



Parents Newsletter

News and Information from the Mississippi Bend Area Education Agency Parents as Teachers Program

October 2006



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PAT begins 7th year

The Mississippi Bend Area Education Agency is in the 7th year of facilitating the Parents as Teachers Program in Scott County with the continued funding support of Scott County Kids - Empowerment. The program staff has been very busy planning many fun and informative activities for parents and children for the upcoming year. A list of dates these dates can be found later in your Parents Newsletter. ***Please save this page for future reference.***

Beginning October 16, we will have a student teacher from St. Ambrose working with us for several weeks. Rachael Wagner will graduate in December with a double major in Early Childhood Education and Spanish. She has worked with young children in a variety of settings and is extremely excited about working with our program and the parents and children involved. Please help us welcome her whether it is on a visit in your home, at a presentation or at a playgroup in the upcoming weeks.

Thanks to all of you for your participation and for your support of our program over these past six years. The PAT staff is looking forward to working with you and your family in the upcoming year.

A big THANK YOU for another successful BIG Truck Night!

Our 3rd Annual Big Truck Night back in June was another HUGE success. Our attendance was up significantly once again this year. We could not have had such a successful event without the cooperation of our gracious friends who volunteered their time and big trucks for all the children (and adults) to explore.

A very special thanks to the following businesses and their representatives:

- Bettendorf Fire - Tom Paine, Jack Henderkott, Josh Cackley & Max Maes
- Bettendorf Police - Jeff Nelson
- Bettendorf Public Works - Todd Hildebrandt and Tyson McAlster
- Bettendorf School District - Linda Bures
- D & D Hummer - and Scott Jansen for so graciously offering to drive it over
- Medic Emergency Services - Bob Rogan
- Schwan Food Company - Larry Gaskin
- Scott County Sheriff's Department - Rochelle Kunde
- Truck Country - Jason Noonan

We are already planning our 4th Annual BIG Truck Night for June 7th. See you there!



Equity Statement

The Mississippi Bend Area Education Agency does not discriminate on the basis of race, color, creed, gender, marital status, sexual orientation, national origin, religion, age, or disability in its educational programs, services or employment practices. Inquiries concerning application of this statement should be addressed to: Tom Wirtz, Equity Coordinator, 729 21st Street, Bettendorf, Iowa 52722. Telephone number (563) 344-6410.

Staying fit with your child

Parents with young children commonly complain about the lack of time to keep physically fit. Caring for a baby is a 24-7 occupation. No wonder parents feel they can't go to the gym or continue to bowl in the weekly league.

Now you have a new fitness partner – your child! Look for ways to use your child's love of moving to provide physical activity for yourself. Here are some suggestions to get you started.

WITH YOUR INFANT:

- Hold your baby securely and dance to music. Sometimes your little one will like grooving to a salsa beat, and other times she'll need a slow, dreamy waltz.
- Walking with your baby in a front pack or stroller gets you out and moving. Your baby will like the changing scenery, or she'll take a snooze. Either way, you can walk as vigorously as you want.
- Exercise classes that include your baby and the use of her stroller as exercise equipment are becoming popular. Look for one in your community.

WITH YOUR TODDLER:

- Your child will love imitating and stretching movements like touching toes, head circles, and side reaches. She will improve her balance and you'll gain flexibility.
- Be an active play partner at the playground. Show your child, don't just tell him, how to climb the ladder to the slide. Run in place while you push your child on a swing.
- Run after your child. Toddlers love a good game of chase. Give her a head start, then race to see who gets the ball first.
- Imitate your child. Follow him around and do everything he does. You will learn just how active a toddler is!

WITH YOUR PRESCHOOLER:

- To get down on your child's level, do leg squats or lunges. Play Jack-in-the-Box with your child as you do squats. Invite your child to imitate you.
- Lie on the floor and do crunches. Ask your child to play patty cake on your stomach. The patting sensation will engage all your stomach muscles.
- Take your child swimming. Be safe and stay right by his side. Hold on to the side of the pool and kick while he plays. Using a floatation device for your child, take him out to deeper water where you can tread water beside him. Treading water is a great strength and endurance activity.

When your child sees you enjoying physical activity, she will want to do it too. And she will have a model for gaining life long health, fitness and recreation.

