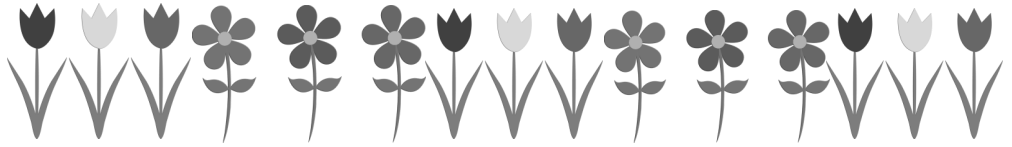


April 2026



KID BITS

Riddle me this

Your child can practice describing objects by making up riddles with you. Have him secretly choose a toy and tell you about it without naming it. ("It is yellow, has four wheels, and takes kids to school.") You use his clues to guess the toy (a school bus). Then, describe one for him to figure out.

Healthy snacks

Youngsters are more likely to eat nutritious snacks if they choose and prepare them. For example, let your child top yogurt with blueberries or spread almond butter on whole-grain crackers. *Bonus:* Eating a healthy diet helps her feel better and learn better.

Family playtime

Children love it when their parents play with them. Jump rope on the sidewalk, or look for four-leaf clovers in your yard. At the park, go down a slide or swing side by side. Try a game of follow the leader—whatever your youngster does on playground equipment, you do, too. He will get a kick out of seeing you act like a kid!

Worth quoting

"Weeds are flowers, too, once you get to know them." A. A. Milne

Just for fun

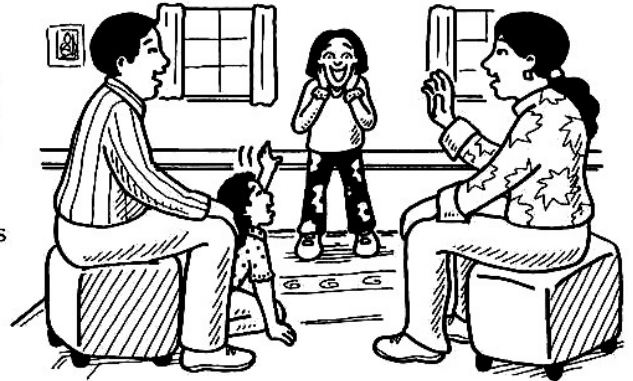
Q: Why does a robin carry worms in its beak?

A: It doesn't have pockets!



Learning to show empathy

Empathy means being able to understand and share what another person is feeling—a tough job for youngsters just learning to make sense of their own emotions. Help your child develop empathy for others with these ideas.



Connect feelings with words

Identifying emotions as your youngster experiences them will give the words a concrete meaning for her. You might point out that she feels *aggravated* when another child cuts in line, for instance. Later, when she hears that someone is aggravated, she can remember her experience and have a better idea of how that person may feel.

Play charades

Get 10–15 slips of paper. Next, ask everyone to think of "emotion words," such as *happy*, *sad*, *confused*, *surprised*, and *scared*. Help your youngster write each word on a separate slip, and place them facedown. Take turns drawing one and acting out the feeling. For example,

pretend to cry for *sad* or open your mouth wide for *surprised*. The first person to guess the word then describes a time she felt that way—and gets to act out the next emotion.

Encourage action

Be sure your youngster knows her actions make a difference, even if she can't always "fix" things. You can talk about ways she could show empathy for others. For instance, she might kiss her baby brother's boo-boo when he bumps his head or cheer for a friend who is climbing a rock wall. *Tip:* Let her know you noticed. ("You made Brady smile—he knows you care!")♥

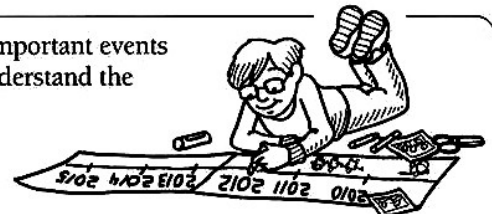
A time line of my life

Here's an activity to celebrate the important events in your child's life—and help him understand the passage of time.

Cut a poster board in half lengthwise, and tape the ends together to make a long strip. Have your youngster draw a long line and add a mark for each year of his life.

Now, talk about what happened in his life during each of those years. *Examples:* "Learned to walk." "Moved to California." "Started kindergarten." "Lost first tooth." Your child could draw pictures or glue photos of each event. Then, help him label them, or write the words as he dictates.

Be sure to leave plenty of room at the end so your youngster can add future milestones in his life!♥



Read it, talk about it

Discussing books that you read with your child can make him a better reader. Snuggle up, and start a conversation using these tips.

Picture talk. Ask your youngster to tell you about the illustrations. In a book on spiders, he might point out a photo showing the hairy legs you read about. Or he could tell you what part of the story the picture shows: "I see Jack climbing up the beanstalk." He'll practice using illustrations to help him understand the text.



