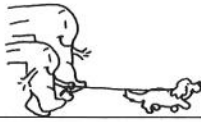


March 2024



KID BITS

Getting organized

Let your child help you set up a filing system for his paperwork. He can pick a different color folder for each type, such as green for school progress reports and yellow for notes from his checkups. He'll learn about organization, and you'll be less apt to misplace anything.

Manners on display

When you see your youngster doing something polite, take a picture of her. Maybe you notice her putting her napkin in her lap before she eats a snack or writing a thank-you note to her aunt for a gift. Show her the photo so she sees what her good manners look like.

DID YOU KNOW?

Eating a healthy breakfast boosts your child's concentration in school and keeps him satisfied until lunch. Look for shortcuts to make busy school mornings easier, like hard-boiling eggs and cutting up fruit the night before. On weekends, make double batches of whole-grain pancakes or muffins to reheat during the week.

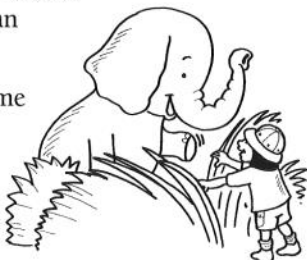
Worth quoting

"There is nothing in a caterpillar that tells you it's going to be a butterfly."
R. Buckminster Fuller

Just for fun

Q: Where would you find an elephant?

A: The same place you lost her!



A smart approach to screen time

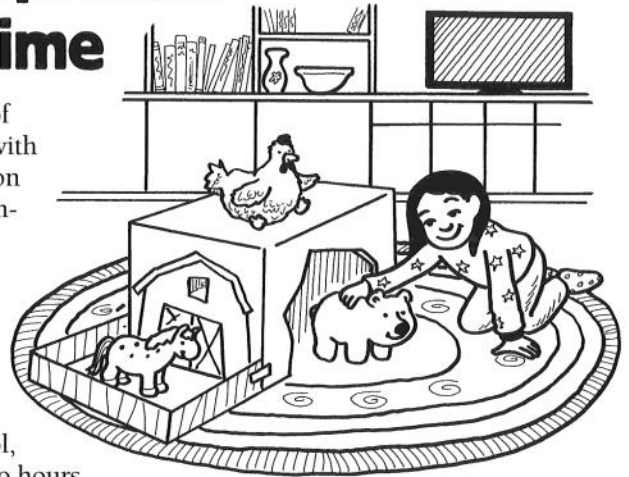
Your child needs plenty of time to play and to interact with people—and that's one reason that experts recommend limiting her screen time to no more than an hour a day. Here are strategies to use.

Set rules

Designate times when electronics are off-limits, like in the morning before school, during meals, and at least two hours before bedtime. Put your youngster in charge of powering down devices—she'll feel important and be more likely to cooperate. Also, consider keeping electronics out of her bedroom so she's supervised when she does have screen time.

Make a travel kit

It can be tempting to let your child entertain herself with electronics when you're on the go. Instead, help her make a special screen-free kit to keep in the car. You could include paper and crayons, a book of mazes, toy cars, and



Legos. Add a small tray she can use as a surface for drawing and playing.

Encourage creative play

Your youngster may turn to electronics if she doesn't know what else to do. Together, come up with a list of interesting unplugged activities. *Examples:* Invent a board game by combining pieces from existing games. Create an obstacle course with outdoor toys (hula-hoop, wagon). Design habitats for stuffed animals.♥

Ready to spell

When your youngster begins writing his name or adding letters and words to drawings, he's discovering that letters go in a specific order to make words. Encourage his spelling efforts with these tips:

- Let your child help you spell. While making a grocery list, you might say, "What letter does *milk* start with?" Say each letter as you write it, then say each word as you finish it. ("M-i-l-k. Milk.")
- After your youngster draws a picture, suggest that he write about it. Help him think about which letters to write: "I like your dragon. Can you write any letters in the word *dragon*?" Whether he spells it correctly or not, he can read his writing to you.♥



Colorful science

“Red and blue make purple!”

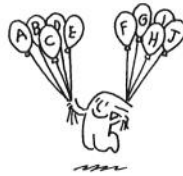
With these activities, your child can make scientific observations and predictions while he investigates the science of colors.

