

October 2023



KID BITS

Parent with confidence

What do you do well as a parent? Focus on the positives in your parenting life, perhaps a fun family tradition you started or the way you've gotten your youngster to try new foods. Having a good attitude about your parenting can influence your child's attitude in a positive way!

Shape match

Comparing shapes and sizes is an essential early math skill—and it's easy to practice with your youngster. On a piece of paper, trace around the bottoms of building blocks, cups, or containers. Then, ask her to match the objects to their outlines. Next, she could make tracings for you to match.

DID YOU KNOW?

Little ones often use their left and right hands until they discover a preference (typically between ages 4 and 6). Be sure to let your child decide which hand to use. For example, when you give him a pencil, hold it at the middle of his body so he can pick a hand to grasp it with.

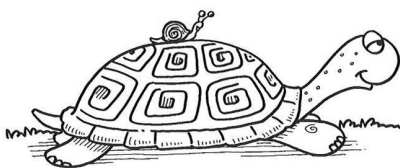
Worth quoting

"Be silly, be honest, be kind." *Ralph Waldo Emerson*

Just for fun

Q: What did the snail say when he found himself on the turtle's back?

A: Wheeeee!



I know how you feel

Youngsters are still learning to sort out their feelings, so they may not always understand what others are going through. Try these strategies to help your child become aware of his emotions and learn to feel and show empathy.

Looking in the mirror

Stand in front of a mirror together. Make a face that shows emotion, like an open mouth and widened eyes for surprised. Have your youngster identify your emotion. Then, it's his turn to make a face for you to name. He'll learn to "read" faces and link expressions with their emotions, which is a great way to understand how others are feeling.

Reading deeper

When you read a book with your child, take some time to discuss the pictures. Ask him questions about the characters, such as "Look at Anna's face. Do you think she's worried or excited?"



Talk about why the character might feel that way. ("Yes, she is probably excited because she learned to jump rope!")

Modeling empathy

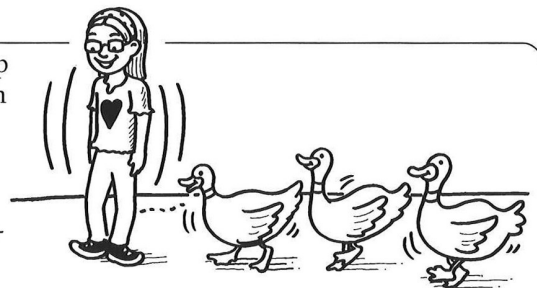
You're one of the people your youngster depends on to empathize with him. Show him that you understand his emotions by validating what he feels. For example, you could say, "I understand you're mad because your favorite shorts are in the laundry. Let's find something else to wear while they get washed."♥

Listen up

Can your child follow one-step directions? How about those with two or three steps? Here are tips for helping her become a better listener.

● **Cook.** While your youngster listens, read the first step in a recipe. ("In a small bowl, whisk together milk, eggs, and sugar.") Ask her to repeat what you said. Then, help her complete the task.

● **Be silly.** Build memory and concentration with three-step directions. Give your child three silly instructions to follow: "Spin three times, waddle like a duck to your bedroom, and pick out your favorite toy to play with." Now let her give you three silly directions!♥



Explore nature

Outdoor play lets your child discover what nature has to offer. Encourage a love of the outdoors with these activities.

Go on a hunt. Search your yard or park for bugs. Your youngster could look in bushes, under rocks, and on trees. Ask her what's different and similar about the creatures she finds. She might notice that some have wings to fly (dragonflies) but others crawl around on legs (caterpillars) or without legs (worms).



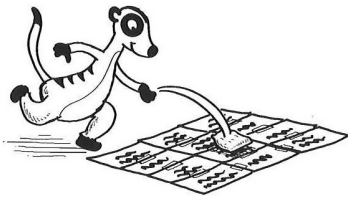
Plant a garden. Start a small garden of fall flowers, herbs, or vegetables in your yard or in containers. Check to see what will grow in your area this time of year—perhaps cabbage or chives. Your child can care for her plants and spot changes. *Tip:* Suggest that she record her observations in a notebook.

