

Early Years

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

WORKING TOGETHER FOR A GREAT START

May 2026



KID BITS

A promise is a promise

Help your child learn the

difference between a promise and a possibility. Explain that promises are meant to be kept. "I promise to take a walk with you." Possibilities are things that may or may not happen. "We will try to go swimming tomorrow."

Tag the shadow

You'll need plenty of sunshine for this version of tag. One person is "It" and chases the other players. To get a player out, It has to tag a player's shadow with his foot. Players will need to twist and turn to keep their shadows from being tagged. The last person tagged is the next It.

DIY audio books

Record yourself reading storybooks for your little one. Be sure to include a signal (ring a bell or say "beep") that tells your youngster when to turn the page. Then, he can listen to your recordings and follow along in the books. He'll work on listening and reading skills—even when you're not together.

Worth quoting

"Always help someone. You might be the only one who does." *Anonymous*

Just for fun

Q: Why do bananas use sunscreen?

A: Because they peel.



Daily dose of knowledge

This summer, weave learning into your child's days to keep his brain active and build skills for next year. Here are suggestions.

Blueprints

Using sidewalk chalk outside, your youngster could draw a floor plan for a house. He'll need to use critical thinking to decide which rooms to include, how to arrange the layout, and where to put doors and windows.

Plus, he'll practice geometry as he figures out the shape and size of each room. When he finishes, have him gather toy people and other props for pretend play in his "house."

Toy tales

Build early writing skills by letting your child take a favorite toy and a camera along when you go out. He can snap a photo of the toy's "adventure" at each stop. Afterward, have him put the pictures in order and write or dictate a story. For instance, a tale about his action figure's



day might start, "Today, I took a trip to Foodland and climbed all the way to the top of Mount Watermelon!"

Math picnic

Turn mealtime into a math-filled picnic. As you prepare the food, ask your youngster to count servings into containers. For example, he could pack 10 grapes, 3 celery sticks, and 1 sandwich for each person. Then, head to a park or spread a blanket for an indoor picnic, and put him in charge of counting out plates, cups, and napkins for everyone. ♥

Extra-special rituals

Summer vacation comes with its share of perks. Take advantage of these "extras" to make memories with your youngster.

● **Extra daylight.** Take walks or bike rides after dinner. Watch the sunset together, and notice how the stars gradually appear brighter.

● **Extra car time.** Turn off the radio and sing songs in the car. Your child could even make up her own words or verses—"Down by the Bay" might become "Down by the Zoo."

● **Extra people.** Encourage your youngster to develop her own traditions with visiting relatives. Maybe she and her grandfather will play checkers together, or she'll make delicious ice cream with her aunt. ♥



Summer socializing

Children who enjoy the company of other kids are more comfortable in the classroom. Your child can make or maintain friendships and build social skills with these ideas.

Join the crowd. Go places and attend events where there are other youngsters. Try playgrounds, library story hours, and nature center programs. While you're there, encourage your youngster to say hi and introduce herself. She'll practice interacting with kids—and she may find a new friend. *Tip:* Check calendars at your parks department and community centers, and let your child pick a few activities.



Plan play dates. Help your child call friends and invite them over to play. Before guests arrive, have her think of things to do. Then, she can suggest options like playing catch

or painting with watercolors, and they can decide together. Remind her to make guests feel welcome in your home by letting them go first during games and activities.♥

ACTIVITY CORNER

Rub-a-dub scrub

Looking for an interesting teacher gift to make with your child? This good-smelling hand scrub is sure to be a hit. Plus, your youngster will get practice with following directions, measuring, and writing. Follow these steps.

1. Have your child measure $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup coconut oil into a bowl and mix them together.



2. Let him add color and scent by stirring in powdered drink mix until he likes the color (up to 1 envelope).

3. He should scoop the scrub into a clean, empty jar and screw on the lid.

4. Now, help your youngster write a gift tag. On one side, he can put "To" and "From" and add the teacher's name and his name. On the other, he could write "Sugar scrub" and instructions. ("Rub scrub on hands. Rinse with warm water.")♥



PARENT TO PARENT

Checking in with the teacher

My older sister mentioned that a good way to prepare your child for the next school year is to ask this year's teacher what to work on over the summer. I thought that was a good idea, especially since my son starts kindergarten this fall. So I asked his preschool teacher for advice at our spring parent-teacher conference.