1. Dye water. Have your youngster line up three glasses and measure 1 cup water into each. Then, he should add 10 drops of a different-color food dye (red, yellow, and blue) to each.



2. Watch colors mix. Tell your child that red, yellow, and blue are primary colors—they mix together in different ways to make all the other colors! To see this with his own eyes, he can roll up a paper towel and put one end into the red water and the other end into the yellow. The towel soaks up the colors and turns orange where they meet. Red and yellow make orange! What does he predict will happen when he connects yellow and blue

water? Let him try it and find out (they'll create green). Finally, he could rearrange the cups and connect red and blue. It's purple!♥



PARENT TO PARENT

Teaching acceptance

At the store last week, my daughter Faye noticed a family using sign language. In the car, she asked me what they were doing with their hands. I explained that some people who can't hear use sign language to communicate.

On our next trip to the library, Faye wanted to check out a book about sign language. We also found a story about a little girl who was learning to sign. Although the character communicated in

a different way than we do, my daughter noticed that she had a lot in common with her. They both have pet dogs and big brothers, for example.

Now when Faye is curious about the way someone looks or acts, we try to find a book that will help her understand. She is discovering that you can be different from someone but also the same.♥



Q & A Tame power struggles

Q: I often find myself negotiating with my preschooler about whether he'll wear shorts when it's cold out or take a bath before bed. How can I break this cycle?

A: Children enjoy knowing their opinions are important. Your son is probably looking for choices that let him have a say.

Consider giving him options, like whether to wear jeans or corduroys or which bath toys he'd like to play with. You might get creative if the situation is non-negotiable, such as wearing a helmet when he rides his bike. For example, pretend the helmet is talking—you could make it say, “I want to go for a bike ride, too!”

Having his way will make your son feel like he has some control, and you'll avoid a power struggle.♥



ACTIVITY CORNER Workouts for little hands

Play time is prime time for building the hand strength and coordination your youngster needs for drawing, buttoning, and zipping. Try these ideas.

Tweezers

Have your child duct-tape an empty cardboard tube vertically to the refrigerator at her eye level. Put a bowl underneath. Now she can use tweezers to pick up small objects (cotton balls, dry beans), drop them into the tube, and watch them fall out into the bowl.

Hole-punch

Get construction paper or index cards in a variety of colors. Let your youngster punch holes all over several sheets or cards. She can save the tiny circles and glue them on paper to make a mosaic.

Toothpicks

Find a container with small holes in the lid, such as a cheese shaker or a spice jar.

Encourage your child to drop toothpicks into the holes. She could dump them out and play again.♥



OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5567



Children that will be transitioning from Child Development, Inc. to kindergarten in the fall should have (or will soon) received information regarding kindergarten registration for their particular school. If you have not received this information, speak to your child's teacher/family advocate.

KINDERGARTEN REGISTRATION INFORMATION

2024-2025

Any parent of a Child Development student that needs help with the online process at any of the schools, please inform your child's Teacher of Family Advocate.

