

Early Years

Child
Development, Inc.
Ready for school and a lifetime of learning

WORKING TOGETHER FOR A GREAT START

September 2025

KID BITS



"Can I play?"

Encourage your child to make friends by showing her how to approach classmates. You could pretend to be another student, and your youngster might say, "Can I play vet with you?" Then switch roles so she can practice responding when others want to play with her.

Sizing things up

Take a walk around your neighborhood with your little one, and use objects you see to help her compare sizes. Ask questions like "Is that mailbox *taller* or *shorter* than you?" or "Is the white rock *bigger* or *smaller* than the gray one?"

Quick change

Playground and potty accidents happen. If your child keeps a change of clothes at school or in his bag, be sure to switch them out as the seasons change and as he outgrows them. Also, remember to send in a replacement outfit if he wears the extra clothing home.

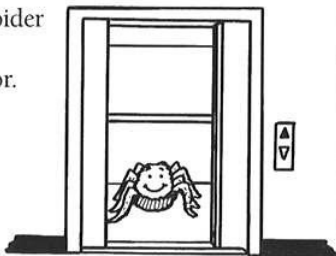
Worth quoting

"Think left and think right and think low and think high. Oh, the things you can think up if only you try!"
Dr. Seuss

Just for fun

Q: What has eight legs and goes up and down?

A: A spider in an elevator.



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Ready to learn

For young students, success in school starts with being able to take turns, cooperate, and follow directions. Here are ways to build these skills so that your child can start the year off right.

Taking turns

At school, your youngster will need to wait his turn, whether he wants to answer a question or use the water fountain. Together, do fun activities that require turn-taking. Board games and card games are great for this. Or play school, and switch off being the teacher and the student. Also, look for examples of people taking turns. While waiting in line at the bank, you might say, "It's that man's turn now. We get to go next."

Cooperating

Provide plenty of opportunities for your child to use teamwork so he'll learn to cooperate with other students. If he's making a tent, for instance, you can each hold one end of a blanket and drape it over chairs. When you bake

cupcakes, it could be his job to put the paper liners in the pan before you pour in the batter.

Following directions

Give your youngster pairs of silly movements to act out. You might say, "Wiggle like a worm, then hop like a bunny," or "Flap like a bird, then gallop like a pony." He will practice following two-step directions—just like his teacher will be giving in school. ("It's time to sit down. Now take out your crayons.") When he has mastered two steps, move on to three. ♥



Make good attendance a habit

Regular attendance is important for school success as early as preschool—and it creates a habit your youngster can use all her life. Try these ideas:

- Make school the priority. Whenever possible, schedule doctor appointments and family trips for times when school is out.
- Stick to regular bedtimes on school nights. A well-rested child will find it easier to wake up on time.
- Mention school as part of the daily routine so that she naturally expects to go each day. For example, you might say, "On Tuesday after school, we'll stop at Grandma's for a visit." ♥



www.childdevelop.org
570-544-8959



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Schuylkill
UNITED WAY

Child
Development, Inc.
Ready for school and a lifetime of learning

facebook "like" us on
Child Development, Inc.
(Schuylkill County, PA)

Organized and involved

Where is that permission slip? What is the teacher's email address again? As the new school year gets under way, consider these tips for staying on top of things.

Create a place for papers. Many parents wonder what to do with all the finished work their youngsters bring home. Here's a thought: Hole-punch pages you and your child want to keep, and put them in a binder. You could organize them by subject or by month.



Tip: Hang your youngster's favorite art projects in a hallway gallery, and store others in a box labeled for this year.

Keep track of events. Staying involved at your child's school is easier when you plan ahead. Mark a calendar with PTO meetings, parent breakfasts, and other functions to attend. Or start an online calendar just for school. Google has a free one that can send you email reminders.

Tip: Add phone numbers and email addresses for the teacher, school, and attendance hotline to your address book or cell phone for handy reference.♥

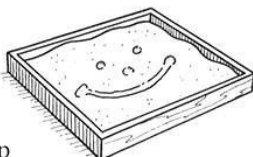
PARENT TO PARENT

The "happy plan"

My son Ian was excited about starting preschool this year, but he wasn't happy about being away from me. He cried when I dropped him off, and I left feeling miserable.

