

# PARENTS AS TEACHERS

P.A.T. NEWS LETTER

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I LOVE GROUP MEETINGS

## 2002-2003 CALENDAR

Aug 10	Back to School Fair*	Feb 13	A Winter Wonder*
Sept 17	Lady Bug +	Feb 18	Splish Splash
Sep 19	Infant Massage* +	Mar 4	Shamrocks +
Oct 1	Jungle Gym +	Mar 13	A Bug's Life*
Oct 10	Fun Food*	Mar 18	Blowing in the Wind
Oct 15	Five Little Pumpkins	April 1	Who Am I +
Nov 5	Toad Makes a Road +	April 10	Infant/Toddler CPR*
Nov 14	Time Out for Mom*	April 15	I'm A Little Caterpillar
Nov 19	Turkey Time	May ?	Spring Fling*
Dec 3	Holiday Fun +		
Dec 12	Santa's Work Shop*		
Jan 7	Ah-Choo +		
Jan 9	Mother Goose On the Loose*		
Jan 21	Block Play		
Feb 4	My Valentine +		

**Please check in at the office first for all morning play groups.** All meetings will be at the Woodson Dear School except for April 10 which will be at the Ray County Health Department. All events are **FREE** to families

with children birth to age five years.

+ = Meeting time is 10 a.m. All others are at 6:30 p.m.

\* = Regular group meetings All others are Play groups.

**Please call 776-5401 to sign up for play groups as space is limited.**

Flyers with more detail will be available later. Call the school if you have any questions. Sitters are provided.

Mass screenings for children 6 months to three years will be held in February at the day cares. More info on this later.

**Enroll Now call**

**776-5401**

**Parents As Teachers**

An early-learning Program for parents With children prenatal To age five. You will Stay on top of your Child's development. Your child will be Better prepared for Kindergarten.

Educators:  
Virginia Foster  
Kathy Stevens  
Michelle Zwiers

**Special points of interest:**

- Group Meetings are **Free**
- Group Meetings are **fun**
- Group Meetings are for all families with children birth to five years.
- Limited space. Please call ahead.

## TEEN PARENT GROUP MEETINGS

Any Teen parent under twenty, male or female is eligible to attend the meetings beginning with pregnancy. All group meetings will be held at Richmond High School at 12:30 p.m. on the following days:

Sep 10  
Oct 22  
Nov 12  
Dec 10  
Jan 14  
Feb 11

Mar 11

April 8

Teens must agree to have at least one personal home visit. Ask us about our incentive program for teens.



# Parents as Teachers



## Parents and children — beginning at the beginning

As a parent, you are your child's first and most important teacher. You begin teaching your baby during your pregnancy – through your touch, and your voice. From the start, you shape your child's future by providing a variety of experiences. Parents as Teachers (PAT), a voluntary family education and support program, can assist you in giving your baby the best possible start in life. Let PAT help you begin at the beginning to lay the foundation for your child's success in school and in life.

## The Parents as Teachers Program

Parents as Teachers provides practical, effective ways to encourage learning for all Missouri families with children prenatal to age five. It offers:

**Personal Visits.** PAT-certified parent educators, trained in child development and home visiting, help you understand what to expect as your child grows and develops. The educators share knowledge about early childhood development, and suggest activities to encourage learning.

**Group Meetings.** PAT programs schedule times for parents to meet and talk with each other enhance their parenting knowledge, gain new insights and share experiences, common concerns and successes. Group meetings also provide the opportunity to participate in parent-child activities.

**Developmental Screenings.** Parents as Teachers offers periodic screening of overall development, health, hearing, and vision to provide early detection of potential problems and prevent later difficulties in school.

**Resource Network.** PAT helps families access other needed community services that are beyond the scope of the PAT program.

## PAT: A program that works!

- PAT children at age three are found to be significantly more advanced than comparison children in language, problem solving, other cognitive abilities, and social development.
- Developmental delays and learning problems are identified and treated early.
- Initial gains by PAT children carry into elementary school years — PAT children score higher on kindergarten readiness tests and on standardized measures of reading, math and language in early grades.
- Studies indicate PAT children are less likely to be retained in grade or require special placement.
- PAT parents are more confident in their parenting skills and knowledge; they read more to their children; and are more involved in their children's schooling — a key factor for children's success in school.

### Parents as Teachers:

- **It's free**
- **It's for you and your baby**
- **Contact your local PAT program**



**Call 776-5401 to Enroll**

**Parent Educators: Virginia Foster & Kathy Stevens**



## Tips for Mommy and Daddy

### Your Baby

When I cry, respond to me as soon as possible: when you do this, it helps me feel good.

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Although you put me on my back to sleep, it's important to put me on my tummy three or four times during the day so that my arm and shoulder muscles become strong.

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I need your help to comfort me. As I grow, I'll learn to calm myself when I fall asleep or need comforting.

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Talk or sing to me when you change my diaper or hold me. Be sure to show me pictures in books as soon as I'm ready.

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Sometimes I have had bad days because I don't know how to tell you what I need. Please help me feel better. Let me know when I do things right and be gentle when I make mistakes.

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As I get older, I become curious and learn about things by touching, holding and mouthing everything I see.

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If I lose my temper, I'm not being bad. I may need to help to calm down.

### Parents as Teachers

You cannot spoil a new baby. Studies show that when a baby's cries are answered soon in the early months of life, there will be less crying in later months of the first year.

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Doctors say that normal full-term infants should be placed on their side or back for sleep. Studies show that this helps prevent Sudden Infant Death Syndrome (SIDS).

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When your baby sucks her fingers, it makes her feel good. In this way, she learns to comfort herself. Between three and six months of age, most babies sleep through the night and breast feed or bottle feed just during the day.

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Young babies benefit from parents talking, singing and reading to them. Make the sounds that he makes and talk to him about what he is seeing, hearing and doing. Babies 5-6 months of age like stiff-paged books to see the pictures and move the pages back and forth.

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The feelings and attitudes that a child has about himself begin very early in life. Discipline means teaching the difference between right and wrong. Smiling and showing happiness when your child behaves well is a great way to teach what is right.

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It is normal for babies to put things in their mouths to explore. It doesn't always mean they're hungry. It is also a time when parents must closely watch to make sure they are safe.

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Temper tantrums are the you child's way of saying she is frustrated, out of control, and unable to explain how she feels. She may also be tired, hungry or need a hug.