DISTRICT / SCHOOL	REGISTRATION/SCREENING DATES	CHILD MUST BE "5"
1. Blue Mountain EAST: 570-366-1065 WEST: 570-739-4461	2024 KINDERGARTEN PACKETS are be available for pickup at either elementary school or by printing from Blue Mountain's website (https://www.bmsd.org/kindergarten- registration). If printing from website, please print single sided.	on or before 9/1
2. Mahanoy Area 570-773-3443, Ext. 4038 or 4039	BY APPOINTMENT ONLY – Call after 3/1/2024 Screening dates: 4/8/2024 and 4/9/2024 Items needed: Updated immunizations; 2 proofs of residency, and custody papers if applicable.	before 9/1
3. Minersville 570-544-1400, Ext. 1014	Once the online registration process is complete at: https://miasd.focusschoolsoftware.com/focus/auth/ , the registrar will contact you to set up an appointment. REGISTRATION BY APPOINTMENT ONLY: 3/18/2024 - 12pm to 4pm. NOTE: Child needs to be present at registration because health screenings will take place during this appointment. (NOTE: Child must be potty trained.)	On or before 9/1
4. North Schuylkill 570-874-3661	Registration Date: The WEEK OF 3/18-22/2024 BY APPOINTMENT ONLY – parents can call the elementary office beginning 2/1/2024. Parents will be sent information and a packet that must be completed and brought to appointment.	on or before 7/1
5. Panther Valley 570-669-9411, Ext. 1	Parents can start calling the elementary school beginning April 2, 2024 to set up an appointment and for more info.	on or before 10/1
6. Pine Grove 570-345-2731, Ext. 3	TO BE DETERMINED* More information to follow in the next few weeks on website.	before 9/1
7. Pottsville 570-621-2915 or 570-621-2914	ONLINE REGISTRATION Starts NOW at: https://skyward.iscorp.com/scripts/wsisa.dll/WService=wsedupottsvillepa/skyenroll.w Screenings will take place the week of 4/8/2024	on or before 8/15
8. St. Clair 570-429-2716, Ext. 1	Packets can be picked up and to schedule an appointment at the main office you can call for more information. Registration must be completed by March 15th before a screening appointment is given. Kindergarten Screening will be held: 3/19/24 through 3/22/2024 Stay informed at: http://www.saintclairsd.org/ AND at the Saint Clair School Connections Facebook page.	on or before 8/1
9. Schuylkill Haven 570-385-6731, Ext. 3, Ext, 1	CALL NOW between 9am- 2pm to register. Screenings will take place the week of March 18, 2024 YOU MUST HAVE AN APPOINTMENT FOR THE SCREENING!	on or before 9/1
10. Shenandoah Valley 570-462-1957, select Elem. School	Call to set up an appointment. The first screening appointment is 3/27/2024. There will be another one in April (TBD) and they will have appointments over the summer.	by 8/15

KINDERGARTEN REGISTRATION INFORMATION

2024-2025 (Continued)

DISTRICT / SCHOOL	REGISTRATION/SCREENING DATES	CHILDREN MUST BE "5"
11. Tamaqua 570-668-2570, Ext. 5, Ext. 0	<p>~ APPOINTMENT REQUIRED ~</p> <p>You can visit their website at their link: https://www.tamaqua.k12.pa.us/domain/19</p> <p>You can call starting week of 3/18-21/2023 to schedule an appointment.</p>	on or before 8/31
12. Tri-Valley Hegins-Hubly Elem.: 570-682-9011 Mahantongo Elem.: 570-648-6262	<p>You must first register on-line to receive more information when it becomes available:</p> <p>https://docs.google.com/forms/d/e/1FAIpQLSfRkjXbWvNcmVCad3mQrMm5cECPz917isilJFfxkCrrK5sZHw/viewform</p> <p><i>(This link can be found on the school district's HOME page)</i></p>	BEFORE 10/1

* This information will be revised as we receive updates.

CHARTER AND NON-PUBLIC		
DISTRICT / SCHOOL	REGISTRATION/SCREENING DATES	CHILDREN MUST BE "5"
1. Gillingham Charter School – Pottsville 570-955-3830, Ext. 121	<p>Call the school for more information https://gillinghamcharterschool.org/</p>	On or before 8/15
2. Assumption BVM – Pottsville 570-622-0106	<p>Call the school for more information https://assumptionbvmschool.net/</p>	by 10/15
3. St. Jerome Regional School – Tamaqua 570-668- 2757, Ext. 2	<p>Call the school for more information http://www.sjrschool.com</p>	by 10/15
4. St. Nicholas Ukrainian Catholic School – Minersville 570-544-2800	<p>Registration begins during Catholic Schools Week beginning 1/28 http://www.snsminersville.com/</p>	by 10/15

Most schools will require the following information in order to complete your child's kindergarten registration:

1. Proof of child's age, which can include any of the following:
 - Birth Certificate
 - Hospital Record, or
 - Baptismal Certificate
2. Child's Social Security Number
3. Parent Identification, which can include any of the following:
 - state issued driver's license or
 - state issued ID card
4. Proof of child's immunizations record and any medical concerns/issues the child may have
5. Any court-ordered custody documents, if applicable
6. At least three (3) forms of Proof of Residency, which can include any of the following: **(NOTE: some school districts may request less than 3 forms of this proof – you should confirm this with your school district.)**
 - Renter's Agreement/Lease
 - Deed/Proof of Home Ownership
 - Signed letter from Homeowner (some districts may require this document to be notarized)
 - Income Tax Form
 - Utility bills in your name with your current residence address

Mental Wellness Corner



Beverly Weikel, LCSW
Mental Health Consultant

Mary Louise Fanelli, LBS
Behavioral Specialist

Stacy Meredith, LPN
Health and Development Manager



MARCH MAGIC

MARCH THE MONTH OF MAGIC!

March is a magical month with rainbows, pots of gold, leprechauns, and the spring equinox. The time of the year when life magically awakens, the earth thaws, color returns and the sun is brighter. How is all this connected to mental wellness you, might be asking? Think about it. Think about what magic brings us: hope, dreams, empowerment, energy and a belief in possibilities. Magic is a powerful ingredient in mental wellness!

How does a person tap into the magic of life? How do we find magic in the every day repetition of life's demands? Here for your inspiration, are a some ideas. We hope they spur you on to the possibilities March holds for you. Most of all we hope they add a little magic and excitement to your life, because who doesn't like a few positive surprises and who couldn't use a little MAGIC in their life?

- Let fantasy into your life.** Fantasy can be so many things. Reading *"Your Soul Is A River"*, by Nikita Gill or *"Reimagining of Fairy Tales"*, by Jackson Pearce are two of my favorites. But if reading is not your thing, then how about a movie about a person you admire. Whatever you choose, let fantasy into your life. Ronald Dahl, the famous novelist, poet, screenwriter, and flight pilot once said "Those who don't believe in magic will never find it." What do you say... let's just dream a little or eat some lucky charms, "they're magically delicious!" ☺
- Get your hands dirty!** That's right, do some finger painting, plant some seeds, grow a bonsai garden — the Tamaqua art center is having a class in March. Get down and get those hands dirty, goodness will appear like magic!
- Release your inner kid.** Life is too short to stay stuck in mundane responsibilities all the time. Get a little curious, ask some questions, learn a new hobby, join a meet up group, travel someplace new, try a new food, see the world through the eyes of a child. Whatever makes you think of your inner child — riding a merry go round; jumping on a trampoline; read the Harry Potter series; bake some cookies with a friend . The adult world is so different from the world of a child. Just watch children move to remember how you used to see the world with the purest ♥. It was a time when everything was new, filled with promised adventure.
- Follow the SUN.** Get up to watch the sunrise. Look at photos of sunsets — make an effort to move from the screen toward the horizon!
- Find your high vibe tribe.** Surround yourself with other high vibe people . High vibe people are priceless when it comes to cultivating magic in life! Join a master mind workshop or better yet, start one. Build a community of people who can share, connect and celebrate one another — it creates a magnificent ripple effect across the world.
- Find something to get excited about and don't forget to follow your dream.** It's easy to get rapped up in responsibilities so don't forget your own dreams. When was the last time you allowed yourself to dream of life? What is your soul craving? Give yourself permission to dream again and setup a plan to make your dreams come true. There is nothing more magical than living the life your soul craves. Living in the moment is good but getting excited about the future is also a great way to practice gratitude. Think about the opportunity to go someplace.
- Look up!** Yes literally. There is sooooo much detail to take in. No matter where you are in the world , gorgeous ceilings, the stars, tall buildings, the clouds, icicles, birds. Look up! You'll see a whole new view.
- Get to know your spirit animal.** The native Americans believe that each of us is born with a spirit guide who protects and guides us on our journey. Reflect more and think about what your spirit guide might be. Meditate on it. The native Americans believe that in the quiet moments your spirit guide will show themselves and connect with our soul. The magic of such appearance is truly a magnificent experience and a sure fire way to activate the magic around you.
- Do something age inappropriate.** Yes I said it. You might be an adult but you can still act like a child sometimes as long as you're not hurting anyone else in the process.
- See the Light!** Download and listen to the song, *I See the Light*, from the Disney movie *Tangled*. There is something magical about city lights, the fire lights glow, sky light kites, and candles. Go to the mountain and gaze at the stars. Build a camp fire. Send up a sky light kite. Look at pictures of the Borealis. Take a candlelit bath. Eat dinner by candlelight. Watch some fireworks. Light some sparklers. However you choose, follow the light!
- Make a wish and believe that it will come true.** For some people, not knowing what lies ahead is scary because we come to expect the worse. When you shift your focus to expect the best in life, there is no need to fear the unknown. Instead you can lean into it with wonder and magic just as you did when you where a child. The world is full of amazing opportunities, lean into them my friend — expect the best and that's exactly what you will receive. Go ahead lean into the unknown, be adventurous!
- Play!** There is nothing more magical than letting loose, laughing and having fun. Grab a bucket list and start ticking off things . If you don't have one, make one. Watch how it shifts every area of your life for the better.
- Look for miracles!** Miracles are happening both large and small every single day. Want more magic in your life? Look for it! Recognize the magic miracles and blessings that surround you and you can be sure that by doing so, they will multiply ten fold!
- Own and honor your own truth.** You are a beautiful a mixture of cells, soul and energy combined with your many life experiences. It's time for you to stand in your place of power and own your own truth. What do you believe in? What is worth living or dying for? What is the vision you hold for your life? Embrace it, cultivate it. Be proud and be you. After all, standing in your own truth is the elixir of living a magical life.
- Infuse life with love.** Love in itself is a magical feeling. Whether it is expressed in romance, friendship or family, love is what connects us all. Give love, share love, speak love — look everywhere for acts of love and if you aren't already doing what you love, go do it now! Love is the highest vibration you can feel and it is in that place amazing opportunities and experience emerge. Love is MAGIC. Go spread some!

