



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.

November 2019

We did it! Our LCNCK/Cloud, Republic & Washington Parents as Teachers program has earned a prestigious endorsement from the Parents as Teachers National Center, Inc., (PATNC) as a Blue Ribbon Model Affiliate, making us one of the top performing home visiting affiliates within the PATNC's international network! The official designation was made on October 1, 2019.

Being named a Blue Ribbon Affiliate affirms that our LCNCK/Cloud, Republic & Washington PAT program is a high-quality member of the home visiting field, implementing the evidence-based Parents as Teachers model with fidelity. Families in our communities are positively impacted by the services delivered by our program. Our job is to equip parents with knowledge and resources to prepare their children for a stronger start in life and greater success in school.

To earn the Blue Ribbon Affiliate status, we underwent a rigorous self-study and review process from the National Center. The process confirms that we are meeting Parents as Teachers' standards of fidelity and quality. Blue Ribbon Affiliates are exemplary programs, delivering highest quality services to children and families. It also verifies that a program is being implemented as designed. Parents as Teachers' rigorous endorsement process demonstrates our affiliate's accountability and credibility to our communities, funders, and the partner organizations with which we work.

We are so very proud of our achievement and we hope you are too! We are one of 19 programs in Kansas to achieve this prestigious endorsement.

A huge thank you goes to our PAT staff: Angela Champlin, Lisa Knapp and Andrea Alldredge. Thank you also to our families for being a part of our PAT program!

Donna Trost, Coordinator and Parent Educator

Program Coordinator: Donna Trost Cell: 785-243-0959
Parent Educators: Andrea Alldredge Cell: 785-541-0611
Angela Champlin Cell: 785-275-1234
Lisa Knapp Cell: 785-614-3536

Program Email: parentsasteachers@usd333.com
email: andrea.alldredge@usd333.com
email: achamplinpat@yahoo.com
email: lisa.knapp@usd333.com

Here's to Healthy Eating: Habits to Start and Habits to Avoid

Habits to Start

- **Offer three to four healthy choices at mealtimes.** Make sure that at least one of the choices is something the child likes to eat.
- **Providing two to three health snacks per day.** If children don't eat a lot at a meal, they will have a healthy option for a snack.
- **Let children take a "dip."** Children like to play with their food. Healthy dips, such as low-fat salad dressing, ketchup, salsa, yogurt, or hummus, make eating fun. Children can dip vegetables, fruits, and even meat!
- **Offer a new food an "old" way.** If you want children to try something new—like fish—offer it to them the first time with breading on it so it looks like something familiar (such as chicken nuggets).
- **Be silly.** Make a face out of vegetable slices (cucumber slices for eyes, shredded carrots for hair, a cherry tomato nose, a red pepper slice for a smile). Or make "sweet surprise stew" where you hide fruit at the bottom of a cup of yogurt. When children are having fun, they are more willing to try something new.
- **Give it a licking.** If children don't want to put a new food in their mouth, ask them if they can lick it. As silly as it sounds, even licking a new food is a way to introduce the taste. You may have to introduce a new food more than 10 times before a child will eat it.
- **Look for ways to include and respect the family's culture.** Food is an important way children experience their cultures. Talk with parents about recipes they frequently prepare at home, and discuss ways you might adapt them to make them more healthful, if this is an issue.



Habits to Avoid

- **Forcing children to eat.** The truth is that forcing children to eat usually leads to the child eating less. Forcing also teaches children to rely on others to tell them how much to eat and what they are feeling. This does not lead to healthy eating habits. When it comes to eating, you and the child each have your own jobs to do. Your job is to provide each child with healthy food choices and pleasant meal and snack times. It is the child's job to decide which of these healthy foods to eat and how much to eat. This approach helps children learn to listen to their bodies and to make healthy food choices.
- **Nagging or making deals with children.** "Just two more bites, just two more bites!" "If you eat your vegetables, you will get dessert." Strategies like these don't work in the long run. Children who learn to make deals about eating quickly learn to make deals and ask for rewards for doing other things—like cleaning up. Soon they won't do anything unless there is a reward for it!
- **Eating with the television on.** It is true that children will often eat more when they are placed in front of a television for mealtime. However, this is because they are paying so much attention to what is on television, they are not paying attention to whether they are hungry or full. One of the most important healthy eating habits for children to learn is to pay attention to their body's cues and eat only until they are full. Also, mealtimes are important opportunities to talk and connect with children. There is no chance to bond this way if everyone is watching television.