JACK-IN-THE-BOX-RHYME

Crouch in a squat position facing your child and say:

“Jack-in-the-box so quiet and still.
Will you come out?”

Jump up and say:

“Yes! I will!”

Repeat.

Soon your child will be joining in.

If you and your child have spent any time exploring your backyard lately, you may have discovered some spectacular spider webs and the creators of them in your landscaping. Use this as an opportunity to kick off an exploration of these interesting arachnids with these fun activities.

Kids In the Kitchen

Spider Cupcakes

You will need:

- 1 pkg. (2 layer size) chocolate cake mix
- 1 pkg. (4 serving size) chocolate flavor instant pudding
- 1/3 cup orange flavor sugar sweetened soft drink mix
- 2 Tbsp. hot water
- 1 can (16 oz.) ready-to-spread white frosting
- 24 chocolate sandwich cookies
- 12 pieces black string licorice (32 inches each)
- 48 miniature candy coated chocolate pieces

PREPARE cake batter as directed on package; blend in dry pudding mix. Spoon evenly into 24 paper-lined medium muffin cups. Bake as directed on package for cupcakes. Cool completely.

DISSOLVE drink mix in hot water. Stir into frosting until well blended. Frost cupcakes, reserving some frosting for attaching candies.

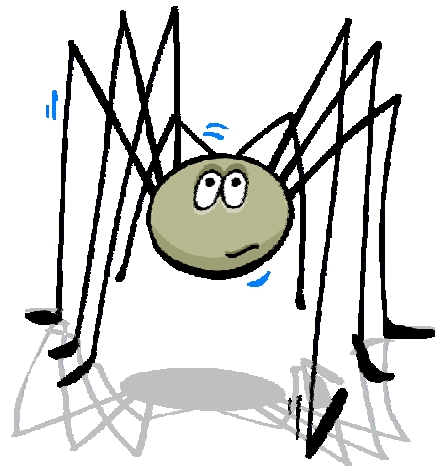
CUT each licorice piece into sixteen 2-inch pieces; set aside. Place one cookie on top of each cupcake. Insert 4 licorice pieces into each side of each cookie for the "spider's legs." (Eight licorice pieces for each cookie.) Add 2 candy coated chocolate pieces to top of each cookie using some of the reserved frosting for the "spider's eyes."

Encourage preschool aged children to help by having them help mix the batter, frost or put on the cookies and the eyes. While they are helping, talk about the sequence of the steps in making the cupcakes and decorating them.

Book Picks

Check the library or your favorite bookstore for these spider themed books.

- Miss Spider's Tea Party* by David Kirk
- Miss Spider's New Car* by David Kirk
- The Very Busy Spider* by Eric Carle
- The Itsy Bitsy Spider* by Iza Trapani
- Are You a Spider?* by Judy Allen
- Anansi The Spider: A Tale From the Ashanti* retold by Gerald McDermott



Rhyme & Song Time

No fear when spider friends are near! They are here for nursery rhyme fun! Recite the traditional Miss Muffet rhyme with your child. Then recite the updated rhyme about the modern Miss Muffet. For fun, see if you can make up your own Miss Muffet rhyme. Miss Muffet and her spiders hope you get caught in a web of rhyming fun!

Little Miss Muffet sat of a tuffet,
Eating her curds and whey.
Along came a spider
Who sat down beside her,
And frightened Miss Muffet away!

Little Miss Muffet sat on a tuffet,
Eating her cookies three.
Along came a spider
Who sat down beside her,
And stayed with Miss Muffet for tea!

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Handprint Spiders

You will need:

- White or yellow construction paper
- Blank paint
- 2 wiggle eyes per spider

Directions:

Paint your child's palm and four fingers with black paint. Press the hand on the sheet of construction paper. Make a second print with the palms overlapping and the fingers extending in the opposite direction. The palm print in the middle is the spider's body and the fingers are the legs. Glue on the eyes when the paint dries and you will have an eight legged arachnid crawling across the paper. After your spider dries, use it as a prop for your Miss Muffet rhymes.

