



Parents as Teachers

January 2022 Newsletter

Dear PAT Families,

Happy New Year! We are happy to be back after Winter Break and are looking forward to a wonderful 2022!



Due to the current COVID surge in our area, we will be pausing all in-person PAT visits and screenings for the next few weeks. We will keep you updated about when we can resume outdoor visits and will continue to offer visits and screenings over Zoom, by email, or by phone.

We will be contacting everyone who signed up for a January 8th screening to reschedule an in-person screening for after conditions have improved or schedule a virtual screening over Zoom. We also plan to offer another weekend screening date later this spring.

If community conditions permit, we will be partnering with Maplewood yoga studio Complete Harmony to offer two free children's yoga classes in February. See below for details and registration information.

Thank you for your patience as we navigate the changing community conditions and work to keep our littlest learners safe!

In Partnership,
Sara Patterson and Colleen Hogan
PAT Educators

Group Connections

Yoga Classes with Complete Harmony

Join us for a children's yoga class at Complete Harmony in Maplewood!

We are partnering with Complete Harmony to offer a Little Lotuses class for children ages 1-5 years. From the Complete Harmony website: "This 30-minute class introduces young children to basic yoga concepts using many creative ways. By using themes, play, music, and art our little lotuses will work on fine motor skills, yoga postures, balance, breathing, positive social interactions and more."

We will be offering **2 sessions** on **Saturday, February 12, 2022** from **10:00-10:30** and **11:00-11:30 AM** at Complete Harmony (3520 Greenwood Blvd, Maplewood, MO)

These classes are free to attend, but registration is required. Each class is limited to 8 children. Due to Covid distancing protocols, we request that only the registered child and one caregiver attend.

COVID precautions: All adults and children ages 2 years and older must wear a mask and social distancing will be expected. If you or your children are not feeling well, experiencing COVID symptoms, are awaiting test results, or have been in contact with a confirmed case, you should not attend this in-person Group Connection.

For more information about Complete Harmony and the classes they offer, visit their website at **Complete Harmony**.

To register, please sign up for your preferred class time:

Session 1 from 10:00-10:30 AM: **registration link**

Session 2 from 11:00-11:30 AM: **registration link**

Virtual PAT Visits and Screenings



Parents as Teachers®
Virtual Home Visiting

We've Gone Virtual!

We can help you...

- talk about your problems and stress.
- get help finding resources such as diapers and food.
- learn new ways to play with your child during "stay at home" orders.

"The best part is having a parent educator to talk to and the focus is on my family's individual needs."

We are able to stay connected with you through virtual visits at this time.

We are happy to communicate via email, text or phone call to schedule a time to conduct a video chat or telephone visit. We're also able to share activity ideas and milestones through Zoom or email. Please reach out to your parent educator or parentsasteachers@mrhschools.net; we would love to support you in any way!

We are also able to conduct developmental screenings (the ASQ-3) outdoors, through video chat, or over the phone. Please contact us at parentsasteachers@mrhschools.net to schedule a screening.

New Family Enrollments

We are continuing to enroll new families in our PAT program! Please continue to refer your friends and neighbors to our program. Families can fill out our NEW online enrollment form [here](#) or email parentsasteachers@mrhschools.net with questions.

ABOUT US

Please do not hesitate to reach out with any questions or inquiries regarding the program and we will be in touch with you as soon as possible. We are looking forward to growing our PAT program with families just like YOURS!

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