<https://www.zerotothree.org/resources/155-here-s-to-healthy-eating-habits-to-start-and-habits-to-avoid>

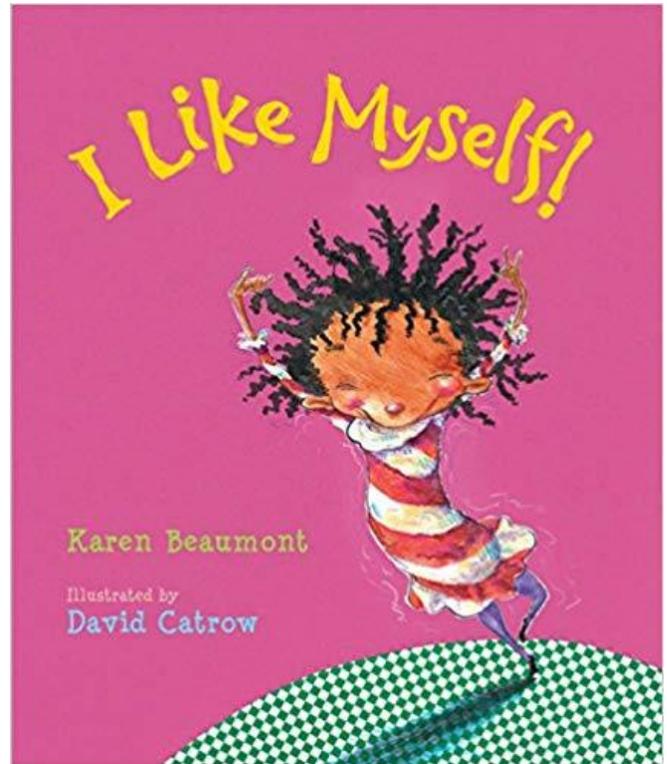
Kansas is Reading to Preschoolers

A statewide initiative encouraging early childhood literacy

TOPEKA — The State Library's one-book/one-state reading initiative, *Kansas Reads to Preschoolers*, highlights the importance of reading to children with a goal that every Kansas child from birth to age five is read to during the week of November 10-16.

One age-appropriate book is selected for storytime in libraries, preschools, childcare centers and homes throughout Kansas. *I Like Myself!*, by Karen Beaumont, is the chosen title for the 15th annual selection. Kansas librarians have pooled together learning resources and tools that will be shared throughout the state during the entire month of November.

“Local libraries play a big role in early childhood learning. As Kansas Reads to Preschoolers continues to grow each year, our hope is that more children will discover the joy of reading,” said State Librarian Eric Norris.



Copies of the children's book, *I Like Myself!*, have been made available to public libraries throughout Kansas and librarians are preparing to read to Kansas preschoolers during Kansas Reads to Preschoolers Week. Some libraries may have events throughout the month of November.

The State Library of Kansas is committed to increasing reading readiness and on-grade reading while promoting reading, literacy and libraries. For storytime ideas, activities and more information on this year's Kansas Reads to Preschoolers week, visit <https://kslib.info/prek> and <https://kslib.info/prek/promo>.

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

Group Connection Opportunities: Meal Planning/Nutrition

Tuesday, November 19, 2019

5:30 p.m. at the First United Methodist Church, 2013 M St., **Belleville**

Thursday, November 21, 2019

5:30 p.m. at the FACS room, Clyde High School, **Clyde**

Wednesday, December 4, 2019

5:30 p.m. at the Powerzone/Board Office Building, 101 W. College St., **Washington**

Thursday, December 5, 2019

5:30 p.m. at the PAT office, 1001 E. 7th St., **Concordia**

Please RSVP to your Parent Educator or to parentsasteachers@usd333.com or you may call/text 785-243-0959. There will be a meal provided (soups, crackers, etc.) and recipes to make and taste. Plan to join us and make some memories with your little one(s)!