When this continued into his second week, the teacher came up with a "happy plan"—a strategy for starting the day on a good note. She suggested that every morning I remind Ian of things he enjoys at school, like going down the slide or playing at the sand table. She said I might give him a "secret mission" to tell me about later, such as what kind of snack he ate or what book his teacher read aloud.

I tried the teacher's idea the next day. It took a few days, but soon Ian began looking forward to being dropped off. He even started coming up with his own secret missions, like reporting what colors he made by mixing paints. Now we're both a lot happier at drop-off time.♥

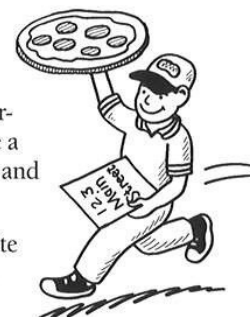


ACTIVITY CORNER

Pizza delivery!

Open a pretend pizza delivery service to teach your child his address and phone number. Use a toy pizza, or have him make one out of construction paper, and enjoy this activity.

1. Let your youngster draw a picture of your house and write his address on it. Next, ask him to draw a phone and print your phone number on it. Together, practice saying the address and phone number.
2. Have him use a toy phone to place a pretend pizza order. He could dial the number and say, "Please deliver a large cheese pizza to 123 Main Street. My phone number is 555-0100." (He may need to look at his drawings the first few times.)
3. Deliver the pretend pizza, and check the address with him. "Is this 123 Main Street? I have one cheese pizza for you."
4. Trade roles, and order a pizza for him to deliver. Play for a few days until he has memorized his address and phone number. You might even let him order a real pizza!♥



Q & A

Cut, paste, and play

Q: My daughter is learning to use scissors in school. Are there ways she can practice at home?

A: Sure! Not only will your child need to use scissors for projects and other schoolwork, they're also a good way to build the strength and coordination she needs for handwriting.

Making paper dolls is a fun way to practice. Give her a pair of safety scissors, a stack of old magazines, glue, and plain paper. Then, help her cut out a variety of faces, shirts,

and pants to mix and match. (Make sure she holds the scissors correctly—ask her teacher if you're not sure.)

She can glue each "person" on paper and cut out around the edges to create a paper doll. Later, she might decide to change the dolls' outfits by gluing new ones on top.

Note: Remind her of safety rules, including staying seated when she uses scissors and holding them closed and pointed down while walking.♥



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





BACK TO SCHOOL TIPS



Re-establish the bedtime and mealtime routines . . . About 1 week before school starts plan to re-establish bedtime and mealtime routines. Talk with your child about the benefits of school routines in terms of not becoming over tired or overwhelmed by school activities. Include pre-bedtime reading and household chores if these were suspended during the summer

Turn off the TV . . . By encouraging your child to do early morning activities, such as playing quiet games, doing puzzles, flash cards, and coloring, instead of watching television, you can help ease your child into the learning process and school routine. If you try to maintain this practice throughout the school year, your child will arrive at school better prepared to learn each morning when he/she engages in less passive activities.





Visit school with your child . . . Plan to attend your center's orientation so you and your child can meet their teacher and see their classroom. This will help ease pre-school anxieties and also allows you and your child to ask questions.

Plan to volunteer in the classroom . . . Volunteering, at least periodically throughout the year, helps your child understand that school and family life are linked and that you care about their learning experience. Being in the classroom is also a good way to develop a relationship with your child's teachers and classmates, and to get firsthand exposure to the classroom environment and routine. Our teachers welcome occasional parental help even if you cannot volunteer regularly.



Play, Learn and Grow... Together!

Why Should You Go to Your Child's Back-to-School Night?

Because going to Back-to-School Night allows parents and their child the opportunity to check out their classroom, meet the teacher, and find out what is in store for the upcoming school year.

It is also chance to . . .

