

PARENTS AS TEACHERS

SOUTHERN BOONE COUNTY PRIMARY

803 SOUTH HENRY CLAY BLVD.

ASHLAND, MO 65010

573-657-2148



Dear PAT Families,

Fall 2009

The 2009-2010 school year has arrived! Welcome back to another great year of Parents As Teachers. Plans have been made to provide you with a variety of experiences, developmentally appropriate activities, and personalized home visits! Mark the dates on your calendar so you are sure to take advantage of these great opportunities.

WELCOME! Our new Primary School principal and Parents As Teachers coordinator is Matt Wachel. Matt grew up in the Midwest and attended the University of Kansas. He taught full-day kindergarten for 8 years in Liberty, MO. A new baby in December will join Matt's wife Kelly and daughter Maggie. When not at school, you may find Matt on the golf course, tennis court, or riding his bike. We are thrilled to have him on staff at Southern Boone.

In keeping with new ideas, the school district continues to work towards "Rising To Excellence". Our theme for this year is "Excellence, Putting the Pieces Together." We feel all families can benefit from Parents As Teachers beginning from the start of a child's life. We are looking forward to another great year of helping all Southern Boone families with "Little People, Putting the Pieces Together."

Check out the school website to see what is going on in our program and in Southern Boone Schools.

Visit Us On The Web!

www.schoolweb.missouri.edu/ashland.k12.mo.us

-OR-

www.parentsasteachers.org

3-5 Year Olds Gather Round!

Join us for a Little Eagle Reader at the Ashland Pizza Hut. Come and go between 5:30-7:00 p.m. on Tuesday, October 13, for a variety of enjoyable activities!!

"Read From The Start"

This free two-part parent workshop is for parents with children ages prenatal through 35 months old. Parents learn to use children's books and activities to foster a child's emerging literacy. Each family will keep the children's books for use in the home. One or both parents must attend both sessions. Please contact your Parent Educator soon to register. Space is limited.

With H1N1 in the news, it is a good time to remind children to wash hands frequently, cough into their sleeve or elbow, and avoid touching their eyes, nose, and mouth.

School policy is that children remain home until they are fever, diarrhea, or rash free for 24 hours. Please contact your Parent Educator before your visit if your child has been sick.

Please help us with our records. We are required every year to have an updated copy of your child's **immunization schedule**. We greatly appreciate your assistance.

Infant Information

Preparing to Walk

Your baby's physical skills develop rapidly as she prepares to toddle.

Isn't it amazing how fast your baby grows and changes? At birth, her hands were clenched and her legs were bowed. She couldn't even lift her head to look around. By now she may be well on her way to wiggling, crawling, and perhaps walking. Over the first year, your little bud blossoms into a wonderfully wild, active little flower as her physical skills develop. Here's what to watch for:

Gaining Control

At first, your little one will reach out to grab a toy with both hands. A few months later, she'll grasp the plaything with one. Between 4 and 8 months, she'll learn to rotate her wrist. By about 9 to 10 months, she'll be able to pick up peas or little bits of cereal with just her thumb and forefinger—this is called the pincer grasp. Giving your child tiny pieces of food on his lunch tray helps her practice this skill. At 10 months, she'll start using her pointer finger as a tool. While her words are still unintelligible, she'll use it to demand toys and attention, but she'll also communicate emotions and express more clearly what she wants.

Before she learns to creep, your baby will work her legs under her tummy, push her body off the floor, and rock in place. Then she'll start to inch forward with her tummy on the ground. Rapid crawling comes next. It requires your baby's arms and legs to move alternately in coordination. By 8 to 12 months, your baby will make stepping movements while standing, holding on to a sturdy couch. With your help, she'll walk by 11 or 12 months. You can help her develop her physical skills by being patient as she tries and tumbles and by providing her with safe spaces in which to creep, crawl, and toddle about

By Alice Sterling Honig, PhD | June , 2009

Squirt the Tummy

Reading books about body parts is fun, but why not play a game that teaches your baby to identify her own?

Appropriate for: 7 months to 1 year

Skills developed: Touch, sensory stimulation

What you'll need: A simple, gentle squirt toy

With your baby seated in a warm bath – either in a baby bathtub, on a foam bath pad, or just in the tub watched closely by you – get out a squirt toy and fill it with warm bathwater. (For safety's sake, bring it with you to the tub; never leave a baby unattended to retrieve a toy.)

Let your baby see the squirt toy and watch you fill it so there won't be too much surprise. Ask your baby, "Where's your tummy?" and then point to it with your finger and say, "There's your tummy!" Finally, squirt your baby's tummy gently, saying "I'm squirting your tummy!" Repeat for arms, legs, back, shoulders, and other body parts (don't squirt your baby near the face – aim below the neck).

Note: Never leave a baby unattended in the bath, even for a moment.

From: Babycenter.com

Have You Listened to This?

"Baby Beluga" by Raffi (MCA Records)

"Wee Sing, Sing-Alongs" by (Price Stern Sloan)

"Daddies Sing Goodnight" (Sugar Hill Records)

"Till Their Eyes Shine" (Sony Music)

From: Babycenter.com

Toddler Tips

Family Photo Dominoes

Make a fun matching game with familiar faces

What you need:

- family photos
- children's safety scissors • index cards
- black nontoxic marker
- smock
- glue

What to do:

1. Make sure there are at least three photos of each person. Cut out one person from each photo so that it will fit on half the index card. Then draw a line down the middle of each index card with the marker.
2. Ask your toddler to glue a picture of a different person onto each half of the index cards. Each card should have two photos on the same side.
3. Look at each card and talk about the people in the photos. Encourage your child to share any special names he has for family members.
4. Put out all the cards, photos facing up. Select a card and ask your toddler to name the family members in it. Have him pick one of the people shown and then search through the other cards to find a match. When he does, he can place it next to the first card so that the two photos of the same person are side by side.
5. Continue choosing cards and matching photos together. Talk about all the family members shown, asking questions about them. See how long a line of cards you can make.