YOUR MENTAL WELLNESS TEAM

*Beverly Weikel,
Mary Louise Fanelli
and Stacy Meredith*

As always your mental health team holds you in our thoughts, in our hearts and we wish you well . . .



Early Childhood HEALTH & DEVELOPMENT

MARCH IS save your VISION month

The American Optometric Association wants you to know that March is **Save Your Vision Month**. This observance is to remind us about the importance of getting regular eye exams to help preserve and maintain good eye health. A general eye exam schedule for people with normal eye health and good overall health is listed below:



- **Infants:** Pediatrician screening at 6 months
- **Preschool children:** Pediatrician screenings from age 3 to 6
- **School-age children:** Regular vision screenings at school
- **Adults:** Every 2 years



• **Adults over 60:** Annually

If your child’s pediatrician or school suspects a vision problem, or if you have a history of eye disease or eye problems in your family, a full eye exam by an optometrist or ophthalmologist will be recommended. Children and adults who wear glasses or contacts should have an eye exam every year.

Our nurse, Stacy Meredith, performs eye screenings on more than 615 children in our centers within 45 days of the child’s enrollment—no matter what time of the year the child enrolls. A few years ago, through a special grant from *COMMUNITY SERVICES FOR CHILDREN, INC.*, we were fortunate to receive a special tool that helps her to accomplish this—the **Spot Vision Screener**. It is a handheld, portable device that quickly and easily detects **vision** issues. The “**Spot**” screening takes only a few minutes, screens both eyes at once from a non-threatening 3-foot distance and is extremely accurate. If an issue is detected, and since this is only a screening, the child’s parents are notified. It’s important for parent to then follow-up this screening with a full eye exam by an optometrist or ophthalmologist as soon as possible.

Signs of Eye and Vision Problems

According to the American Public Health Association, about 10% of preschoolers have eye or vision problems. However, children this age generally will not voice complaints about their eyes.

Signs of Eye and Vision Problems

According to the American Public Health Association, about 10% of preschoolers have eye or vision problems. However, children this age generally will not voice complaints about their eyes.