- ask questions
- learn how to help your child at home
- gain a sense of the classroom environment
- help build relationships
- give and get important contact info
- create more confidence for your child
- show that you value your child's education

Don't forget to mark your calendar so you can plan to join us for "Back to School Night"!

Check your child's *COMMUNICATION FOLDER* and the *WEEKLY HAPPENINGS* for the dates of your child's classroom BACK TO SCHOOL NIGHT—we are looking forward to seeing you!

-3-

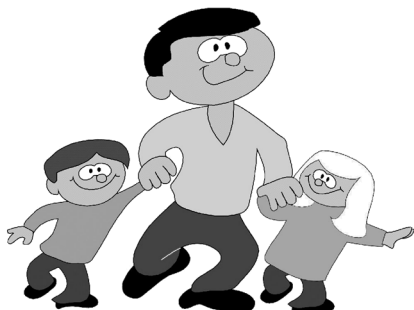
TRANSPORTATION AND PEDESTRIAN SAFETY

If you are walking your child to school we ask that you follow these Pedestrian Safety Rules.

We will review these rules with your child each day.

We will practice these safety rules when we walk to the playground or when we take short walks around the community.

- ◆ Hold your child's hand and do not allow him/her to cross the street alone
- ◆ Stop at the curb before crossing the street



- ◆ Walk; don't run, across the street
- ◆ Cross at corners, using traffic signals and cross-walks
- ◆ Look left, right, and left again before crossing the street
- ◆ Walk facing traffic
- ◆ Make sure drivers see you before crossing in front of them
- ◆ Do not allow your child to play in driveways, streets, parking lots or unfenced yards by the street
- ◆ When walking at night, dress your child in white clothing or reflectors
- ◆ When crossing the street in front of a school bus make sure you are at least 10 feet away from the school bus
- ◆ Always stop at the curb, any driveway, or alley that crosses a sidewalk.
- ◆ Look **LEFT-RIGHT-LEFT** to make sure the road is clear before you cross the street.
- ◆ Always cross at the corner.
- ◆ Cross only on a "green" or "walk" light. This is a good opportunity to introduce and/or reinforce the meaning of STOP signs and traffic signals.

If you are transporting your child to the center in your car, we ask that you follow Pennsylvania's Child Passenger Safety Laws.

Children under 4 years of age are required to use a child restraint device. Non-use is a primary offense. Children 4 to 8 years of age are required to use a booster seat. Non-use is a secondary offense. The fine is a sliding fee up to \$100.00.

It is recommended that any child under the age of 12 sit in one of the rear seats of the vehicle and not in the front.

Please know that when our staff observes any non-compliance with the above laws, they will first talk with you to make sure you know and follow these state laws. We can provide assistance with obtaining appropriate restraints and boosters.

Should non-compliance continue to be observed by our staff, they are required to report it to the appropriate authorities.

We ask that you follow these additional safety precautions when you transport your child to center:

- ◆ Please turn off your vehicle before exiting your car and taking your child into the building.
- ◆ Do not leave children unattended in your vehicle.
- ◆ Do not exit your child on the side of your vehicle facing the street.
- ◆ Please hold your child's hand until he/she is inside the building.



Together, with our team, you can minimize your child's risk of harm by practicing and teaching transportation and pedestrian safety.

Have a safe and happy year.

Geisinger StLuke's Corner

Healthy Tips that Help Your Child Prepare for a Successful School Year

with Dr. Melanie Koehler, Pediatrician at St. Luke's Tamaqua Primary Care



It's that time again! Soon our children will be headed back for a hopefully more typical school year. It is important to stick to some tried and true practices to keep your child healthy, safe and successful in the classroom, says St. Luke's pediatrician Melanie Koehler, MD.

"It all begins with breakfast," says Dr. Koehler. "Eating a healthy breakfast makes it easier to learn and pay attention. Be sure to include some protein such as milk, eggs, meat or yogurt." Dr. Koehler, who has over 25 years of experience as a pediatrician, sees patients in Tamaqua Primary Care.



Safety begins with the trip to school. For parents who drive their children, age- and size-appropriate car seats are required for children under 4 feet 9 inches tall. Kids should ride in the back seat until age 13 and tall enough to properly use a shoulder strap seatbelt. Older students should always wear seatbelts.