Feed the birds. Have your youngster make a bird feeder by spreading nut or seed butter on a paper towel tube and rolling it in birdseed. Thread about 3 feet of string through the tube and tie the ends together. Hang the feeder on a nail or tree branch. Your child could draw or snap photos of the different birds that come to visit each day.♥

ACTIVITY CORNER Toss and move

This life-sized board game will build your youngster's coordination and large motor skills.

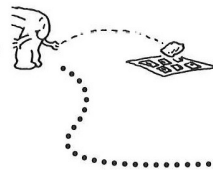
Materials: 3 sheets of construction paper (cut into fourths), marker, tape, beanbag, timer, active toys



Think of 12 challenges for players to complete, and write each one on a separate piece of paper. *Examples:* "Count how many times you can bounce a ball." "Time how long you can balance on one foot." Tape the pieces of paper together into a game board.

Take turns tossing the beanbag and doing the activity it lands on. Then, the other players do the same challenge. Whoever wins the challenge (stands on one foot the longest, bounces a ball the most times) earns one point.

Keep going until you've finished all the activities. The player with the most points wins!♥



PARENT TO PARENT Work-friendly volunteering

I work during most of the hours my son Charlie is in school. At the beginning of the year, I asked his teacher how I could still be involved with his class. Mr. Roberts gave me a few great ideas that fit into my schedule.

One suggestion is helping to get the classroom ready in the morning. Twice a month, I go about 15 minutes before class starts to set up the calendar and lay out the morning's activities so the teacher is free to greet his students. Mr. Roberts also had ways I could volunteer from home, such as cutting and laminating game pieces for lessons, compiling book orders, or washing dress-up clothes.

Charlie's teacher is always grateful for whatever time I can squeeze in each week to help him. And I'm glad I have a new way to show my son that I care about his education!♥



Q & A Bored? No way!

Q: My daughter often complains she's bored and asks to play with my phone. How do I handle this?

A: Believe it or not, boredom can be beneficial for children. It's tempting to turn to screen time when your youngster says, "There's nothing to do!" But letting her work through her boredom gives her the chance to use her imagination.

Gently guide your daughter to come up with her own

ideas. You might say, "I wonder what you could do with the pillows and blankets in this closet?" That may lead her to build a fort or a pretend snowman.

Or have your child make a craft box filled with stickers, crayons, paper, craft sticks, and glue. It can

inspire her to get creative when she's bored—and even keep her from asking for your phone.♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.



2880 Pottsville Minersville Highway, Suite 210
Minersville, PA 17954



**Help Your Child Succeed in Preschool:
Build the Habit of Good Attendance**
Early School Success goes hand in hand with good attendance!

DID YOU KNOW?

Showing up on time every day is important to your child’s success and learning from preschool forward.

Missing 10 percent of preschool (one or two days every few weeks) can

- Make it harder to develop early reading skills.
- Make it harder to get ready for kindergarten and first grade.
- Develop a poor attendance pattern that’s hard to break.

High quality preschool programs have many benefits for your child. The routines your child develops in preschool will continue throughout school. You can make the most of preschool by encouraging your child to attend every day!

WHAT YOU CAN DO

Work with your child and his/her teacher to help your child develop strong attendance. Your enthusiasm is a big boost to success.

Talk about it – sing about it – make it an adventure!

- Set a regular bed time and morning routine
- Lay out clothes and pack backpacks the night before
- Share ideas with other parents for getting out the door on time

Before the school year starts:

- Find out what day preschool starts and start the exciting count down!
- Make sure your child has the required shots.
- Attend orientation with your child to meet the teachers and classmates.

Ready – Set GO!

- Develop back-up plans for getting to preschool if something comes up
- Ask family members, neighbors or other parents to lend a hand if you need help dropping off or picking up your child
- Schedule medical appointments and extended trips when preschool is not in session
- If your child seems anxious about going to preschool, talk to the program director, teacher, your doctor or other parents for advice. If the problem persists, make sure the program is a good fit for your child.