Word talk. Sneak in practice recognizing letters, sounds, and words. For example, while reading about transportation, ask your child to name each letter in *truck* or *helicopter* and say the sound it makes. Or find a word that is repeated on a page, read it aloud, and tell him to point to its match. Another idea:

Have him spot all the words that he knows on a page.

Story talk. Conversations about the characters, setting, and plot will boost your youngster's comprehension. Tell each other which characters you liked best, what real-life places the setting reminded you of, or what part of the story surprised you.♥



Beyond the refrigerator

Displaying your child's masterpieces is a great way to show that her schoolwork is important to you. Here are ways to share her art:

- Use your youngster's artwork as the wallpaper on your family computer or your phone. Let her choose a favorite picture or painting. Then, scan or take a photo of it. *Idea:* Change the wallpaper regularly to feature her new pieces.



- Make an art "clothesline" by stringing a long piece of yarn across a wall. Help your child display her work by clipping it to the line with clothespins.

- Wrap gifts using your youngster's art. Family members will enjoy receiving "personalized" gift wrap, and your child will delight in sharing her talents.♥

ACTIVITY CORNER

A nature engineer

Your little engineer's problem-solving and fine-motor skills will get a workout when she builds a miniature house with items found outside.

Walk around together, and let your child fill a bucket with stones, twigs, leaves, pinecones, and other objects from the ground. Then, she can think about how to use what she collected. For instance, a leaf might make a good roof for her house. Pebbles could become a sidewalk.

Encourage her to solve problems as she goes. Where should she build her house? (It might be freestanding, or she could put it in moss by the base of a tree or against a large rock.) How could she connect the parts of her house? (Mud would make good "glue.") How will she get her house to stand up? (Perhaps she'll push sticks into the ground to anchor it.)

When she finishes, she can gather new materials for another house.♥



Q & A

Preventing outbursts

Q: *Lately, my son has been having more tantrums and some trouble switching from one activity to another. What can I do?*

A: It's easier to head off behavior issues than to correct them after the fact. These two suggestions may help.

First, if you notice your child is reaching a melting point, offer him a distraction. For instance, if you sense an outburst brewing over sharing a toy during a play date, put the toy away

for a while, and offer a different one. Sometimes, switching the focus can prevent a tantrum.

Or try using a countdown to signal a change between activities. For example, you might say, "Ten more minutes until bedtime," and remind him again when he has five minutes left, then three, then one. Giving him advance notice prepares him to switch gears without getting upset and acting out.♥



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

Routines for a Great Day!

Adam looks forward to big hugs from his dad each morning. Stephanie's favorite part of the afternoon is when her mom picks her up from preschool and asks about her projects. And Miguel knows he can count on a cozy bedtime story every evening. These youngsters' days go smoothly because they expect familiar, comforting rituals. A daily routine can help your child behave well, develop good character, and stay connected with you. Try these tips for successful mornings, afternoons, and evenings.



Morning

A warm wake-up

Let your little one know you're happy to see her when she wakes up. You might come up with a special way to say, "Good morning." It can be simple ("Get out of bed, sleepy-head") or silly ("Rise and shine, porcupine!"). Your youngster will look forward to hearing your greeting first thing, and that can set the tone for a peaceful day. *Idea:* Learn greetings in other languages, and surprise each other with different ones. The next time your family visits the library, you could look up "Good morning" in bilingual dictionaries. Or ask friends who speak other languages to teach you greetings.



Morning announcements

Children often behave better if they know what's ahead. Try putting your youngster in charge of announcing the day's events at breakfast. When he comes into the kitchen, he can look at the calendar to see if it's a special day (cousin's birthday, a holiday) or if anyone has a dentist appointment or sports practice. This is also a good time for you to go over any schedule changes

("Remember, Katie's mom is picking you up from school today").

Snappy dressing

Checking the weather the night before will save time in the morning. Plus, your child will feel grown-up when he learns to choose the right clothes all by himself. Let him look at the forecast in the newspaper or on a computer or phone. Talk about whether he will need short or long sleeves, pants or shorts, a sweater or a light jacket. **Tip:** Be sure he always puts his clothes in the same spot (say, on his nightstand or on a chair) so he can find them easily in the morning.

After school

Catching up

To find out what your youngster did in preschool ask her to show you what's in her bag. Talk about each item. ("Can you tell me about this map you drew?" or "How did you choose those colors for your painting?")



Expressing interest in what she's learning will show her that school is important and help her take pride in her work. If she doesn't have much to say, start talking about your own day ("Today I took a nice walk on my break"). She might decide she wants to share, too!

