

# PARENTS AS TEACHERS NEWSLETTER

SEPTEMBER 2026



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## REFLECTIONS FROM THE COORDINATOR

*Hello PAT families,*

With fall around the corner, I am starting to dream of cozy sweaters, football games, and sitting around our fire pit. But first, I will try to enjoy our current heat wave and a few last dips in the pool! I hope you have some fun things planned for the holiday weekend and will also have some downtime to unwind and relax with your family.

This month your parent educator may have shared the quote, “Your calm is contagious. So is your chaos.” The only way it is possible to help a child co-regulate is if we are calm ourselves. This month, as we settle back into routines, I want to encourage you to find 10 min of quiet and take an inventory of how you are doing. Dr Dan Siegel writes about **“The Healthy Mind Platter”** (see image below). Take a moment to reflect on each of these areas of well-being and whether you are getting what you need in each area to show up as your best self.

Self-care is not just bubble baths and binge-watching Netflix; it is understanding what we need in each of the areas above to thrive, and prioritizing those things even amid this crazy season of life.

Ask yourself: What one thing I could add to my routine this month to meet my needs? Talk to your spouse, a parent, or close friend to help you brainstorm how you can make it work amongst life with young children. Then encourage the people around you to do the same for themselves. Maybe you could swap kids with a friend or neighbor for an hour each week, or maybe drop them off in the church nursery a few minutes early and enjoy a cup of coffee alone before service. Get creative and know that the investment in yourself will help you be a better parent, friend, spouse, coworker, and allow you to show up as your best self!

Then each month, your parent educator will be bringing you a tip or tool to help you learn to respond to your child’s upset. This month, we will be talking about the power of taking a deep breath and pausing before reacting to our child’s upset. Check out this video to learn more!

**“You are safe, keep breathing, you can handle this!”**

*Michelle Kelly*

Program Coordinator  
Blue Valley Parents as Teachers



## OCTOBER PLAYGROUPS



We're excited to welcome families back to the BV PAT playroom!

Playgroups are a fun way for children to play, learn, and make friends while parents connect with other families.

Playgroups meet once a week for **4** weeks, and each group will be limited to 10-18 children.

You may sign up for **one** of the following playgroups:



- Baby Play
- 1-Year-Olds
- 2-Year-Olds
- Multiage (1's & 2's)
- Saturday
- Evening



To sign up for **SEPTEMBER'S** playgroups, [click here](#)

**OCTOBER Playgroup SIGN-UP link** will be emailed on **SEPTEMBER 22<sup>nd</sup>** at noon.

### Please note:

- One adult may attend with each child. A grandparent or nanny is welcome to attend in place of a parent.
- No siblings are allowed in Baby, 1-Year-Old, or 2-Year-Old playgroups. Siblings under 36 months may attend the Multiage, Evening, and Saturday playgroups. Non-walking babies are always welcome.
- A valid state-issued photo ID or passport is required to enter any Blue Valley building. Please bring it each time you attend.
- Strollers and car seats are not allowed in the playroom. Please carry or wear your baby when not playing on the floor.
- If a playgroup is full, join the waitlist. Waitlisted families receive priority registration the following month.
- If **two** consecutive sessions are missed, your spot will be offered to the next family on the waitlist.
- Please stay home if you or your child is feeling ill.

#### BABY PLAY

**Tuesdays 9:15-10am:**  
10/6, 10/13, 10/20, & 10/27

**Thursdays 12:15-1pm:**  
10/8, 10/15, 10/22 & 10/29

#### 1-YEAR-OLDS

**Wednesdays 10:15-11am:**  
10/7, 10/14, 10/21 & 10/28

**Thursdays 9:15-10am:**  
10/8, 10/15, 10/22 & 10/29

#### 2-YEAR-OLDS

**Tuesdays 10:15-11am:**  
10/6, 10/13, 10/20, & 10/27

**Wednesdays 9:15-10am:**  
10/7, 10/14, 10/21 & 10/28

#### 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:**  
10/8, 10/15, 10/22 & 10/29

#### SATURDAY

**Saturday 9:15-10am:**  
10/24

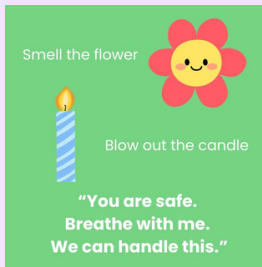
#### EVENING

**Wednesday 5:30-6:15pm:**  
10/7

#### PJ STORYTIME

**Tuesday**  
**5:30-6pm & 6:15 - 6:45pm**  
10/13

## CONSCIOUS DISCIPLINE



**“You are safe..  
Breathe with me  
We can handle this’**



[Click here](#) to view the Conscious Discipline topic video for September

See below for additional resources

## SOCIAL-EMOTIONAL RESOURCES



[Click here](#) for resources for families aligned with the Pyramid Model for Supporting Social-Emotional Competence in Infants and Young Children.