Mental Wellness Corner



Mental Illness Awareness Week: October 1, 2023 - October 7, 2023

MENTAL HEALTH

Tips for Families from the National Center on Early Childhood Health and Wellness

What is mental health?

Mental health means that young children are growing in their ability to:

- understand and share feelings
- have close and positive relationships
- explore and learn

Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems

- Develop patience (or not give up)
- Focus on a task
- Ask for help

When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school



Things You Can Do and Say to Help Your Child

- For Your Infant
 - Hold your baby during feedings.
"I love cuddling when I feed you."
 - Look at your baby and smile, smile, smile!
"Hey, when I smile, you smile back."
 - Talk about what you are doing.
"I'm going to change your diaper now."
 - Try to relax and have fun.
"When I am happy, you are less fussy."
 - Read and sing to your baby every day.
"It is bedtime. Time for a story and favorite song."
 - Take care of yourself.
"When I am rested, I take better care of you."
- For Your Toddler/Preschooler
 - Make sure they always feel safe.
"I know loud noises can be scary, but it's OK."
 - Offer choices.
"Do you want the blue shirt or the red shirt?"
 - Practice patience.
"Let's wait until the song is over and then we'll go outside."
 - Show understanding.
"You REALLY want another cookie! It is hard when you can only have one."
 - Leave extra time.
"I see you don't want to leave the playground. One more time on the slide, then we need to leave."
 - Play together at least 15 minutes a day.
"There is so much to do but it is important for us to play together."
 - Follow her interest.
"I see you want to play with the blocks. What are you going to build?"
 - Praise your child when she keeps trying.
"I love the way you keep trying to find the right piece for the puzzle."
 - Practice following directions.
"First pick up the blocks, then take out the cars."



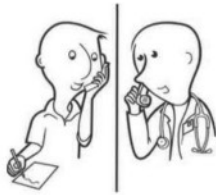
Early Childhood



HEALTH & DEVELOPMENT

IF YOUR CHILD GETS THE FLU RECOGNIZING AND MANAGING COMMUNICABLE DISEASES

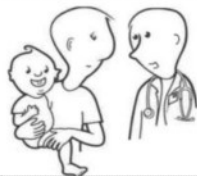
What to do if your child gets sick with the Flu . . .



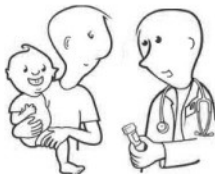
Children younger than 5 years old have a greater chance of having problems with the flu. Children with a long term condition such as asthma and diabetes are also more likely to have severe problems if they get the flu.

If your child is younger than 5 years of age or of any age with a long term health condition (like asthma or diabetes), and develops flu-like symptoms, they are at risk for serious complications from the flu.

Ask a doctor if your child should be examined.



Most children will get better without needing to go to the doctor. Other children may have more severe illness from the flu. A child of any age with severe signs of the flu should go to the doctor.

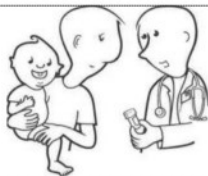


Antiviral drugs used to treat the flu work best when started within the first 2 days (48 hours) of getting sick.

The doctor may start your child on antiviral drugs even after 48 hours from when flu signs started, especially if your child is in the hospital or has a higher chance of severe illness from the flu.



A fever is a temperature greater than or equal to 100 degrees Fahrenheit (37.8 degrees Celsius). If you do not have a thermometer, feel your child's face. If your child feels warmer than normal, has a flushed appearance, is sweating, or is shivering, your child may have a fever.