Miss Benson said that kids are expected to do more for themselves in kindergarten. She pointed out that Luis often asks for help with things he can do himself. I realized he does this at home, too. She suggested that I say, "Show me how much you can do," when he asks me to put together his jigsaw puzzle or tie his shoes. That will tell him I know he's capable and encourage him to try on his own.

I left the conference with a plan that I hope will help Luis be ready for kindergarten—and be more independent at home.♥

Q & A Spend, save, give

Q: My daughter asks to spend gift and allowance money as soon as she gets it. How can I teach her the importance of good money habits?

A: Try this hands-on way for your child to see and manage her money. Let her label three boxes: "Spend," "Save," and "Give."

help her divide her money among the containers (you might discuss whether she should divide it evenly or put more into the "Save" or "Give" box).

When you shop together, help her think through her spending choices—but let her make the final decision. You could say, "If you buy that game today, you won't have enough for the basketball you have been wanting." Let her experience the consequences of her choice. With practice, she'll become more thoughtful about money.♥



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

Early Childhood

HEALTH & DEVELOPMENT

Summer Safety Tips for Our Team Members

Summer offers many opportunities for exploration and play in outdoor learning environments. With proper planning, early childhood programs can make sure that children are able to take advantage of these experiences and safely enjoy the summer.



Tips for Safe Outdoor Play

Weather

The [Child Care Weather Watch](#) can help you understand weather forecasts and decide when it is safe for children to be outside. Along with local forecasts, this resource can help staff check the temperature, humidity, and air quality.

Follow these tips to stay up to date on weather conditions:

- Check the [Air Quality Index](#) and subscribe to [EnviroFlash](#). This service from the U.S. Environmental Protection Agency and state or local environmental agencies sends daily emails about local air quality. Poor air quality can negatively affect children with asthma and other care needs.
- Check the forecast for the [UV Index Overview](#) to limit exposure to the sun when the index is high.
- Sign up to receive [hourly weather forecasts](#) from the National Weather Service.

Sun Protection

Children need protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors. [Shade and sunscreen](#) protect children from sun exposure and can help to reduce the risk of some skin cancers.

Follow these sun safety tips to reduce UV exposure:

- If possible, use play areas that have some shade.

- Protect infants younger than 6 months from direct sunlight by keeping them in a shady spot under a tree, umbrella, or stroller canopy.
- Limit children's sun exposure between 10 a.m. and 4 p.m., when UV rays are strongest.
- Encourage families to dress children in cool clothing such as lightweight cotton pants and long-sleeved shirts. A hat will protect their face, ears, and the back of their neck.
- Get written permission from children's parents or guardians to [use sunscreen](#) with an SPF rating of at least 30. Choose a "broad spectrum" sunscreen to screen out both UVB and UVA rays.
- Apply sunscreen at least 30 minutes before going outdoors so the skin can absorb it. Reapply it every two hours if children are outside for more than an hour, and more often if they are playing in water.
- For children older than 6 months, apply sunscreen to all exposed areas, including children's ears if they are wearing a cap instead of a hat.
- For children younger than 6 months, use sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.



Hydration

Toddlers and pre-school children cannot regulate their body temperatures well and need more water when the weather is hot. Regularly scheduled water breaks encourage all children to drink during active play, even if they don't feel thirsty. Fluoridated water (bottled or from the faucet) can reduce the risk of tooth decay and is the best drink for young children in between meals. Staff may offer breast milk or formula to infants, since water is not recommended for infants younger than 6 months. Review the recommendations in [Caring for Our Children \(CFOC\) Standard 4.2.0.6](#) for more information.

Water Safety

Water play is a favorite activity for many young children throughout the year. Families may ask about opportunities for children to have outdoor water play during the summer. Portable wading pools are not recommended because they

are hard to keep clean and can promote the spread of diseases. Sprinklers, hoses, or small, individual water basins are safer than wading pools. Always use [active supervision](#) when children play in or around water.