Running errands

Chances are that part of your child's routine will be to accompany you on errands. Make things more pleasant with on-the-go activities. While you wait in line at the bank, let him count coins or practice writing numbers on a blank deposit slip. At the gas station, ask him to identify the letters ("s-t-a-r-t") or words ("on") on the pump.

Physical activity Make exercise a regular part of your youngster's day by encouraging her to play outside after school or day care. Provide active toys like a jump rope, a hula hoop, roller skates, and a variety of balls. *Idea:* You might see if several neighborhood parents can take turns supervising children riding bikes or playing tag outside.



Early Childhood

HEALTH & DEVELOPMENT

Five Important Reasons to Immunize Your Child

You want to do what is best for your children. You know about the importance of car seats, baby gates, and other ways to keep them safe. But, did you know that one of the best ways to protect your children is to make sure they have all of their vaccinations?



Immunizations can save your child’s life.

Because of advances in medical science, your child can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children have been eliminated completely and others are close to being gone – primarily due to safe

and effective vaccines. One example of the great impact vaccines can have is the eradication of polio in the United States. Polio was once America’s most-feared disease causing death and paralysis across the country but today, thanks to vaccination, there are no reports of polio in the United States.

Vaccination is safe and effective. All vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause

pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and

trauma of the diseases these vaccines prevent. The most comprehensive scientific studies and reviews have not found a link between vaccines and autism. Groups of experts, including the American Academy of Pediatrics, the Institute of Medicine (IOM), the National Institute of Health (NIH), the Centers for Disease Control and Prevention (CDC) and other federal agencies also agree that vaccines are not responsible for the number of children now recognized to have autism.

Immunization protects others you care about.

Serious vaccine-preventable diseases still occur. Unfortunately, some babies are too young to be completely vaccinated and some people may not be able to receive vaccinations due to allergies, illness, weakened immune systems, or other reasons. To help keep these individuals safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.

Immunizations can save your family time and money.

A child with a vaccine-preventable disease can be kept out of schools or daycare facilities. A prolonged illness can take a financial toll because of lost time at work, medical bills, or long-term disability care. In comparison, getting vaccinated against these diseases is a good investment and usually covered by insurance. The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. To find out more about the VFC program, visit, <http://www.cdc.gov/vaccines/programs/vfc/> or ask your child’s healthcare provider.

Immunization protects future generations.

Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations before. For example, smallpox vaccination helped eradicate that disease world wide. Your children don’t have to get smallpox shots any more because the disease no longer exists. If we keep vaccinating now, parents in the future may be able to trust that diseases like polio and measles won’t infect, cripple, or kill children.

For more information about the infant immunization, visit <http://www.cdc.gov/vaccines>.



SCHOOL VACCINATION INFORMATION FOR PARENTS

Immunization regulations are intended to ensure that children attending school in the commonwealth are adequately protected against potential outbreaks of vaccine preventable diseases.

A CHILD MUST HAVE REQUIRED VACCINES OR RISK BEING EXCLUDED FROM SCHOOL.

A child must have the required doses complete, or medically appropriate doses up to date and a plan in place for remaining doses by the fifth day of school, or they are at risk of exclusion. For a single dose vaccine, the child must have this vaccine before the first day of school or the child may be excluded from attending. Talk to your child's pediatrician about the vaccines your child needs to attend school.

- Four doses of DTaP (one dose on or after the 4th birthday)
- Four doses of polio (fourth dose on or after 4th birthday)*
- Two doses of measles, mumps, rubella (MMR)
- Three doses of hepatitis B
- Two doses of varicella (chickenpox) or evidence of immunity
- Seventh grade - in addition to those above, one dose of Tdap and one dose of MCV4
- 12th grade - in addition to those above, a second dose of MCV4

*A fourth dose is not necessary if the third dose was administered at age 4 or older, and at least 6 months after the previous dose

For more information on the vaccines your child needs to attend school visit:

<https://www.health.pa.gov/topics/programs/immunizations/Pages/School.aspx> or talk to your child's pediatrician.



SPOTLIGHTING



A PROUD AFFILIATE OF ST. LUKE'S UNIVERSITY HEALTH NETWORK

ABOUT OUR HEALTH SERVICES

STAR COMMUNITY HEALTH is a Federally Qualified Health Center ("FQHC") affiliated with the award-winning St. Luke's University Health Network. Star Community Health provides high-quality, community-based, patient-directed primary care health services to more than 52,500 patients yearly at 16 locations that include **Ringtown, Tamaqua, and Lansford**. Services include primary/family medicine, women's health, pediatrics, mental health, and dental services. Dental vans serve students in 32 schools throughout the region. As an FQHC, Star Community Health focuses on meeting the needs of those underserved within our community, including individuals who are uninsured and underinsured, experiencing homelessness, agricultural workers, public housing residents, and veterans.