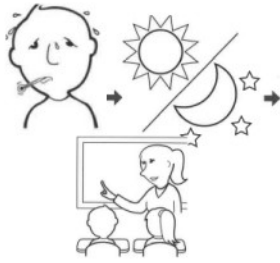
If your child has a fever there are medicines that can be used to reduce the fever. Some are sold at stores (over-the-counter) and you can buy them freely. Others require a prescription from a doctor. Make sure you talk to your doctor and see what medicine your doctor recommends based on your child's age



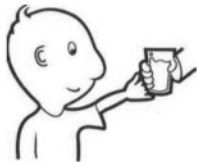
Some medicines sold in stores (over-the-counter) are approved for children to make them feel better. You should call your doctor to make sure these medicines are okay for your child. Note that you should never give aspirin to children who might have the flu.



To reduce the spread of the flu, keep your sick child at home until at least 24 hours after the fever is gone, except to get medical care



Children can go back to school 24 hours after their fever is gone WITHOUT the use of medicine that lowers fever.

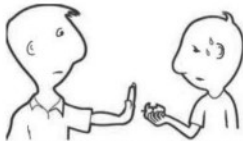


While your child is sick, make sure your child gets plenty of rest and drinks clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants, Pedialyte®) to make sure his or her body has the fluids it needs.

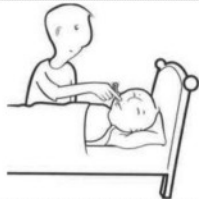
Things to do to reduce the spread of flu to others In the house:



Keep your sick child in a separate room in the house as much as possible to limit contact with healthy household members



Do not allow your child to share food or drinks with others.



Try to have one person as the main caregiver for the sick child. If possible the caregiver should be someone who is not at high risk for severe flu, such as pregnant women or people with health conditions like asthma

When should I get vaccinated?

You should get a flu vaccine **before** flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so **make plans to get vaccinated early in fall**, before flu season begins. CDC recommends that people get a flu vaccine **by the end of October**. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.

Why do some children require two doses of flu vaccine?

Some children 6 months through 8 years of age will require two doses of flu vaccine for adequate protection from flu. Children in this age group who are getting vaccinated for the first time will need two doses of flu vaccine, spaced at least 4 weeks apart. Children who have only received one dose in their lifetime also need two doses. Your child’s doctor or other health care professional can tell you if your child needs two doses of flu vaccine. Visit Children & Influenza (flu) for more information.

When will flu activity begin and when will it peak?

The timing of flu is unpredictable and can vary in different parts of the country and from season to season. Seasonal flu viruses can be detected year-round; however, seasonal flu activity **often begins as early as October and November and can continue to occur as late as May**. Flu activity most commonly peaks in the United States between December and February.

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For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu

OCTOBER IS NATIONAL PROTECT YOUR HEARING MONTH

How Loud Is Too Loud?

The louder the sound, the quicker it can damage your hearing. Sound is measured in decibels. Sounds at or above 85 dBA* *dBA = A-weighted decibels can cause hearing loss.

*dBA = A-weighted decibels

<p>2 minutes at 110 dBA can damage your hearing.</p>	<p>140–160 dBA Fireworks show</p>  <p>110–129 dBA Ambulance sirens</p> 	<p>Why Protect Your Hearing? Noise-induced hearing loss:</p> <ul style="list-style-type: none"> • Can build over time. • Is permanent. • Is preventable.
<p>14 minutes at 100 dBA can damage your hearing.</p>	<p>94–110 dBA Headphones, sporting events and concerts</p>   	<p>How to Protect Your Hearing:</p> <ul style="list-style-type: none"> • Lower the volume. • Move away from the noise. • Wear hearing protectors, such as earplugs or earmuffs.
<p>8 hours at 85 dBA can damage your hearing.</p>	<p>80–100 dBA Lawnmower</p>  <p>74–104 dBA Movie theater</p> 	 <p>It's A Noisy Planet PROTECT THEIR HEARING <small>A program of the National Institutes of Health</small></p> <p>https://www.noisyplanet.nidcd.nih.gov</p> <p>Toll-free voice: (800) 241-1044</p> <p>It's a Noisy Planet. Protect Their Hearing.® and the Noisy Planet logo are registered trademarks of the U.S. Department of Health and Human Services.</p>
<p>At or below 70 dBA, sounds are generally considered safe.</p>	<p>60–70 dBA Normal conversation</p>  <p>30 dBA Whisper</p>  <p>Source: CDC National Center for Environmental Health</p>	 <p>National Institute on Deafness and Other Communication Disorders</p> <p>U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES National Institutes of Health National Institute on Deafness and Other Communication Disorders</p>



