

# Mehlville Parents as Teachers

## Our Mission

The mission of Parents as Teachers is to provide the information, support, and encouragement that parents need to help their children develop optimally during the crucial early years. All children will learn, grow and develop to realize their full potential.

## Welcome!



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PARTNER

## Welcome to Parents as Teachers!

Parents as Teachers will inform, support and encourage you in your role as a parent. Through Parents as Teachers you will partner with a Parent Educator focusing on your child's healthy growth and development. Your Parent Educator will personalize information to fit your family's concerns, needs and hopes. Together you will discuss and set goals for you as a parent and for your child.

Your Parent Educator will facilitate discussions with you about developmental topics that affect your family such as: Attachment, Discipline, Health, Nutrition, Safety, Sleep, Transition and Routines.

The goals of Parents as Teachers are:

- Increase parent knowledge of child development and improve parenting practices
- Provide early detection of developmental delays and health issues
- Increase children's school readiness and school success

Fulfillment of these goals will help build strong communities, thriving families, and children who are healthy, safe and ready to learn in school.

We look forward to partnering with you to help you help your child be the best he can be and reach his full potential! Feel free to call the P.A.T. Office at 314-467-5304 if you have questions or concerns.

*Erin Amador, Coordinator*  
Mehlville Parents as Teachers

## **P.A.T. on Facebook and Instagram**

Mehlville Parents as Teachers has a Facebook page!

Facebook: [MehlvilleParentsasTeachers](#)

**Learn about upcoming P.A.T. events  
and news.**

## John Cary Early Childhood Center

3155 Koch Road  
St. Louis, MO 63125

Phone: 314-467-5304  
Fax: 314-467-5397

[www.mehlilleschooldistrict.com](http://www.mehlilleschooldistrict.com)

Office Hours: Monday-Friday 7:30 a.m. to 3:30 p.m.

## Parents as Teachers/Early Childhood Office Staff:

Erin Amador, P.A.T. Coordinator .....[amadore@msdr9.org](mailto:amadore@msdr9.org)  
Linda DeLarber, P.A.T. Secretary.....[delarberl@msdr9.org](mailto:delarberl@msdr9.org)  
Tiffany Schwaegel, Director of Early Childhood..... [schwaegelt@msdr9.org](mailto:schwaegelt@msdr9.org)  
Emma Fritz, E.C. Secretary.....[fritze@msdr9.org](mailto:fritze@msdr9.org)

## What is Parents as Teachers (P.A.T.)?

Parents as Teachers is a parent education and family support program. It serves families throughout pregnancy until their children enter kindergarten. Family participation in the program is voluntary and services are provided free of charge. Programs are offered through every school district in Missouri.

Services to the family include:

- Personal Visits are conducted by a certified Parent Educator who will share child development and parenting information and offer support. The visit will focus on your individual family. Visits will take place in your home or another location in the community such as a library, park or Mehlville Early Childhood Center.
- Parents as Teachers provides Developmental Screenings for children 3 months of age until they enter kindergarten to let parents learn about strengths and weaknesses of their children's development.
- Parents can attend Group Connections, usually at the John Cary Early Childhood Center, having the opportunity to meet other families and participate in activities with their children. Lectures are also offered to parents about developmental parenting topics.
- Parents as Teachers can help parents connect to other Community Resources that can support their families.
- Our M.O.M.S. Club supports its members and P.A.T. by offering many opportunities to play and work with other parents and children enrolled in our program. Check it out on page 5 of this newsletter.

Being a parent is hard work and we are ready to help you educate your child and prepare him for school. Your baby was born to learn and you are your child's first and most important teacher! Let us help you in your journey.

### **A Parent Educator is:**

- An Early Childhood Professional serving a caseload of 30-70 families
- Certified by the State of Missouri
- From a background in education, social work or child development
- A Mehlville School District employee
- A partner who will support your family by providing evidence-based child development and parenting information, developmental screenings for your child and community resource information for your family.

### **Mehlville Parent Educators**

Erin Amador  
Ashley Burch  
LaKristel Collins  
Amy Frederich

Ashleigh Hussey  
Leslie Johnson  
Katy Miller

Laura Schmidt  
Tina Silies  
Sarah-Kate Sullivan  
Abby Susman

## Get the Most Out of P.A.T. Home Visits

The heart of Parents as Teachers is the personal home visit with families. We look forward to meeting with parents and children and we plan individualized visits just for your family. Some things to remember:

- To maximize our ability to serve all 400 families in our program, we will visit with you during daytime hours if either parent is home.
- Evening and Saturday appointments are reserved for families with no daytime options.
- Please have your porch light on for those dark evening visits.
- As a result of dog bites to staff members on home visits, we will provide services in the home only when animals are put away. We understand that your pets are a part of your family but this has become a safety issue for staff members. Please contain your pets in another part of your home during the visit. This will provide a safe environment for our visit and allow us to completely focus on you and your child.
- Keep the office up-to-date with your current contact information: phone number, email and address.
- Let us hear your comments about how things are going.