Learning benefits:

- builds fine-motor skills
- promotes language development
- teaches matching

Adding Foods One At A Time Works Well for Picky Eaters

Introduce new foods one bite or in very small portions the first time. Having a large quantity of a foreign food on their plate can be intimidating to little ones. Many children can master one bite of anything, but the idea of a whole serving of something new is overwhelming.

Tip: Many successful parents report that the "No thank you bite" works well. With this method, children are taught that they must take a "No thank you bite" of any new food offered at any meal. They know this in advance and it is part of their regular routine. Over time, most kids rush through the "No thank you bite" and eventually find out that the taste is actually something they like. But this takes patience too.

By: Elizabeth Richards

Preschool Page

Measurement Activities

- *Measure shoes, height, length of table, etc. with yarn or your hands.
- *Measure the size of various containers.
- *Use blocks to build towers with length and height equal to other objects.
- *Measure the number of steps to somewhere.
- *Measure ingredients while cooking.

Teachable Moments

You probably do so many chores each day that you don't even give them a second thought, but they're actually a great way to help your child discover new things about the world around him. Children learn by show-and-tell. They watch you pay bills, do the dishes, and drive the car, but they probably don't understand how and why you're doing those things unless you tell them. Every place you take your child can easily be transformed into an instant classroom where you can teach him skills that will help make him a self-sufficient, well-rounded person. You just need to seize these teachable moments.

In the Laundry Room

Doing the wash is a great way to involve kids in housework. Teaching your child this chore will also ensure that your future college student won't be sending her dirty laundry home from the dorm.

Little-kid lessons: Help your child practice basic classification skills by sorting whites and colors. Tell her, "When clothes get wet in the washer, sometimes the dye that makes them different colors gets washed off. Since we don't want the dye to make our white clothes red or blue or purple, we keep colored clothes in a separate load." She can also start folding easy items like towels and pillowcases (teach her to match up the corners) and pairing up socks. She'll feel empowered, and she'll also begin to understand how families work together to get things done.

Poems, Songs, and Stories

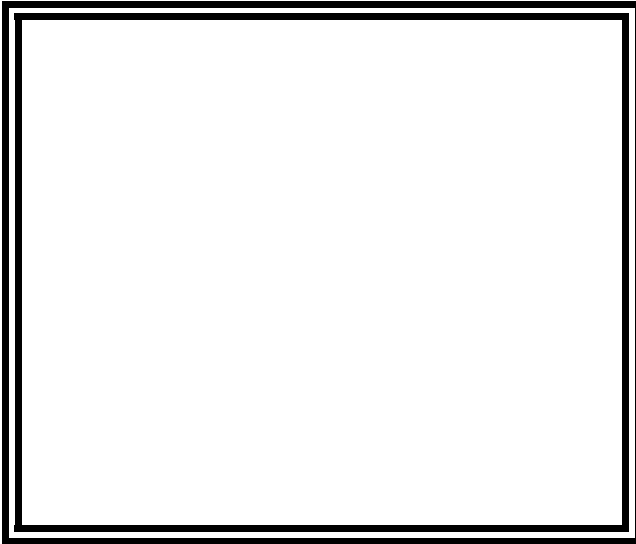
Preschoolers generally adore making up new words, creating funny sentences, repeating rhymes, and singing silly songs. And many will happily sit for long periods of time while listening to someone read. They especially enjoy poetry, alphabet books, simple riddles, and guessing books. Even when they don't understand every word, they delight in the sounds and rhythms.

Three-year-olds also tend to enjoy stories about everyday things, animals, and kids, as well as books that discuss issues like learning to share, making friends, going to school, and using the potty. These help them put into words-and think about-many of their fears, ideas, and feelings.

Don't be surprised if your child asks you to read a particular book over and over-and don't take it personally if she bursts into tears if you inadvertently skip or change a word. Her desire to hear the book exactly the same way every time is a good sign that she's building language and memory skills. Capitalize on this by encouraging your child to end some of the sentences or explain the pictures.

Reading aloud to your child-and then talking about what you have just read-is the single most effective way to help your preschooler sharpen language skills. Studies show that when preschool children are read to daily, they do better in school and develop above-average verbal abilities. In fact, it appears that the more interaction of any kind between parents and very young children, the better the children's later vocabulary and IQ scores will be

From the editors of Child Magazine



All PAT activities (unless indicated otherwise) are held in the PAT Resource Room 171 in the Primary Building at 803 S. Henry Clay. If school is cancelled due to weather, PAT Events are cancelled also. If in doubt, call the Primary Building at 657-2148 or your parent educator.

HELP! HELP! PAT is required to record dates of immunizations of all children in our program as a part of the health screening. Please have a copy of these records available for your parent educator as soon as possible.

FREE Hearing Screenings

Come to school for a free hearing screening. This screening is for any child ages 6 mos. to five years old. Hearing plays a vital role in your child's language development and this is a fantastic opportunity to make sure things are ok. You do not need to schedule an appointment. Dates for the screenings are:

Sept. 30	8:30 a.m. to 10:30 a.m.
Oct. 28	8:30 a.m. to 10:30 a.m.
Nov. 18	8:30 a.m. to 10:30 a.m.

Southern Boone County
Schools
Parents as Teachers
803 S. Henry Clay Blvd
Ashland, MO 65010

**Open Now:
Free developmental, hearing and
middle ear screenings!**