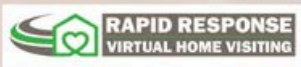




KPATA is Pleased to Host a
Virtual Training Module:

**Talking
with
Families:**
*Developmental
Screenings and
Concerns*

October 3rd
1 - 2:30 pm



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Dear KPATA Members -

“In October any wonderful unexpected thing might be possible.”

ELIZABETH GEORGE SPEARE

What is your favorite October pastime? Drinking hot cider, taking a hayrack ride, or a cool evening walk to enjoy the beautiful colors? So many great things happening in October!

Did you know that October 10th is also World Mental Health day? Visit this website to learn more: <https://www.mentalhealthfirstaid.org/worldmentalhealthday/>

During the month of September:

- Hilary started serving on a state workgroup (as part of her work on the Early Childhood Recommendations Panel) which will focus on mental health supports for those in the field of early childhood.
- The social media committee started working on ways to highlight & share content that supports learning, networking, and connecting across the state.

Parents as Teachers is celebrating 40 years and that is quite an accomplishment! Tune in to the KPATA social media pages to see updates from the PATNC Conference in San Diego, October 14 - 17th.

Regards,

Hilary Koehn

Hilary Koehn
Executive Director

OCTOBER



**A NOTE FROM THE
EXECUTIVE
DIRECTOR**

ITEMS TO HIGHLIGHT

- WATCH THE KPATA SOCIAL MEDIA PAGES FOR UPDATES FROM THE PATNC CONFERENCE IN SAN DIEGO
- OCTOBER 10TH IS WORLD MENTAL HEALTH DAY

BRIGHT FUTURES SUCCESSSES

SUCCESS STORY

Significant successes were achieved this month in the well-being and developmental progress of [child]. [Mom] successfully submitted the necessary paperwork for medical insurance for both herself and [child]. This accomplishment provides peace of mind and access to essential healthcare services. Developmentally, [Mom] has been actively working on enhancing [child's] gross motor skills. Her consistent efforts have paid off. [Child] is showing promising signs of progress by attempting to take his first steps. Both [Mom] and [Dad] have been actively engaged during our visits. They have shown a strong interest in [child's] development by asking thoughtful questions related to [child's] milestones and growth. Their active participation highlights their commitment to providing a nurturing environment for their child, which is crucial for [child's] ongoing development.

- 11 NEW REFERRALS
- 72 ACTIVE REFERRALS
- 38 PARTICIPATING PROGRAMS



KPATA YouTube Channel



kpata
KANSAS PARENTS AS TEACHERS

Did you know?



KPATA has a YouTube channel!

[@KansasParentsasTeachersAssocia](https://www.youtube.com/@KansasParentsasTeachersAssocia)

Don't forget to...

SUBSCRIBE



2024 - 2025

KPATA Training Calendar

TRAINING SCHEDULE

PARENT EDUCATORS AND COORDINATORS
KPATA BRIGHT FUTURES 2024-25



**ATTEND ALL
TRAININGS
WITH A
CURRENT
KPATA
MEMBERSHIP
(TRAINING
PASS)**

**RENEW OR
PURCHASE**

HERE

JULY
**Toddlers That
Won't Go to Bed
(Solutions from
Eileen Henry)**
UNRUFFLED - JANET
LANSBURY
7/17 1:00-2:30 PM

AUGUST
★ **DEIA Lunch and
Learn AND
Webinar 2**
8/1 1:00 - 2:00PM
&
8/29 1:00 - 2:00PM

SEPTEMBER
Part B/C
Understanding
Services
9/19 1:00-2:30 PM

SEPTEMBER CONT.
★ **DEIA**
lunch & learn 2
9/12 1:00-2:00 PM

OCTOBER
*Talking With
Families*
DEVELOPMENTAL
SCREENINGS
10/3 1:00-2:30 PM

NOVEMBER
★ **PARENT**
*Health
Literacy*
11/14 1:00-3:00 PM

JANUARY
**Home Safe
Home**
Cherie Sage
1/16 1:00-2:30 PM

FEBRUARY
★ *How Do
Protection
From Abuse
Orders
Work in KS?*
2/20 1:00-3:00PM

MARCH
*Screen
Sanity*
3/27 1:00-2:30 PM

★ APRIL
**Child Abuse
& Neglect**
KCSL
4/17 1:00-2:30 PM

★ MAY
*Substance Use
Disorder*
KANQUIT
DATE AND TIME TBD

OTHER NOTES:
★ *Please use Dec. to
catch up on a
recorded training*
★ *No Training
in June*