These items are designed for busy families and include visuals, strategies, and quick one-page articles on common topics.

## VISUAL SUPPORTS



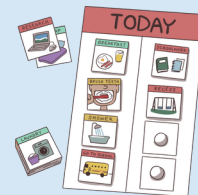
Ask our Hilltop staff to name the number one strategy they recommend most, and you'd likely hear the same answer - Visuals!

Using visuals can be at least as effective for parents as it is at school. Click the links for some resources to use at home.

[Visual Supports for Routines, Schedules, and Transitions](#)

[Visual Countdown Timer App](#)

[Program to quickly make visuals](#)



## SCRIPTED STORIES



Another favorite strategy that can be super helpful for families? A scripted story can be a great resource to help your child prepare for an upcoming change or learn a new routine!

[Click here](#) for a tip sheet to create a scripted story for your own child. Want more resources for scripted stories or would like to see some samples?

[Click here](#) and select Scripted Stories for Social Situations.



## OUTDOOR EXPLORE

Join us in September as we explore the outdoor space at

**Hilltop Learning Center!** (7700 W. 143rd St.)

The play area will be open **September 19<sup>th</sup>**, from **9:30–11:00am**

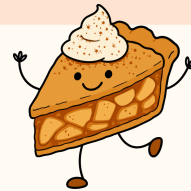
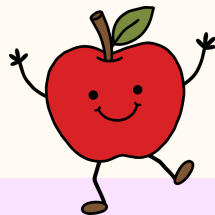


We're planning lots of fun activities, including tricycle riding, "car" washing, painting with water, and blowing bubbles. These activities are best suited for children 12 months and older. It will be a morning of family fun—a chance to meet other families while giving your child the opportunity to run, jump, climb, balance, swing, slide, and crawl as they explore the fabulous playgrounds at HLC.

Bring water for your family; please note that no food is allowed on the playgrounds. We also ask that you keep personal items in your car.

This is a drop-in event, so no sign-up is required—just come and enjoy some outdoor fun with us!

**We will also be collecting items for SafeHome...please see the flyer on the next page of this newsletter for items needed.**



## 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 am** to welcome your family to the park and answer any questions parents may have about BV PAT.

**Where:**

**Friday, September 25th-**[Meadowbrook Park - Shelter 4:](#)  
9101 Nall Ave, Prairie Village, 66207

**Friday, October 23rd-**[Hilltop Learning Center:](#)  
7700 W 143rd St, Overland Park, KS 66223



# Safehome

## Safehome's Current Needs

- New Hand & Body Towels
- Toilet Paper
- Paper Towels
- New Pillows
- New Twin Sized Comforters
- New Twin Sized Sheet Sets
- Shower Curtains + Rings
- Diapers (Size 5 & 6)
- Small Laundry Baskets
- Full Sized Hygiene (Shampoo, Conditioner, Body Wash & Hand Soap)
- Deodorant
- Hair Brushes
- Small Trash Cans
- Plastic Cutlery
- Disposable Plates/Bowls
- Gift Cards (Walmart, Target)

**Please note: we are only able to accept new/unused donations and full sized toiletries**

Stay up-to-date as needs change!  
**[safehome-ks.org/donate](https://safehome-ks.org/donate)**

Connect with us on social media!  
**@safehomeks**



## GROUP CONNECTION

### “Bringing Baby Home”

Parenting can bring so much joy—and plenty of changes—to your relationship. Join us for a special Group Connection with Doug Burford, Licensed Clinical Professional Counselor, as he shares research-backed principles for nurturing your relationship while nurturing your children.

Come enjoy an evening of encouragement, practical ideas, and connection with other parents.

Pizza will be provided! This is an adults-only event, please.

[Click here](#) to sign up for each attending guardian for the food headcount.



## A DINNER PROGRAM

for those wanting happy children *and* a happy relationship

*Research-verified principles for nurturing your couple-hood while nurturing your children*

-  **When:** Thursday, September 24, 2026, 6:00-7:30  
(If able, arrive a little early to eat before the program starts, and stay a little late for Q&A)
-  **Where:** Hilltop Conference Center, 7700 W 143rd St., Overland Park, KS  
(north entrance of Hilltop Learning Center)
-  **What:** A program for parents, with a casual dinner served (no cost)



**Presenter:** Doug Burford is a Licensed Clinical Professional Counselor in Overland Park, specializing in Gottman Method Couples Therapy. His wife, Claudia—a former Parent Educator with Parents as Teachers—is trained in The Gottman Institute's Bringing Baby Home program.



## Hello PAT Families!

We would love to invite you to join the PTA. Yep...same 3 letters, switched around, but another incredible resource we are so fortunate to have here!

Join the PTA! For **\$30**, your annual membership fee grants you access to additional playgroups led by our incredible Parent Educators, opportunities to attend music classes, and an invitation to monthly outings in our community at a free or discounted rate! Your membership fee also helps to support stocking the Hilltop staff break room, making sure our staff is well fed during conference weeks and fully celebrated during Teacher Appreciation Week!