Parents should watch for signs that may indicate a vision problem, including:

- Sitting close to the TV or holding a book too close
- Squinting
- Tilting their head
- Frequently rubbing their eyes
- Short attention span for the child’s age
- Turning of an eye in or out
- Sensitivity to light
- Difficulty with eye-hand-body coordination when playing ball or bike riding
- Avoiding coloring activities, puzzles and other detailed activities



If you notice any of these signs in your preschooler, arrange for a visit to your doctor of optometry.

Geisinger StLuke's Corner

Observing National Vaping Prevention Awareness Month *The Health Risks of Vaping on the Young*

By Melanie Koehler, MD, Pediatrician – St. Luke's Tamaqua Primary Care



With the increasing popularity of vaping or using e-cigarettes comes concern about the effects for exposed children. Increasing numbers of teens and even middle schoolers are being exposed to nicotine through these products when they use them, sometimes at very high doses. Children can also be exposed to nicotine from electronic cigarettes in several other ways: directly before birth in the womb of a mother who vapes, secondhand by inhaling exhaled vapor, and thirdhand by coming into contact with surfaces where nicotine residue has settled.

Children and adolescents are at increased risk of becoming addicted to nicotine products. Nicotine acts on the brain by releasing dopamine which can initially cause a pleasant desirable feeling. Over time these chemicals can affect the ability to learn, mitigate stress and maintain self-control. Kids can become addicted relatively easily and then have withdrawal symptoms when they try to cut down or stop using nicotine. Withdrawal symptoms can include irritability, depression, anxiety, increased hunger, and poor sleep. Over time nicotine has also been shown to cause early heart disease and abnormal lung development leading to more respiratory tract infections and risk of asthma. Effects on the immune system also contribute to these increased infections. Just like with cigarettes, there are chemicals produced in vaping products which can cause cancer. The flavored nicotine pods appeal to younger age groups, and the amount of nicotine can be quite high, up to the equivalent of 2 packs of cigarettes per pod. Some children and teens who develop addiction and withdrawal report needing to use several pods a day to avoid the symptoms. Many kids and teens who vape will wind up eventually smoking cigarettes. Some caregivers may feel that using e-cigarettes is safer for their children than using tobacco products in the home.

Unfortunately, vaping exposes children to significant risks. When pregnant women vape, there is an increased risk of birth defects, preterm birth, stillbirth, and sudden unexplained infant death early in life for their infants. There is also a higher risk that the child will develop behavior issues like ADHD due to disruption in normal brain development. While it is now required for nicotine pods to be sold only in childproof packaging, there are still about 6000 emergency room visits each year in our country related to nicotine poisoning of children in their homes. Less than half a teaspoon of nicotine solution can be life-threatening for a small child. Symptoms of nicotine intoxication include sweating, dizziness, vomiting and increased heart rate. If any of these symptoms are noticed, emergency care should be sought immediately. Even if a young child plays in a room where e-cigarettes were previously used, they can absorb the nicotine into the bloodstream and suffer adverse effects. The best way to protect your child is to never smoke or vape in your house, in your car or any other place where your child spends time. Talk to your doctor about ways to help you quit tobacco products. For more information please visit: www.2.aap.org/richmondcenter/ENDS.html



For 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.

DR. MELANIE KOEHLER, MD - ST. LUKE'S TAMAQUA PRIMARY CARE
143 NORTH RAILROAD STREET | TAMAQUA, PA 18252 | 570-645-1540

Happenings

MEETINGS

Policy Council MONTHLY Meeting
Monday, March 25th
at 9:30 AM
Main Office & Zoom

PROGRAM GOVERNANCE COMMITTEE MEETINGS

HEALTH ADVISORY COMMITTEE MEETING
Thursday, March 14th at 11:30 AM
Main Office & Zoom



Happy St. Patrick's Day

MARCH 17TH

REMINDER TO FAMILIES



Friday, March 8th

ALL centers/classrooms will be **CLOSED.**

Centers/classrooms will re-open on Monday, March 11th.

Fall 2024 Registration



Don't wait until last minute and risk being put on a waiting list!

Call us NOW 570-544-8959, Ext. 212

Child Development centers & the office will be **CLOSED** on Friday, **MARCH 29TH** in observance of the

EASTER HOLIDAY

Have a safe holiday weekend!



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 information to:

kwolfe@childdevelop.org

