

PARENTS AS TEACHERS NEWSLETTER

OCTOBER 2026



Follow us on social media!
Scan the QR code to begin.



Facebook: BlueValleyParentsasteachers

Twitter: @BlueValleyPAT

Instagram: parentsasteachersbv

REFLECTIONS FROM THE COORDINATOR

Hello PAT families,

It's fall, y'all!

When I was a parent of young children, fall was one of my favorite seasons. In part, that was because there are so many family-friendly activities happening around KC. From pumpkin patches and fall festivals to football games and farmers' markets, there are so many ways to get out, explore, and experience new things together as a family.

Amid all the fun, our PAT calendar is also full of exciting opportunities for you and your children!

Things kick off tonight, **October 1st**, with a free event featuring **author Michaelleen Doucleff**, whose national bestselling book, **Hunt, Gather, Parent**, has sold more than a million copies and been translated into 30 languages. She will be speaking at **Johnson County Community College beginning at 7:00 p.m.** The event is free, but registration is required. You can register [HERE](#).

If you haven't heard of **Hunt, Gather, Parent**, the ideas in the book align beautifully with our theme this month.

"Your calm is contagious. So is your chaos."

As you can see from a quote from Michaelleen...

"Every time you stop yourself from acting in anger, your child sees a calm way to deal with frustrations. They learn to stay composed when anger arises. So, to help a child learn emotional regulation, the number one thing parents can do is learn to regulate their own emotions."

I hope you'll take some time to read through this month's newsletter and check out all of the upcoming opportunities. We have PJ Storytime, playtimes at the park, a chamber concert for littles, a virtual Conscious Discipline series that you can enjoy from home, and so much more!

There is truly something for everyone this month.

We are so grateful that, in our fast-paced world, you choose to participate in our program and set aside intentional time to grow, reflect, and learn as parents. It is a blessing to your children and family, and it is a privilege for us to be part of your journey.

We wish you well,

Michelle Kelly

Program Coordinator
Blue Valley Parents as Teachers



NOVEMBER 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 **3** 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



NOVEMBER Playgroup SIGN-UP link will be emailed on **OCTOBER 20th** 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:

11/3, 11/10, & 11/17

Thursdays 12:15-1pm:

11/5, 11/12, & 11/18

1-YEAR-OLDS

Wednesdays 10:15-11am:

11/4, 11/11, & 11/17

Thursdays 9:15-10am:

11/5, 11/12, & 11/18

2-YEAR-OLDS

Tuesdays 10:15-11am:

11/3, 11/10, & 11/17

Wednesdays 9:15-10am:

11/4, 11/17, & 11/24

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:

11/5, 11/12, & 11/18

SATURDAY

Saturday 9:15-10am:

11/15

EVENING

Wednesday 5:30-6:15pm:

11/4

NOTES

NO Playgroups:

11/23 - 11/27

HAPPY THANKSGIVING!

CONSCIOUS DISCIPLINE



“My State Dictates Your State”



[Click here](#) to view the Conscious Discipline home visit topic video for October

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

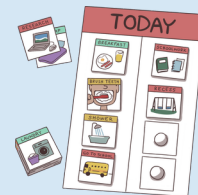
Ask our Hilltop staff to name the number one strategy they recommend most, and you'd likely hear the same answer - Visuals!

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.



Conscious Discipline Family and Caregiver Workshop

**Free* Four Week Series*

Thursday Evenings, 6:00-7:30pm
Oct 22-Nov 12, 2026

Futures First is offering a free series of parenting and caregiving workshops based on Conscious Discipline, a research-based, evidence-backed program focused on safety, connection, and problem solving.



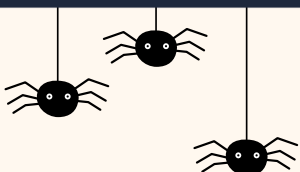
Participants will learn how to increase self-regulation and positive behavior management. The facilitator will provide information, encourage discussion and offer resources for building resilient, emotionally safe, and healthy families.

Questions: djohnson@futuresfirstkc.org

- session 1:
Brain States and Composure
- Session 2:
Cooperation and Connection
- Session 3:
Tantrums and Big Feelings
- Session 4:
Consequences and Problem Solving

Register:

Scan or [click here](#)



Funded By:



PJ STORYTIME

Pajama Storytime at Hilltop!

Enjoy bedtime songs, stories, and plenty of fun on
Tuesday, 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.

[Click here](#) to Sign-up

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!

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



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!

To learn more about those opportunities or any others, please reach out to me with any questions!

Kristen Byers: parentsasteachersvp@gmail.com



Stock the Breakroom!

Back to School means it's time to restock the breakrooms of our incredible teachers, educators, and staff. Whether you have a child in the EC program or participate in the PAT program, this is a great way to thank your educator for their support. Please click the link [HERE](#) to sign up to bring one or two items. You can drop them off with your Parent Educator or the next time you attend a playgroup. You can also make a donation to the PTA [HERE](#) under "staff appreciation," and the funds will be used to purchase something off the list.

Thank you in advance for your generosity!



BV NEWS

Starting Strong (Elementary): Helping Your Child Regulate, Connect, and Thrive

Starting elementary school is a big transition for kids and parents!