Breast Cancer Awareness Month: A National Campaign that Gives Hope, Support, and Education

Each year in October, **National Breast Cancer Awareness Month** is observed to build community support for those impacted by this disease as well as promote education on early detection, diagnose, and treatment. For 38 years, this national campaign has given hope, support, and strength to those affected by breast cancer and has helped armed others in becoming better informed on how to protect their breast health. Everyone is encouraged to learn more about its risks, symptoms, early detection, and screenings.

Geisinger St. Luke's women's imaging center provides the most advanced imaging technologies designed for maximum patient comfort in a calm and serene setting. The caring team guides women through their mammography appointment with tools like Dueta which allows the patient to control the amount of compression they experience while maintaining the highest quality in imaging. 3D mammography and diagnostic services like the *One Stop Breast Clinic* support early detection. Fellowship trained breast imagers are onsite to support the patient and discuss the imaging results. Bone Density screening is also available.

To schedule an appointment, call 484-526-1000. These services are located at the Geisinger St. Luke's Medical Office Building at 1165 Centre Turnpike – Route 61, Orwigsburg. All women are at risk of getting breast cancer. **Talk with your healthcare provider about when you should start mammogram screenings.**

The following information is provided by The Centers for Disease Control and Prevention (CDC):

- Breast cancer is a disease in which cells in the breast grow out of control.
- Some of the breast cancer risk factors include: getting older (most breast cancers are diagnosed after age 50), genetic mutations, reproductive history, having dense breasts, and family history.
- Breast cancer screening means checking a woman's breast for cancer before there are signs or symptoms of the disease. Screening can help find breast cancer early, when it is easier to treat.
- A mammogram is an X-ray picture of the breast. Regular mammograms are the best tests doctors have to find breast cancer early.
- Some of the ways you can help lower your risk of breast cancer include: taking care of your health by keeping a healthy weight, exercise regularly and don't drink alcohol, or limit alcoholic drinks.

For more information on community resources or Geisinger St. Luke's services, contact Angela Morgan, Community Health, Geisinger St. Luke's (570) 645-0183 or email at angela.morgan@sluhn.org.



2023 Holiday Applications for Thanksgiving and Christmas



FAMILIES WITH CHILDREN MUST PROVIDE

- Current Photo ID (current address or proof of residence/lease)
- Proof of all household income (Self-Declaration)
- Birth Certificates for all children 12 and under

SALVATION ARMY - POTTSVILLE

For **THANKSGIVING**, the information is on the Salvation Army FaceBook page beginning September 21st at:
www.facebook.com/TheSalvationArmyPottsvilleCorps

For **CHRISTMAS**, the information will be **AFTER** October 1st at www.SSAngeltree.org or sign up in person October 10, 11, & 12.

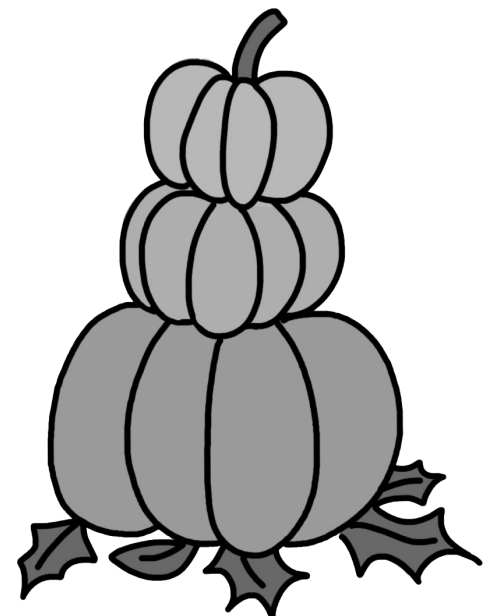
POTTSVILLE Salvation Army Service Center
 400 Sanderson Street | Pottsville
 570-622-5252