### Website

You may access information about the Mehlville School District, Early Childhood, Parents as Teachers and M.O.M.S. Club via our website, [www.mehlvilleschooldistrict.com](http://www.mehlvilleschooldistrict.com). From the Home Page drop-down menu, choose **Parents**, then **Parents as Teachers**. Check it out!

## Mehlville Early Childhood Preschool Program

### Tuition-based Preschool

Our Early Childhood Preschool program includes several options for families. There are 2, 3 and 4 half-day programs, morning or afternoon sessions, available at six sites.

A child must be 3 years old before August 1, 2023, to be eligible for entrance into the tuition program for the 2023-2024 school year. Information is available on-line through the Mehlville website: [mehlvilleschooldistrict.com](http://mehlvilleschooldistrict.com). Click on the **Schools** tab -> **Early Childhood** -> **John Cary Early Childhood Center**. For more information, call 314-467-5302.

### Special Education Services

Diagnostic testing is available to children with possible delays in the areas of speech, language, fine and gross motor, cognition, behavior, hearing or vision. Classroom and community-based services are available for students who qualify for special education services. For more information on diagnostic services, you may call 314-467-5306.



## Be an observer of your child

You can get to know your child from the very start of his life simply by observing. Observing your child doesn't take any special equipment or training, but it is one of the most helpful and enjoyable activities parents can do. It's important to learn about the ages and stages of child development, but getting to know the unique little person who is your child will help you individualize your expectations for your child.

### Observing how-to's: birth to 12 months

- Take time just to watch your baby. You'll soon see changes in the sounds she makes, the way she notices her surroundings, and the way she holds and moves her body.
- You may have some questions that can be answered by taking notes as you observe. Be sure to record the same information every time you observe. Review your notes frequently to see patterns and changes.
- Get down on your child's level and observe her environment. You will get a different view of what needs to be changed to keep her safe.

### Observing how-to's: 12 to 24 months

- Spend time each day observing your child from a distance. Position yourself so you can see him, but not be a part of his play or activity.
- Observe how your child responds to different settings. You may find he is more comfortable in familiar surroundings or more adventurous when encountering new places.
- Keep a list of your child's favorite things, the words he understands and those he says, and what he likes and does not like to eat. When he is older you will have a keepsake based on your observations.
- Try to be objective. It might be hard not to put a judgment on what your child does, but you will learn the most if you remain objective.

### Observing how-to's: 24 to 36 months

- Observe your child's personal style when it comes to routines. When you establish routines for your child, build on her natural rhythms if you can.
- Be your child's play partner to observe her interests and what she is learning. Be a partner who can give her hints, guidance, and encouragement when she's working out a problem.
- Give your child only as much help as she needs to move to the next step in developing a skill. Let her determine the timing of her learning. Observing helps you know when to provide help and when to hold back.

### Observing how-to's: preschoolers

- Have in mind what you want to observe, and concentrate on those behaviors or areas of development.
- Be open and receptive to whatever your child is showing you. Don't interrupt your child to correct him or add to his play. You may be surprised at how competent you think your child is when you really focus on what he can do.
- Note your responses to what you observe. Observing your child can teach you a lot about yourself, too.

*Parents as Teachers*



***M.O.M.S. Club is a group of mothers of children birth to kindergarten age. They participate in the Mehlville School District's Parents as Teachers (P.A.T.) or Early Childhood programs.***

***Parents as Teachers is an education and support program for families with children prenatal through kindergarten. Call 314-467-5304 to join P.A.T. today!***

### **What we do:**

**Socialize** through play dates, field trips, parties, and Moms' Night Out  
**Network** at monthly meetings, events, and through Facebook  
**Learn** new things about kids, parenting and fun topics  
**Support** Mehlville Parents as Teachers and each other  
**And much, much more . . .**

**Meetings:** Club Officers facilitate monthly member meetings at:

John Cary Early Childhood Center  
3155 Koch Road  
St. Louis, MO 63125

**2023-24 Meetings:** Meetings are held once a month. Meetings for the 2023-2024 school year are August 14, September 11, October 2, November 6, December 4, January 8, February 5, March 4. April 1 and May 6. Our May meeting will be our End of the Year Celebration – a committee of Moms plan the event.

7:00 pm - 7:30 pm: Business meeting

7:30 pm - 8:30 pm: Speaker or Activity

Everyone is invited to Mom's Night Out after the meeting.

*Come network with other mothers of young children. Make friends for your children and for yourself! Whether you are a working mom, a single mom, or a stay-at-home mom – this club is for you. Join us for a meeting to see what we're all about.*

**For more information or to register, send us an email at  
[mehvillemomsclub@gmail.com](mailto:mehvillemomsclub@gmail.com)**