



LCNCK Parents As Teachers

Cloud, Republic & Washington Counties
Serving USD #108, 109, 224, 333 & 426

A Fun, Free, Early-Learning Program for soon-to-be parents
and parents with children up to three years of age.

September 2019

5 Secrets to a Smarter Baby: School Readiness Can Start Now

As parents, we all want happy, healthy babies. Not only that, we want them to be smart.

Growing research in early brain development shows there are some basic things you can do right now to start raising a child who is curious about the world and ready to learn. These early education activities we're talking about are simple—and screen free!



The American Academy of Pediatrics (AAP) recommends parents talk with their pediatrician about how to create a supportive, stimulating environment for their baby—starting at birth—that promotes healthy brain development and builds the social and emotional skills necessary for school readiness.

Use the "5 Rs of Early Education" in your daily activities right from birth:

1. READ together as a daily, fun, family activity.

- The AAP recommends this to build language, literacy, and social-emotional skills that last a lifetime. It's never too young to start reading with your baby. Reading to your child, research suggests, boosts activity in parts of the brain that form the building blocks of language, literacy skills and imagination.

2. RHYME, play, talk, sing, and cuddle together often throughout the day.

- The AAP encourages parents to use play to help meet their child's health and developmental milestones, beginning from birth. Need ideas? Here are some great ways to do this based on your child's age. Talk with them about things they see around them, at home, at the store, or while traveling. Enroll in quality early education programs and activities, take time to visit a children's museum or local library, and enjoy story time.

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3. Build **ROUTINES** for meals, play, and sleep.

- This helps children know what to expect and what is expected of them. Brush, Book, Bed, for example, is a great way to structure your child's nighttime routine. Eating at least three family meals together each week is associated with healthier kids, according to a study published in *Pediatrics*.

4. **REWARD** everyday successes (especially for effort toward goals like helping others).

- Catch your child doing something good and praise them for it! Praise from those closest to a child is a very powerful reward. Talk with your pediatrician about how to shape and manage your child's behavior, model the good behavior, and reinforce it by using positive discipline techniques that build a child's self-regulation skills. Your child's social, emotional, and behavior skills are equally critical to school success.

5. Develop **RELATIONSHIPS** that are nurturing, respectful, and consistent.

- A strong parent-child relationship helps protect against the lasting effects of adverse childhood experiences (ACEs), traumatic situations that can lower a child's chance of doing well in school. As you strive to teach your child about healthy relationships and choosing friends wisely, don't forget to model them in your own life. Demonstrating good relationships skills with your spouse or partner, and taking time to nurture close friendships with others, is as important as simply talking about these skills--if not more so.

You are your baby's best teacher.

A certain toy is not necessary for your child to reach his or her next developmental milestone. There is no one app that will teach your child to read. While it's easy to fall victim to the marketing, YOU are what your child needs to start on the path toward school readiness with daily reading, rhyming, routines, rewards, and relationship building.

<https://healthychildren.org/English/ages-stages/baby/Pages/The-Secret-to-a-Smarter-Baby.aspx>



By understanding what to expect next during each stage of development, parents can easily capture the teachable moments in everyday life to enhance their child's language development, intellectual growth, social-emotional development and motor skills.

Parents As Teachers helps families to maximize the most important years of a child's development.

PAT is a fun, educational program for you and your little one! We offer FREE screenings to any child birth to age 3 within our sponsoring school districts. If you are interested in scheduling a screening, call 785-243-0959.

You are invited to our Annual PAT Family Picnics!



Come have some fun at one of the Parents As Teachers Family Picnics. It will be a time to meet and visit with other parents, play with your little ones, and have a FREE meal! Please plan to bring a side dish or dessert. We will provide the meat, drinks, and table service.

All families with children birth to age 3 are invited to attend (older siblings are welcome, too)! Feel free to invite other families that may be interested in enrolling in the Parents As Teachers program. Make sure to tell them that Parents As Teachers is a fun, free, voluntary program for ALL families!

Please email parentsasteachers@usd333.com or call 785-243-0959 to sign up to attend the Family Picnic. Please RSVP so we can be sure to have plenty of food and table service available. Please know that it is not a requirement to bring food in order to attend; it is simply a suggestion.

When & Where:

Tues., Sept. 24th @5:30 p.m. – @the HeadStart/Preschool Playground, **Washington**

Tues., Sept. 24th @5:30 p.m. – @the Courtland Park, **Courtland**

Wed., Sept. 25th @5:30 p.m. – @the Clifton Park, **Clifton**

You are invited to attend more than one family picnic – just be sure to RSVP please.

*In case of inclement weather, please listen to local radio stations for details and/or check your email or text messages.

LCNCK Parents As Teachers
219 W. 7th Street
Concordia, KS 66901

September Group Connections: Family Picnics!

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Clifton

PLEASE RSVP by Monday, September 23rd
Text/call 785-243-0959 or your Parent Educator