(Source: <https://www.starcommunityhealth.org/about-star/about>)

Patients benefit from:

- Comprehensive services that include well-child visits, school and sports physicals, same-day sick appointments, milestone and developmental screenings, immunizations, and much more
- Point-of-care testing such as A1C testing and Iris Retinal screening
- Convenient on-site laboratory services so they can have blood drawn during their visit
- Integrated behavioral health support
- Financial counseling to assist with navigating Medicare, Medicaid, and other healthcare insurance coverage options

OUR CARE MODEL



Our practices provide full-spectrum primary care, serving patients from infancy through end of life, ensuring they receive the compassionate, high-quality care they deserve. Our dedicated care team includes two advanced practitioners, Jamie Berkel and Mimi Wiley, who provide care across our three rural sites (Tamaqua, Ringtown, and Lansford); Dr. Gregory Dobash, Family Medicine physician at our Ringtown location; and twelve resident physicians from St. Luke's Rural Residency Training Program.

Regarding pediatric care, we believe every child deserves excellent care close to home. As a trusted provider, we are committed to delivering the highest level of pediatric services to everyone in our community, regardless of circumstance.

Medicaid, Medicare, and private insurance are accepted. No insurance? No problem! Star Community Health offers a sliding fee scale for uninsured or underinsured patients. *This adjusts costs based on household size and income, helping ensure that financial barriers do not prevent patients from receiving care.*

We are proud to provide high-quality, affordable medical and dental care to everyone in our community.

Need more information or want to schedule an appointment? Call us at 484-822-7827 or visit www.starcommunityhealth.org.

Your health is our priority.

Star Community Health – Hometown 34 S. Railroad Street, Tamaqua, PA (570) 645-1950	Star Community Health – Ringtown 411 S. Shenandoah Road Ringtown, PA (570) 645-1951	Star Community Health - Lansford 100 W. Patterson St., Ste 201 Lansford, PA (272) 639-5020
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For information on community resources or Geisinger St. Luke's services, contact Angela Morgan, Community Health, Geisinger St. Luke's at 484-658-4022 or email angela.morgan@sluhn.org.

Child Development, Inc. Happenings



April Holiday Closing
Friday, April 3rd
 All centers & main office
CLOSED



MEETINGS

Policies Committee
Friday, April 10th
 10 AM In-Person Meeting
 (a ZOOM link for the meeting will also be emailed to members)

Community Outreach Committee
Thursday, April 16th
 10 AM In-Person Meeting
 (a ZOOM link for the meeting will also be emailed to members)

Policy Council
MONTHLY MEETING
Mon., April 27th at 9:30 AM
 In-Person Meeting
 (a ZOOM link for the meeting will also be emailed to members)



STAR COMMUNITY HEALTH is here for you!

We provide high quality, affordable medical and dental care to everyone in our community.

We accept Medicaid, Medicare and private insurance. No insurance? No problem! We offer a sliding fee schedule for self-pay patients.

Now serving three locations:
 Hometown | Lansford | Ringtown
 484-822-7827

<https://starcommunityhealth.org/services/request-an-appointment>

Or visit www.starcommunityhealth.org

Your health is our priority. 



WE NEED YOUR HELP! SPREAD THE WORD!

Do you have a friend or relative with a preschool age child (or children) and lives within Schuylkill County? If so, please give them this coupon to complete and return to you so you can turn it in to your child's teacher or family advocate.

Date: _____

Enrolled Family: _____ Enrolled Child's Name: _____

Referred Family: _____ Child Name: _____ DOB: _____

Telephone Number: _____ Best time to call: Morning Afternoon

This family is interested in the following center:

Fountain Springs Mahanoy City Pottsville Pottsville 2

Saint Clair Sch. Haven Shenandoah Tamaqua



Child Development, Inc.

Ready for school and a lifetime of learning

FREE

GRATIS

Preschool Education *Educación pre-escolar*

Providing quality services to children and families of Schuylkill County for over 60 years

Ofrece servicios de calidad a niños y familias del condado de Schuylkill pro más de 60 años



HEAD START



pennsylvania
PRE-K COUNTS

Quality Child Care

- State Available Subsidized Child Care
- Extended hours at some locations
- All centers are Keystone STAR 4 Designation
- *Estado disponible subvencionado*
- *Horario extendido en algunos lugares*
- *Todos los centros cuentan con la designación Keystone STAR 4*



CENTER LOCATIONS

UBICACIONES DE CENTROS

- Fountain Springs • Mahanoy City • Pottsville • Saint Clair
- Schuylkill Haven • Shenandoah • Tamaqua

CALL 570-544-8959 OR

Llame al **Ext. 212**



SCAN TO START ENROLLMENT PROCESS

escanear para iniciar el proceso de inscripción



www.childdevelop.org



Child Development, Inc.
(Schuylkill County, PA)

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



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