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Parents As Teachers to host activities for families

The Parents As Teachers (PAT) program of the Pattonville School District will host several workshops and activities that are geared toward families with preschool-aged children. What follows is a list of upcoming activities:

- **“Biting, Hitting & Pushing”** – 6:30 p.m., Wednesday, Nov. 17 at the Pattonville Learning Center – A speaker from St. Louis Children’s Hospital will discuss what to do when your toddler or preschooler chooses to bit, hit or push in order to get what he or she wants.
- **“Family Fun Night”** – 6:30 p.m., Fridays, Nov. 19 and Dec. 17 at the Pattonville Learning Center – Choose from a variety of gross motor activities, including tricycles, ball pit, cozy coupe cars, bowling, basketball, rocking boat and other fun things.
- **“Sleep Issues”** – 6:30 p.m., Tuesday, Dec. 7 at the Pattonville Learning Center – A nurse from Unity Health Sleep Medicine and Research Center will discuss how to establish good sleep habits and fix some “not so good” ones.

Event organizers ask that participants sign up for these events in advance by calling the PAT office at (314) 213-8105.

Parents As Teachers is a free, voluntary program designed to help parents give their children (prenatal through kindergarten entry) the best possible start in life. The program is built on the philosophies that babies are born to learn and that parents are their children's first and most influential teachers. The program offers personal visits by parent educators, group meetings and health and developmental screenings. PAT also conducts kindergarten screenings for vision, hearing and development. For more information, call the Pattonville Parents As Teachers’ office at (314) 213-8105.

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