★ INDICATES A PATNC QUALITY
STANDARD TRAINING REQUIREMENT



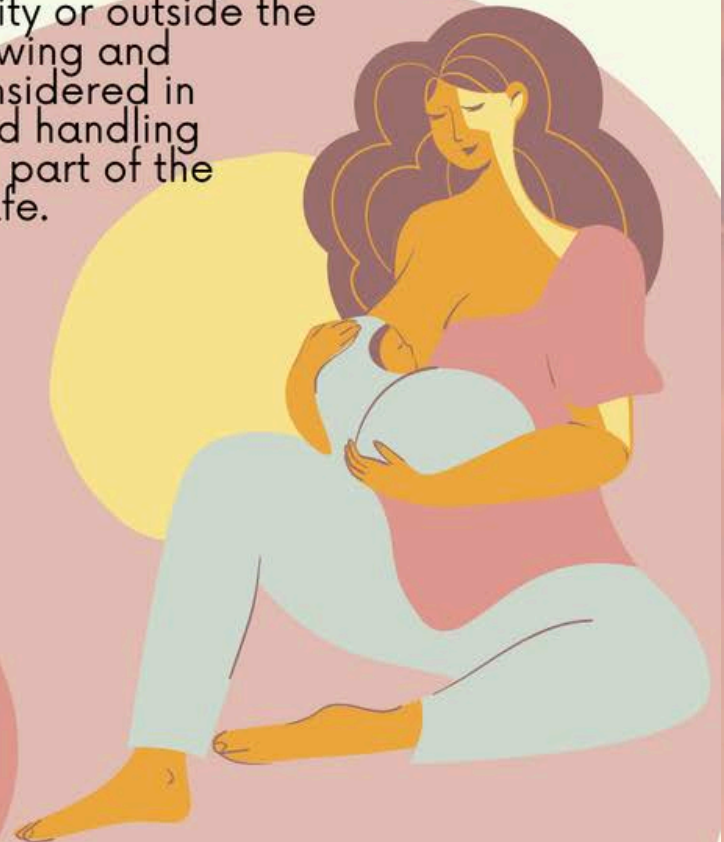


Kansas
Breastfeeding
Coalition, Inc.

MESSAGE OF THE MONTH: PREPAREDNESS

BEING PREPARED FOR AN EMERGENCY IS TOP PRIORITY FOR MANY INCLUDING THOSE IN THE CHILD CARE FIELD. CURRENTLY, NEARLY 90% OF FAMILIES IN KANSAS CHOOSE TO BREASTFEED AND OVER 75% OF INFANTS ARE STILL BEING BREASTFED AT 6 WEEKS OF AGE, WHICH IS WHEN MOST ENTER CHILD CARE. IF THERE IS AN EMERGENCY, DO YOU KNOW HOW YOU WILL TRANSPORT, PREPARE AND PROVIDE BREASTMILK TO YOUR BREASTFED INFANTS? WE CAN HELP!

Through a collaborative partnership process, the Kansas Breastfeeding Coalition Child Care Section created "[Guidelines to Support the Breastfeeding Infant During Emergencies While in Child Care](#)". A checklist was created for child care providers to think through what is needed for the breastfed infant if the emergency occurs while they are in the facility or outside the facility. Creative methods of thawing and warming the milk need to be considered in advance. Breast milk storage and handling guidelines are also an important part of the planning process to keep milk safe.







MENTAL HEALTH FIRST AID


Tip of the Month

As you support others through their mental health challenges, it's important to remember that your own wellbeing matters too. One effective way to take care of yourself is by practicing self-compassion. This means treating yourself with the same kindness and understanding that you would offer to a good friend.

HERE'S HOW TO PRACTICE SELF-COMPASSION:

 **Acknowledge your feelings:** When you're feeling overwhelmed or stressed, take a moment to recognize your emotions without judgment. It's OK to feel this way, and it's a natural part of being human.

 **Take mindful breaks:** Set aside time each day for activities that help you recharge and center yourself. Whether that means taking a short walk, deep breathing, or a few moments of quiet reflection, these breaks can help reduce stress and boost your resilience.

 **Speak kindly to yourself:** Notice your inner dialogue and replace self-critical thoughts with affirming and supportive ones. For instance, instead of thinking, "I'm not doing enough," try, "I'm doing my best, and that's enough."

 **Seek support:** Don't hesitate to reach out to others when you need help. Just as you support those around you, allow yourself the same privilege. Talking with a trusted friend, mentor or counselor can provide valuable perspective and comfort.

Kansas Home Visiting Conference

REGISTRATION IS OPEN: KANSAS HOME VISITING VIRTUAL CONFERENCE

Join us for a free day of connecting with other Kansas Home Visitors and gaining tools and information to help support families in your communities!

 OCT. 28th  8:30am to 5:30pm



 whova.com/portal/registration/Kansal_202410





New Behavior Checker®
 Research Confirms this
 Tool is a Winner for
 KPATA Parent Educators!



Research Findings

KPATA and its partner, the Raised with Love and Limits Foundation, developers of Behavior Checker, are excited to report on the 2023-2024 research on the use of Behavior Checker by parent educators. Thank you to all who participated.