Join nationally recognized educator and author Dr. Lori Desautels on **October 15 from 6:00–7:30 p.m. at District Offices (High Plains Room)** for a practical look at how your child's developing brain and nervous system influence learning, behavior, and emotional regulation.

You'll leave with research-based strategies to help your child manage big feelings, build confidence, navigate challenges and strengthen the connection that supports success at school and beyond. Whether your child is starting kindergarten or already in the elementary years, this is an evening designed to give parents tools they can put into practice right away.

Learn more and [register](#).



The poster for the 'Starting Strong' event features a teal background. At the top left, the title 'Starting STRONG' is written in a mix of yellow and white fonts. Below it, the subtitle 'HELPING YOUR CHILD REGULATE, CONNECT, AND THRIVE' is in white. To the right is the 'BV well' logo with 'POWERED BY BVEF' underneath. In the center, a calendar icon shows 'OCT 15TH' and a clock icon shows '6:00 PM'. Below that, the speaker's name 'DR. LORI DESAUTELS' and her title 'APPLIED EDUCATIONAL NEUROSCIENCE' are listed. At the bottom, it says 'LEARN MORE AND REGISTER AT FUNDV.BV.ORG/BVWELL'. On the right side of the poster is a circular portrait of Dr. Lori Desautels, a woman with blonde hair.



COMMUNITY



October is a great chance to plan a family outing to one of the many fall festivals or Pumpkin Patches in our area. Set yourself up for a good day by choosing a time when your child will be well-rested and pack water and snacks. Plan to allow time for them to wander and walk with you to get new hands-on experiences. Check out KC Parent Magazine's list [HERE](#).



CRESCENDO
ARTS COLLECTIVE

Lullabies & Little Ears Chamber Concert for Children

A playful musical adventure for children ages 0-12 and families
featuring saxophone quartet



SATURDAY • OCTOBER 24 • 10 AM



**HILLTOP CONFERENCE CENTER •
OVERLAND PARK, KS**



TICKETS & INFO →

crescendoartscollective.com





STORYTIMES

at Blue Valley Library

9000 W. 151st St., Overland Park, KS 66221
913-826-4600 • jocolibrary.org

Help your child discover the joys of reading and develop early literacy skills at our **STORYTIME** varieties, carefully planned based on a child's age group and developmental abilities. ***Space is limited at Storytimes—pick up a free ticket at the Questions Desk when you arrive.***

Movin' and Groovin' Rhyme Time

Thursdays, Sept. 10-Nov. 19; Dec. 3-17 • 9:30-10 a.m.

Thursdays, Sept. 10-Nov. 19; Dec. 3-17 • 10:30-11 a.m.

An active program of songs, classic rhymes and fingerplays to introduce your little one to the sounds of rhymes and music to give them a head start on language learning. Designed for ages 12-24 months and a caregiver. Siblings welcome.

Baby Storytime

Mondays, Sept. 14-Oct. 5; Oct. 19-Nov. 16; Nov. 30-Dec. 14 • 9:30-10 a.m.

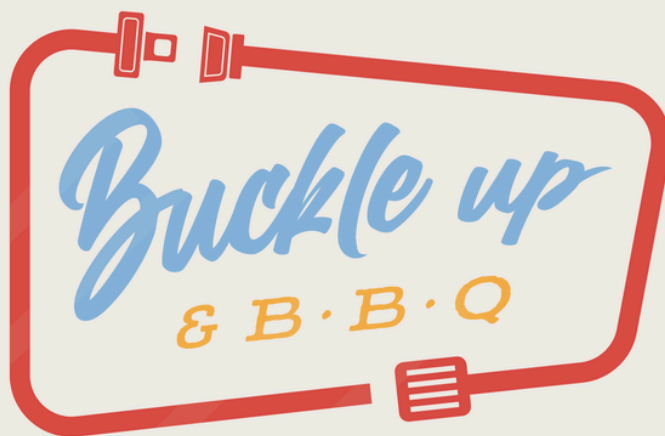
Mondays, Sept. 14-Oct. 5; Oct. 19-Nov. 16; Nov. 30-Dec. 14 • 10:30-11 a.m.

A lap-sit program of songs, rhymes, and movement for babies. Introduce your little one to the sounds and rhythms of the spoken word and give them a head start on language learning. Designed for birth to 18 months and a caregiver. Siblings welcome.

Family Storytime

Mondays, Sept. 28, Oct. 26, Nov. 23 • 6-6:30 p.m.

The whole family will enjoy this flexible Storytime. Hearing stories is a great way to spend time with your kids and help them foster a love of reading. Stories, songs, fingerplays, and movement activities foster pre-reading skills. Fun for all ages.



Join Us

OCTOBER 4, 2026

12 - 3 PM AT EAGLE'S LANDING, LAKE OLATHE

Enjoy face painting, bounce houses, a cotton candy robot, the Bubble Guy, touch-a-truck experiences, a sizzling craft BBQ cook-off, an exciting silent auction, and more, all included with your ticket
(kids 4 and under attend free).

Gather your family, invite your friends, and come make memories that matter.

[Click Here](#) for tickets