If children ride a school bus, they should remain seated throughout the ride and follow all safety rules in place.

Beginning at age 9 to 11 years, most children can walk to school safely, according to the American Academy of Pediatrics (AAP).

They should always walk with a buddy. Bike riders should always wear a helmet.

To keep your child going strong all day, talk to them about the importance of eating a healthy lunch. "Whether to pack or buy lunch at school is a personal choice, but make sure they are eating something nutritious," she advises. Encourage them to drink milk or water rather than juice or soft drinks. "Sweetened drinks and snacks can cause big blood sugar variations in children, causing them to lose energy and focus quickly later in the day."

After school, have a scheduled homework time, she says. Kids thrive on routines, so set up clear expectations. For example, "when you get home, we'll have a snack, then homework from 3:30 to 4:30 so you can play outside or catch a cartoon before dinner."

Although it can be difficult with kids' scheduled activities and parents' work schedules, Dr. Koehler stresses the importance of eating dinner together. "It is a great opportunity to check in with your kids daily, especially with all of the stressors that they face today. Also, be cognizant of what the children are exposed to in the home, whether it be news stories or adult conversations. Parents who are concerned about their child's level of stress or anxiety should reach out to their health care provider."

Finally, to maximize your child's success and wellbeing, make sure they get plenty of sleep. Preschoolers need 10-13 hours of sleep (including naps), children in grade school need at least nine hours of sleep, and teenagers may need more. Ironically, many teens need as much sleep as toddlers.

Dr. Koehler recommends a regular bed-time and sleep routine that starts with unplugging – turning off all electronic devices – at least an hour before bed. This time can include getting ready for bed, bathing, reading, listening to music, coloring, or any non-screen activity. "Most kids probably don't get enough sleep," Dr. Koehler says, "especially active teenagers with afterschool activities and lots of homework."

To help your child have the best school day possible, a good night's sleep is crucial. ✨

For information on community resources or Geisinger St. Luke's services, contact Angela Morgan, Community Health, Geisinger St. Luke's 1-484-658-4022 or email at angela.morgan@sluhn.org



Schuylkill County Walk for Recovery



SCD&A

Schuylkill County Drug and Alcohol
570.621.2890 • CRISIS 877.993.4357

WHEN

Thursday, September 4, 2025

- CHECK-IN BEGINS AT 5:00PM
- WALK KICKS OFF AT 6:30PM.

WHERE

Island Park

- 1 BROADWAY, SCHUYLKILL HAVEN, PA.
- BRING YOUR OWN CHAIRS

WHY

Walk to Support

- OUR NEIGHBORS IN RECOVERY
- COMMUNITY MEMBERS STRUGGLING WITH SUBSTANCE USE
- FAMILY AND FRIENDS IMPACTED BY A LOVED ONE'S SUBSTANCE USE
- FAMILY AND FRIENDS WHO ARE PROUD TO CELEBRATE THE RECOVERY OF A LOVED ONE!

- RESOURCE TABLES
- DOOR PRIZES
- CONCESSION STAND
 - CASH ONLY
- GAMES FOR KIDS

BONUS: THE FIRST 250 ATTENDEES WILL RECEIVE A FREE EVENT T-SHIRT!



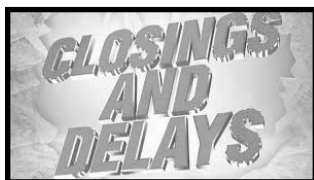
SCAN to REGISTER





Things you need to know—all in on place!

TEXT AND E-MAIL SCHOOL CLOSURE NOTIFICATIONS



To keep parents and staff informed, Child Development will be using an automatic message system to alert parents and staff when we are closed — due to weather, holiday or other emergencies. This messaging system may also be used for reminders of other important program-wide and center events, meetings, etc.



You will receive a text message on your cell phone, an e-mail or possibly both. **It is important that you keep this information accurate and up-to-date. Whenever your number changes, it is important to provide this information to your Family Advocate and child's teacher.**

A sample message may be:

"The Pottsville Child Development Center is closed today due to (reason for closing)."

