

LAWRENCE PARENTS AS TEACHERS PLAYGROUPS



January 2020

*** All groups take place in the PAT Playroom, 1430 Haskell Avenue, unless otherwise noted ***

Sunday	Monday	Toddler Tuesday	Weekly Wednesday	Thriving Thursday	Baby Friends Friday	Social Saturday
			1	2	3	4
No Playgroups this week						
5	6	7	8	9	10	11
No Playgroups this week						
12	13	14	15	16	17	18
	PAT Open House (0-5 years old) 5:30 – 7:00 pm	Toddler Playgroup (18-36 months old) 10:00 – 11:30 am	Open Ages Playgroup (0-5 years old) 10:00 – 11:30 am		Baby Playgroup (0-18 months old) 10:00 – 11:30 am	Dad & Me Playgroup (0-5 years old) 10:00 – 11:30 am
19	20	21	22	23	24	25
		Toddler Playgroup (18-36 months old) 10:00 – 11:30 am	Open Ages Playgroup (0-5 years old) 10:00 – 11:30 am		Baby Playgroup (0-18 months old) 10:00 – 11:30 am	
26	27	28	29	30	31	
		Toddler Playgroup (18-36 months old) 10:00 – 11:30 am	Open Ages Playgroup (0-5 years old) 10:00 – 11:30 am		Baby Playgroup (0-18 months old) 10:00 – 11:30 am	

Theme for the Month: Sleep & Mental Wellness

You can help your child calm and de-stress by learning how to breathe slowly! Have them lie flat on the floor with a stuffed animal on their tummy. Have them breathe in and watch the animal take a slow trip up as their tummy expands with each breath then watch the animal take a trip back down to the floor as they let a long breath out.

Park of the Month: Prairie Park Nature Center

Check out the super fun play area in front of Prairie Park Nature Center and then go inside to warm up and see some animals! Address is 2730 Harper Street, Lawrence, KS 66046 Open from 9-5 Tuesday through Saturday and 1-4 on Sundays.



Parents as Teachers
Affiliate



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Public Schools