Using Ordinary Stuff for Extraordinary Play

Please join us on Tuesday, October 24 from 6:30 to 7:30 p.m. for a make and take parent presentation. Melissa Zeimet and Tara James, MBAEA PAT parent educators, will present play activities easily made from recycled materials you have at home and other inexpensive items. Participants will have the opportunity to make some of the items. **Participants are asked to bring a small to medium size gift bag, a paper towel tube, 6-8 photos of family members (4x6 size) and a package of stickers with four sheets.** Unfortunately, our extremely limited budget prohibits us from providing stickers for all of the participants.

This presentation will be held in the Learning Center at the Mississippi Bend AEA, 729 21st Street in Bettendorf. In order to allow plenty of time for the make and take portion of the presentation, it will begin promptly at 6:30.

In order for us to plan for the materials needed for the participants, please **RSVP to Jennifer Jansen @ 344-6393 by Friday, October 20** if you plan to attend. Childcare will be available to a limited number of children in the Early Childhood Center. Due to the fact that we have fewer parent educators to provide childcare, we will not be able to accommodate as many children as we have in the past. Please indicate if you need childcare when you RSVP. Spots will be reserved on a first call, first serve basis.

If you will be bringing your child(ren) to the Early Childhood Center, please arrive between 6:10 and 6:25. This will ensure that you will not miss the beginning of the presentation.

A reminder – the doors of the Early Childhood Center are locked after 5:00 and you will need to press the buzzer for admittance to the building.

Our friends at the Quad Cities Mothers of Twins Club asked us to share the following:

Quad Cities Mother of Twins Club Fall Rummage Sale

Saturday, October 7th
8:00 a.m. to 2:00 p.m.
St. John's Lutheran Church
1450 30th Avenue - East Moline

Many items for sale including clothing of all sizes from infant to adult, shoes, coats, baby equipment, toys, house wares, holiday decorations, stuffed animals and much, much more!

CASH ONLY PLEASE!
Admission only \$.50, Kids FREE!

For more information please check out the QCMOTC website at www.qcmotc.org or call 786-3821.

Haven't been to Mississippi Bend AEA 729 21st Street, Bettendorf?

To get here: Go south on 18th Street to Central Avenue. Turn left on Central Avenue. Go to 21st Street and turn right. Turn left into the MBAEA parking lot and follow the signs. The Early Childhood Center is under the blue canopy on the East end of the parking lot and up the stairs or ramp. The Learning Center entrance is under the blue canopy in the center section of the building.

Parents as Teachers

All children will learn, grow and develop to realize their full potential.

Contact Us

MBAEA Parents as Teachers Program
729 21st Street
Bettendorf, Iowa 52722

Jennifer Jansen, Program Coordinator, 344-6393
Melissa Zeimet, Parent Educator, 344-6412
Shari Huecksteadt, Parent Educator, 344-6413
Tara James, Parent Educator, 344-6577

2006-2007 Parents as Teachers Events

Family Fun Nights & Parent Presentations

Here is a list of the Parent Seminars and Family Fun Nights to look forward to in the upcoming months.

October 24

Using Ordinary Stuff for Extraordinary Play
Melissa Zeimet & Tara James,
Mississippi Bend AEA

November 28

Becoming a Love & Logic Parent®
Shari Huecksteadt, Mississippi Bend AEA

January 30

“Music & Movement” Family Fun Night

February 22

Signing Together: An Intro to Simple Signs
Jennifer Jansen, Mississippi Bend AEA

March 27

Healthy Eating for You and Your Child
Vera Stokes, Iowa State University Extension

April 26

“Use Your Senses” Family Fun Night

May 29

To Be Determined

June 7

“Big Truck Night” Family Fun Night

All PAT events will be held at the Mississippi Bend Area Education Agency from 6:30 to 7:30 p.m. More detailed information about each activity will follow in upcoming newsletters. We will offer childcare on a limited basis in the Early Childhood Center. **We request that you RSVP to Jennifer Jansen at 344-6393 the week of the presentation** if you plan to attend and indicate if you will need childcare at that time.



Drop in & Play Groups

We are happy to provide parents and children the opportunity to get together with other families to share experiences and play together. This year we will offer Drop in & Play one Friday each month from 9 to 11 a.m. Here is a list of dates for the upcoming months.

October 13

November 10

December 8

January 12

February 9

March 9

April 13

May 11

All Drop In & Play groups will be held in the MBEA Early Childhood Center. It is not necessary to RSVP for Drop in & Play.

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SAVE FOR FUTURE REFERENCE!!!