SALVATION ARMY - TAMAQUA

For **THANKSGIVING** and **CHRISTMAS**, information can be obtained by stopping in or calling:

TAMAQUA Salvation Army Service Center
 105 West Broad Street | TAMAQUA
 570-668-0410







Happenings

PROGRAM GOVERNANCE MEETINGS



Policies Committee Meeting*
Friday, Oct. 13, 2023
at 10:00 AM

Community Outreach Committee Meeting*
Thursday, Oct. 19, 2023
at 3:00 PM

POLICY COUNCIL MEETING*
Mon., Oct. 23, 2023
at 9:30 AM

** Meetings will be IN-PERSON and on Zoom.*

A ZOOM link for the meeting will be emailed to all members. When you receive the email with the link, please respond and confirm how you will be attending the meeting—IN PERSON or by ZOOM

~ In-Person Meetings are at our Main Office ~



**Oct. 8-14, 2023
FIRE PREVENTION WEEK**

© 2014 Fire Department, City of New York, Fire Safety Education Unit.

Parents and teachers, check out this web site to find activities and on-line games for your child/students:

<http://www.sparky.org/>



All **Child Centers**
Development, Inc.

will be **CLOSED**
on **MONDAY,**
OCTOBER 9TH

Centers will re-open on Tuesday, October 10th at their regular time.

The administrative office will be open on Monday.

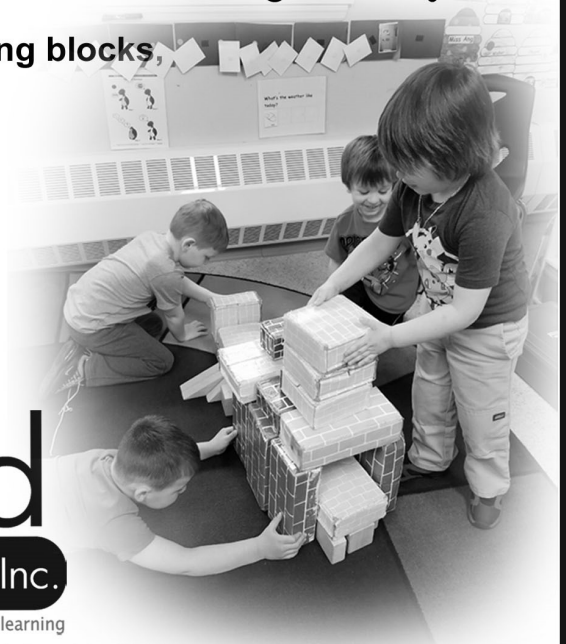


Child's play. . . Or is it?

Did you know that when children play with building blocks, especially with other children, they learn to:

- take turns and share materials
- develop new friendships
- become self-reliant
- increase their attention span
- learn to cooperate with others and
- develop self-esteem

And you just thought they were playing together!



Ready for school and a lifetime of learning

CALL TODAY

1-800-433-3370, EXT. 212

to talk with one of our ERSEA Advocates

CENTERS LOCATIONS:

Fountain Springs | Mahanoy City | Pottsville
 Saint Clair | Schuylkill Haven
 Shenandoah | Tamaqua

www.childdevelop.org



MISSION STATEMENT
 We work with families and the community to provide high quality, comprehensive early childhood education with an emphasis on family involvement and supportive services that prepares each child for success in school and a lifetime of learning.
 Child Development, Inc.
 Families * Head Start * PreK Counts
 Child Care * Early Intervention * Community

Early Years, Child Development, Inc.'s newsletter is distributed monthly. If you are a non-profit Schuylkill County agency that is offering a free service that you feel our families might be interested in or benefit from and would like an announcement placed in our newsletter please let us know by the 10th of the previous month. You can send your event to:

kwolfe@childdevelop.org



2880 Pottsville Minersville Highway, Suite 210
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