The research was conducted by the Center for Applied Research and Educational Improvement (CAREI), University of Minnesota, which is a national leader in evaluation of parenting programs.

As a follow-up to the Study published in Spring 2023, CAREI just published the Phase Two Report in Spring 2024. This second round of focus groups and surveys tracked results as more parent educators experienced using Behavior Checker with their families, and attended Lunch 'n Learns and the KPATA State Convention workshop on Behavior Checker.

Highlights show that KPATA gives Behavior Checker thumbs up!

Evaluation of Kansas Parents as Teachers Association Parent Educators' Perception and Use of Behavior Checker: Spring 2024, showed that among those using the tool, a vast majority of all the respondents said they agree or completely agree that:

- Behavior Checker has been a helpful tool to me as a Parent Educator.
- Parents and caregivers have found Behavior Checker to be helpful.
- I am confident I can effectively use Behavior Checker.
- I plan on using Behavior Checker.

Parent Educators consistently gave examples of how useful and feasible the tool was to them. For example, one Parent Educator reported, *"I can't think of a time when I wouldn't use it."* Another participant shared that it was easy to use and offers quick, practical tips for managing a variety of everyday behaviors.

Other examples included: *"I love that list, and being able to pull things up easily..."* and *"I like that long list, and the fact that you know sometimes you can put in a phrase...[to find] what you are looking for."*

We are putting your recommendations into practice!

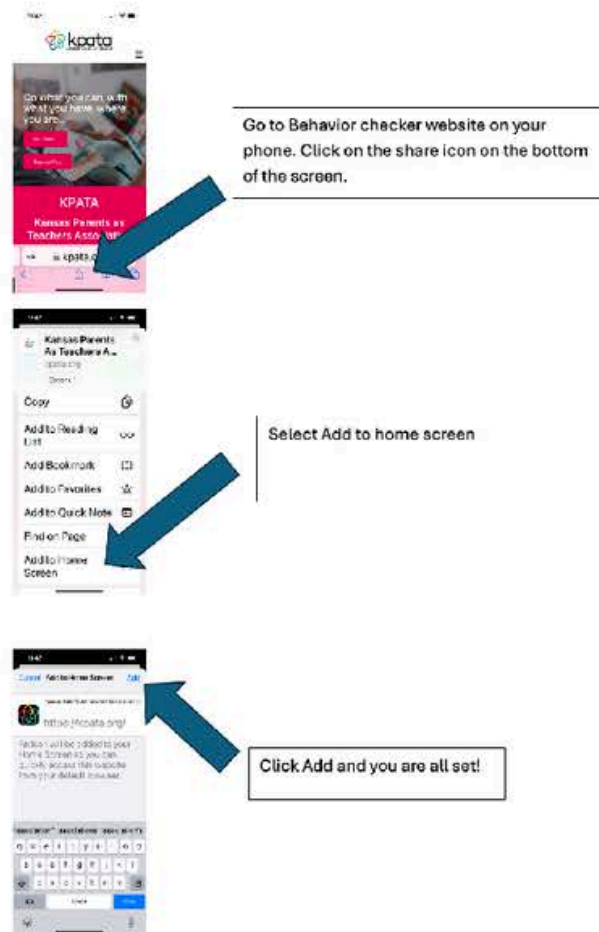
Here are some recommendations that were provided by parents/caregivers and Parent Educators that are helping KPATA increase usage of Behavior Checker:

Short training workshops and videos:

We are reaching out to identify parenting coaches who use Behavior Checker to participate on an upcoming Lunch 'n Learn panel. Please contact [Hilary](#).

A phone app for quicker access:

This is a future goal, but for now, here's an easy way to save [Behavior Checker](#) to your mobile screen which will turn it into an app without using a lot of your phone's storage.





Business cards with QR Code:

Here are templates that can be used for cards, magnets, handouts and social media messages to promote KPATA's Behavior Checker locally:

We can help!

Behavior Checker
PARENTING IS HEALTHCARE®



[Download Template](#)

For more information and Behavior Checker t-shirts, visit the [KPATA Behavior Checker Website](#).

[**Download the Behavior Checker Handout**](#)

What have we been up to?

Did

YOU KNOW?



KPATA's **Bright Futures Program** has been a pathway to connect families already in PAT communities with their local PAT Affiliates; continuing to be an avenue to empower families and help build strong communities

- Over 870 parent skill building referrals since Bright Futures began
- 92% of target children/youth who have reached 12 months from the time of service referral remained together at home without need for foster care.



October

UPCOMING EVENTS

OCTOBER

- 3RD: DEVELOPMENTAL SCREENINGS TRAINING
- 14TH - 17TH: - PATNC CONFERENCE
- 18TH: KPATA BOARD MEETING

NOVEMBER

- 14TH - PARENT HEALTH LITERACY TRAINING
- 15TH - KPATA BOARD MEETING

