPS** can help families determine if what they are experiencing is more than mood changes.

### Postpartum depression and anxiety can include:

- Persistent sadness or hopelessness
- Excessive worry or panic
- Irritability or anger
- Difficulty sleeping (even when the baby sleeps)
- Feeling disconnected from the baby
- Loss of interest or pleasure in activities
- Feelings of guilt or inadequacy

While much attention is given to mothers, fathers can also experience postpartum depression and anxiety. Changes in sleep, stress, shifting roles, financial pressures, and concerns for both baby and partner can take a toll. Research shows that a significant number of fathers experience mood symptoms during the first year after birth.

Treatment may include counseling, support groups, lifestyle adjustments, community resources, or medication when appropriate. Many parents feel tremendous relief simply by talking openly about what they're experiencing.

Advent Health [Parent Care](#) has a phone line you can call: 913-632-4223 to receive a free return call from a registered nurse, Tricia, with 20 years of experience supporting postpartum families. Tricia will listen to your story and help you find the right resources for you, based on your situation, including insurance coverage and financial means. They offer free breastfeeding support groups, postpartum depression support groups, and counseling and psychiatric care.

When caregivers feel supported emotionally, they are better able to bond, respond, and thrive in their new role.

If you are struggling, you are not alone. Postpartum depression and anxiety are common, real, and treatable. Reaching out is a sign of strength, and support is available. If you or a loved one is struggling, you can find more information, support, and an action plan [HERE](#). And please reach out to your parent educator, who can help provide resources that are right for you.

Warmly,

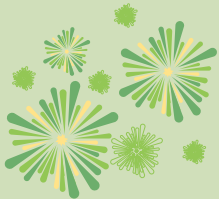
*Michelle Kelly*  
Program Coordinator  
Blue Valley Parents as Teachers



## APRIL PLAYGROUPS

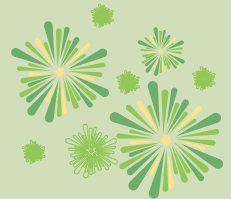
BV PAT is excited to welcome families to our playroom. In-person playgroups offer numerous benefits, including opportunities to connect with other families, introducing new activities for children to explore, and helping children learn to interact with one another.

In order to help facilitate connections between children and families, we run playgroups in 2-4 week sessions. In APRIL, families have the opportunity to sign up for one group that meets 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.



**APRIL PLAYGROUP SIGN-UP WILL BE EMAILED ON MARCH 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:  
4/7, 4/14, 4/21, 4/28

Thursdays 12:15-1pm:  
4/9, 4/16, 4/23, 4/30

### 2-YEAR-OLDS

Tuesdays 10:15-11am:  
4/7, 4/14, 4/21, 4/28

Wednesdays 9:15-10am:  
4/8, 4/15, 4/22, 4/29

### EVENING

Wednesday 5:30-6:15pm:  
4/1

### 1-YEAR-OLDS

Wednesdays 10:15-11am:  
4/8, 4/15, 4/22, 4/29

Thursdays 9:15-10am:  
4/9, 4/16, 4/23, 4/30

### 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:  
4/9, 4/16, 4/23, 4/30

### SATURDAY

Saturday 9:15-10am:  
4/18

### WORM WALK

Saturday 10-11am  
4/25



## POSTPARTUM DEPRESSION & ANXIETY

There are so many resources available both in person and online for parents who are experiencing depression or anxiety after the birth of a child. If you feel like you could benefit from some additional support, your parent educator would love to support you. Feel free to email, text, or bring it up at your next home visit. One of our favorite local resources is Advent Health Parent Care. Find out more about what they offer [Click Here](#)

## PTA NEWS

To join the BVEC PTA, [Click Here](#).

PTA membership is only \$30 for the year and includes access to additional playgroups as well as other activities throughout the spring.

Executive Board Positions—we will have some open positions on our executive board as current members little's, transition to Kindergarten! We will also have lots of one-time volunteer positions open as well! Consider if you'd like to join us in some capacity next year! Kristen Byers is happy to answer any questions about roles/commitment, etc. [parentsasteachersvp@gmail.com](mailto:parentsasteachersvp@gmail.com)

Getting involved with the PTA can be a great way to meet and connect with other parents with young children.



## JUST A REMINDER



With the weather feeling like spring, it's hard to remember that it's still cold & flu season. Just a reminder that if anyone in the home is not feeling well, *please* reach out to your parent educator before your home visit.

2026  
Blue Valley  
Preschool  
Resource  
To find out information about  
area preschools and  
community offerings  
[Click here](#)

## ROLL & READ

Thank you to all those who joined us at our annual Roll and Read.

Please take a moment to fill out a [survey](#) about your experience.



## PAT AT THE PARKS

**What:** Simple---just come and play, knowing that you may bump into old friends or meet new ones. No RSVP needed. An email will be sent to BV PAT families should the event be canceled due to weather concerns. We will **only** cancel in the event of heavy rain or thunderstorms.

**Who:** All ages welcome, including friends and neighbors who may want to learn a bit more about Parents as Teachers.

**When:** A Parent Educator will be present between 9 - 11:30 am to welcome your family to the park and answer any questions parents may have about BV PAT.

### Where:

Friday, March 13th-[Meadowbrook Park - Shelter 4](#):  
9101 Nall Ave, Prairie Village, 66207

Friday, March 20th-[Blackbob Park](#):  
14500 W. 151 St, Olathe, 66062 (Olathe's Smart Park)

Friday, March 27th-[Gezer Park](#):  
13251 Mission Rd, Leawood, 66209

**4:00 - 6:30 pm**

Thursday, March 13th-[Meadowbrook Park - Shelter 4](#):  
9101 Nall Ave, Prairie Village, 66207



## SAVE THE DATE



Mark your calendars for a fun spring event  
Our annual Worm Walk and Nature Play  
**Saturday, April 25th, from 10 - 11 am.**

At the Wilderness Science Center (5001 W 163rd Terrace).

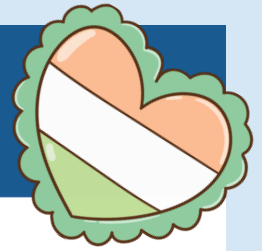
Enjoy story time together, exploring the environment for worms in their habitats, and participating in a sensory-rich art-making experience.

Look for a Sign-up Genius to be sent out soon!

This is most appropriate for children 20 months and up.



# 16<sup>TH</sup> ANNUAL



# BLUE VALLEY SPECIAL NEEDS RESOURCE FAIR



## HILLTOP CONFERENCE CENTER

7700 W 143rd ST, Overland Park, KS 66223



**TUESDAY, MARCH 31, 2026**

5:00–8:00 PM

**FREE PUBLIC EVENT**

**Sponsored by**



**BVSEAC**

Blue Valley Special  
Education Advisory  
Council



**Blue Valley  
Schools**

### CONNECT WITH SERVICE PROVIDERS:

- Pediatric to Adult Transition Services
- Job Skills Training and Employment
- Autism Support / Social Skills Training
- Behavior and Psychological Services
- Camps and Recreation
- Caregiver Support / Case Management
- College Programs and Alternate Education
- Durable Medical Equipment / Special Products
- Financial and Legal Services
- Government Assistance / Insurance Providers
- Licensed Therapy (Speech, OT, PT, Music)
- Religious Opportunities
- Resources for Advocacy / Sibling Support
- Respite Care / Skilled Nursing
- Wellness, Health, and Diet



For More Information  
[bvseac.org](http://bvseac.org)

For More Information [Click HERE](#)