[Click here](#) to fill out the form and remit payment, which is good until June 2027.

Interested in volunteering a little of your time and talents? We have some committee positions available that would be perfect for PAT families!

### Our PTA could use your help!

- **Touch a Truck Coordinator** - this is sponsored by PAT each Spring (you would work with Michelle Kelly on this!)
- **Stock the Breakroom** - create a fall & spring signup genius (make sure our staff/therapists and parent educators have snacks to keep them going!)

[Click here](#) to learn more about those opportunities or any others.

Please reach out to me with any questions!

Kristen Byers: [parentsasteachersvp@gmail.com](mailto:parentsasteachersvp@gmail.com)



## ASQ'S

### YEARLY DEVELOPMENTAL SCREENINGS (ASQ's)

If you have not had a chance to complete your child's Developmental Screening for the year please [click here](#).

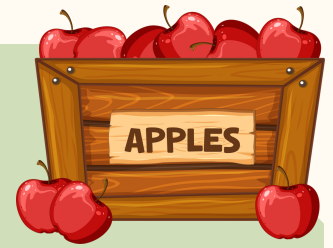
Once you get to the website select "I am completing both the ASQSE2 and ASQ-3 Questionnaires" to begin. Thank you!



## SAVE THE DATE

### Pajama Storytime at Hilltop!

Enjoy bedtime songs, stories, and plenty of fun on  
**Thursday, October 13th**



**Wear:** Your favorite pajamas

**Bring:** Your favorite stuffed animal

**Suggested age:** 18 months and older

Choose from two sessions:

**5:30–6:00 p.m.**

**6:15–6:45 p.m.**

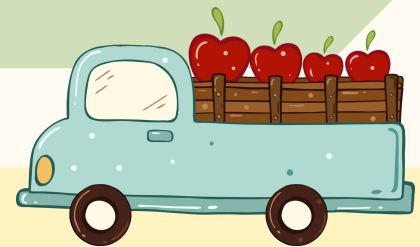
Sign-up will be emailed on **September 29th**

Please sign up by **FAMILY**, not by individual child.

And don't forget—the Hilltop playgrounds will be open after the event, so families can stay and play!

We can't wait to see you for a fun and cozy evening of stories, songs, and play!

## DOLLY PARTON'S IMAGINATION LIBRARY



With local funding from the Kansas Children's Cabinet, all families in Blue Valley are now eligible to participate in **Dolly Parton's Imagination Library**. The program is free and will send your child a new book each month.

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books, free of charge, to children from birth to age 5, funded by Dolly Parton and local community partners in the United States, Canada, the United Kingdom, Australia, and the Republic of Ireland.

Inspired by her father's inability to read and write, Dolly started her Imagination Library in 1995 for children within her home county. Today, her program spans five countries and gifts over 2 million free books each month to children around the world.

Follow the steps to register your child by [clicking here!](#)





# Kansas **FORGE** Fatherhood



**Family  
Opportunity  
Resilience  
Grit  
Engagement**

## A new program from the University of Kansas School of Social Welfare and Cornerstones of Care

Kansas FORGE Fatherhood supports fathers and father-figures across Kansas City. The program empowers fathers aged 18 and older who are raising or actively involved in the life of a child up to age 24. With healthy relationship and co-parenting workshops,

financial education, and individualized case management, Kansas FORGE Fatherhood empowers fathers to strengthen parenting skills, deepen engagement with their children, and build long-term economic stability.

### Who is FORGE for?

Kansas FORGE Fatherhood serves fathers and father-figures, 18 years old or older, with at least one child under 24 years of age.

### What is the program?

Kansas FORGE Fatherhood includes:

- An 8-week workshop (3-hour sessions) of healthy relationship, parenting and co-parenting skills, economic stability, and more.
- Additional 1:1 goal planning.
- Connection to community supports.

### What do participants receive?

Participating fathers will receive

- \$40 per session attended to cover childcare and \$25 for transportation costs.
- Food for in-person sessions or a \$30 food stipend for virtual workshops.
- \$200 for completing 7 or more sessions of the FORGE Fatherhood workshop.

### How do I get involved?

Community partners:

- We'd love to work with you! Contact Angelina to learn more about how you can get involved.

Fathers interested in participating in the program:

- Contact Angelina at the email address below!

**Angelina Revely | Project Manager | [angelina.revely@cornerstonesofcare.org](mailto:angelina.revely@cornerstonesofcare.org)**

**Ariana Nasrazadani | [anasr@ku.edu](mailto:anasr@ku.edu)**

The production of this flyer is supported by Grant number 90ZJ0128-1 from the Administration of Children and Families (ACF). Its contents are solely the responsibility of the University of Kansas and does not necessarily represent the official views of ACF.