For Parents: Please notify your Family Advocate of any changes to your child's emergency contact information. If you have any questions or concerns, please do not hesitate to contact your Family Advocate.

For Team Members: Emergency contact information changes must always be given to your Team Leader/Supervisor. If you have any questions or concerns, please talk to your supervisor.



MEETINGS

Program Planning Committee

**Fri., Sept. 12th
10:00 AM**

In-Person Meeting
(a ZOOM link for the meeting
will also be emailed to members)

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### Policy Council

**Mon., Sept. 22nd at 9:30 AM**  
**In-Person Meeting**

(a ZOOM link for the meeting  
will also be emailed to members)

**TO HELP PREVENT  
UNAUTHORIZED ENTRY  
PLEASE  
DO NOT HOLD  
DOOR FOR OTHERS**

We would like to inform all parents and family members that it is very important that we keep all children and staff safe in our facilities.

We have special circumstances with children and families such as Protection from Abuse (PFA) orders and cannot allow everyone into our buildings.

One reason for our security system is to reduce the risk of someone entering the facility that is unknown to us or who is not permitted access into the building.

- **Each parent/family member** must use the system to be permitted into the building.
- **DO NOT** hold the door or let anyone else in... *this is the only time when we will encourage bad manners.*
- Please share this information with the other adults who help with bringing and picking up your child at the center.

-7- In advance, thank you for your understanding and cooperation with this important safety matter.



Schuylkill

This year, **UNITED WAY** is launching something new as part of the 2026 Campaign:

# UNITED WE DINE WEEK

## September 5-14, 2025

**Grab a fork, lift a drink, order a dessert and support your Schuylkill United Way at these participating businesses:**

### Food

*10% of sales (excluding tax, gratuity, and alcohol) from these locations will be donated to SUW*

**The Beacon Diner** (Tamaqua)  
September 12

**Eagle Tavern** (Pottsville)  
September 10

**Roma Pizzeria** (Pottsville)  
September 9 from 5pm - 9pm

**Vito's Coal Fired Pizza** (St. Clair)  
September 9

**Yocko's Mexican Steakhouse** (Minersville)  
September 6



### Desserts



**Jack's Spot** (Pitman)  
September 5-7  
*50% of sales from Kathy's Homemade Desserts goes to SUW*

**Rita's Italian Ice** (Pottsville & Schuylkill Haven)  
September 7 from 4pm - 8pm  
*10% of sales goes to SUW*

**Sughr & Company** (Minersville)  
September 10-13  
*20% of all cupcake sales goes to SUW*



### Specialty Foods

**Black Rock Brewing** (Pottsville)  
September 5-7 & 11-14  
*\$1.00 for every Pretzel Log goes to SUW*

**Farlow's** (Pottsville)  
September 5-14  
*\$1.00 for every Italian Hoagie goes to SUW*

**Main Street Moonshine** (Schuylkill Haven)  
September 5-14  
*\$1.00 for every Burger goes to SUW*

**Pottsville Pizzeria** (Pottsville)  
September 9-13  
*\$1.00 per 2 for \$25 Special goes to SUW*

**Pressed Coffee & Books** (Pottsville)  
September 5-14  
*\$1.00 for every crepe goes to SUW*



### Drinks



**Cellar Beast Winehouse** (Andreas)  
September 6 & 13  
*50% of all guided tasting reservations mentioning "United We Dine Week" goes to SUW*

**The Chopping Block** (Pottsville)  
September 5-7 & 11-14  
*50% of S'mores Martinis sales goes to SUW*

**Hope & Coffee** (Tamaqua)  
September 5-14  
*\$1.00 from each Flavor of the Month drink goes to SUW*

**The establishment that generates the most money will receive an award at our annual Appreciation Breakfast on Friday, November 14.**

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@childdevelopment.org](mailto:kwolfe@childdevelopment.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.

Families \* Head Start \* PreK Counts  
Child Care \* Early Intervention \* Community