



Parents as Teachers Family News

October/November 2010

Parents as Teachers
Grace Early Childhood
Center
614 W Mill St
Belton, MO 64012
816-348-1029

Meet our Parent Educators

Ellen Myers, Coordinator

Sarah Elkins

Fonda Burkart

Heidi Riley

Sonja Abdelgawad

Paola Capra

If a child is given
love,
he becomes loving.

If he's helped when
he needs help,
he becomes
helpful.

And if he has been
truly valued at
home...he grows up
secure enough to
look beyond himself
to the welfare of
others.

Dr. Joyce Brothers

Parents as Teachers is BACK in Belton!!

We are happy to report that Parents as Teachers is BACK!! You may remember that as we left you in the spring, we weren't sure what the future held for Parents as Teachers. We were fortunate to have support from our school district and the state legislature. State wide, Parents as Teachers has been cut drastically, but we are still here to support the families in Belton!



There are some changes in our program this year. The state wants us to focus primarily on families with children from birth to three years old. So those families will get to see us most often. We will also be putting some extra focus on our families who need extra support based on their financial, medical, or other special circumstances. The good news is that we will get to continue to visit all of our families, and some of you we'll get to see more often.

Parents as Teachers families will be invited to take part in the many family activities at Grace (such as Messy night, Fall Festival, Breakfast with Santa, and etc).

This year we are going to be relying on our families to spread the word about Parents as Teachers in the community, so please tell your friends and neighbors with young children or who are expecting about our program.

We are looking forward to another GREAT year with you and Belton Parents as Teachers. If you have any questions, comments, or concerns, please call our office at 348-1029 or talk to your Parent Educator.

Belton Parents as Teachers is going green!

We are saving paper and postage by sending our newsletters by email. Please be sure that your Parent Educator has your email address. You can be sure by sending an email with "PAT Newsletter" in the subject line to jnash@bsd124.org.

What's Going On:

Fall Fest—Oct 23rd

Amblyopia
Screening—Oct 23rd

Messy Night--Nov
18th

Breakfast with
Santa—Dec 4th

*To make a
reservation for
one of our fun,
family events
please call
348-1029.*

*Please call ahead
and make
reservations for you
and your family so
we will have ample
supplies available.
Reservations should
be made 48 hours
in advance.*

Amblyopia Screening at Grace Fall Fest!

You should get your child's eyes screened.

A very important opportunity will be available to our families during our Fall Fest on Saturday, October 23rd. The Lions Club will be offering **free** Amblyopia (Lazy Eye) screening. Parents and Teachers encourage all parents of children ages 6 months to kindergarten to take advantage of this opportunity. The screening consists of your child's eyes being photographed much in the same way a Polaroid camera takes pictures. This screening is not invasive and is quite expensive if performed at the doctor's office. The pictures are sent to a Pediatric Ophthalmologist for review to determine if further evaluation is needed.

Amblyopia is poor vision in an eye that did not develop normal sight during early childhood. The condition is common, affecting approximately 2 or 3 out of every 100 people. The best time to correct Amblyopia is during infancy or early childhood. It is not easy to recognize Amblyopia. A child may not be aware of having one strong eye and one weak eye. Unless the child has a misaligned eye or other obvious abnormality, there is often no way for parents to tell that something is wrong.

As you check in at the Fall Fest Sign In Table, you will be given directions for reserving a time slot between 9:30 and 11:30 for your child's appointment. The screening requires about 5 minutes per child.

Grace Fall Fest—It's FUN!

When: Saturday, October 23rd

9:30 to 11:30am

Where: Grace Early Childhood Center
614 W Mill St; Belton

Come to Grace for the FALL FEST!

At the Fall Fest, you and your child will have the opportunity to observe many of the changes that fall brings every year. We will have sensory areas with various fall produce to see, smell, and feel. We will have some tasty treats for your child to make.

Games, face painting, ghost bowling, art, scarecrows, and more.

So get your family ready to explore and enjoy the FUN that fall brings at our Fall Fest.





Text4Baby: New Digital Help for Pregnant Women and New Moms

There's a new FREE mobile information service to help new and expectant moms receive health information for themselves and their babies called **text4baby**.

Here's how it works:

- To sign up, Moms text BABY (or BEBE for Spanish) to 511411 or visit www.text4baby.org.
- Moms will receive three SMS text messages each week via cell phone with expert tips to help her through pregnancy and baby's first year. The messages are all times to mom's due date or baby's age.
- No service fees are charged for this texting service.

Parents as Teachers is a proud outreach partner for the free educational service made possible by the National Healthy Mothers, Healthy Babies Coalition.

It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.

Joyce Maynard

Messy Night

Get messy with us at Grace!!

November 18th

4:30 to 6:30pm



Messy Night is everything that you have always wanted to do with your child, but didn't want to clean up!

Children will use their senses of sight, smell, and touch to explore all kinds of sensory materials. You'll hear the laughter and giggles from parents and children as we get **MESSY**, and leave the mess at Grace!

Story Time at the Cass County Library



Toddler Story Time: 20 minutes of fast paced fun for our little ones. Short colorful

stories, songs, and fingerplays.

Wednesdays at 9:30am & Fridays at 10am

Preschool Story Time: About 45 minutes of stories, songs and arts and crafts.

Tuesdays at 10am & Wednesdays at 11am

Ms. Peggy Yoakum, the Children's Specialist at the Cass County Library in Belton, offers several opportunities for activities for young children in our area. Ms. Peggy invites all Parents as Teachers families to join her and other children from the community for the story time that best suits your family.

Building Confidence

Parents can encourage their child to demonstrate confidence by helping him or her learn to reflect positively on accomplishments and good qualities.

Self pride is essential to self-confidence. If your child is doing a good job at something, make a point of asking how she feels about what she is doing.

Let him know that you think he should feel proud of himself "for working so hard," "for helping his little sister," "for sticking with such a hard job," and so on. **Be specific in your praise.**

Think about having a time every day, perhaps at dinner, when each of your children can report on something that they did or that happened to them that they feel good about.

Growing Together, Nov 2010