[Drowning](#) is the leading cause of injury death for young children ages 1 to 4. Always stay within arm's reach whenever a child is in or near water. All backyard swimming pools should be surrounded by a four-sided isolation fence, with self-closing and self-latching gates. Fences should prevent children from getting to the water without supervision. If children use water tables, make sure that staff clean and sanitize the water table and that children use toys safely. All children should wash their hands before and after play. It is best to have an individual basin for children with cuts, scratches, or open sores on their hands.

Playground Safety

An age-appropriate and developmentally appropriate, well-maintained playground offers children many opportunities for outdoor learning and physical activity. For more information, see the [U.S. Consumer Product Safety Commission's Public Playground Safety Handbook](#) and [Resources for Safe Playgrounds](#). To keep children safe, use [active supervision](#) at all times.

Here are some playground safety tips to follow:

- Inspect materials and equipment. Make repairs when needed.
- Check the temperature of metal swings, slides, dark rubber and plastic materials, and especially the surface under and around playground equipment. Ensure that these surfaces will not burn a child's skin.
- Make sure that impact-absorbing surfaces are the proper thickness to protect children from injury.
- Keep fall zones clear.

Insects and Insect Repellent

Protect children and adults from insect bites by checking for and removing insect nests under slides, in bushes, and in the ground. Near play areas, make sure there is no standing water for mosquitoes to lay their eggs. Check for ticks after outdoor play, and [remove any ticks](#) as soon as possible. To prevent insect bites, programs may consult with their local health department, Health Services Advisory Committee, or a child care health consultant about whether to [use insect repellent](#) on children when local insects are likely to carry diseases. Be sure to get written permission from children's parents or guardians to apply insect repellent, and follow the instructions on the label. Avoid products with more than 30% DEET, and do not apply insect repellent to infants younger than 2 months.

Helmets

All children older than 1 should wear properly fitted and approved helmets when they ride toys with wheels or use any wheeled equipment. Helmets should be removed as soon as children stop riding wheeled toys or using the equipment. Approved helmets should meet the standards of the U.S. Consumer Product Safety Commission (CPSC). See the [U.S. Consumer Product Safety Commission's article on recreational helmets](#) for more information.



More Summer Safety Tips to Share with Families

- When possible, open windows at home from the top and use window guards. Screens will not prevent children from falling out of a window.
- Prevent child heatstroke in cars. Explore tips to [prevent deaths in hot cars](#). It is never safe to leave young children in a car, even with open windows.
- When cooking outside, keep children at least 3 feet away from the grill.
- Always supervise children closely around fireworks. Visit the [CPSC's Fireworks Information Center](#) to learn more.



National Center on
Health, Behavioral Health, and Safety

1-888-227-5125
health@ecetta.info
<https://eclkc.ohs.acf.hhs.gov/health>

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Movement and Mental Health

What's good for the body is often good for the mind!

Mental Health Benefits of Physical Activity



Improved brain health and ability to think



Reduced risk of anxiety and depression



Improved sleep and quality of life



Increased self-satisfaction

Source: <https://health.gov/news/202112/physical-activity-good-mind-and-body>

Watch these videos to get you started!

Move Your Way: Tips for Getting Motivated



5 Minute Brain Break Workout for Teens!



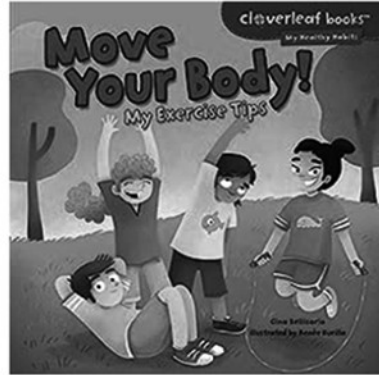
Physical Education Makes You Happier, Healthier, and Smarter!



DON'T FORGET

Youth need **60 minutes** or more of physical activity each day!

Book Recommendations and Additional Resources



Resources

Suicide and Crisis Lifeline: 9-8-8

Behavioral Health Walk-In Center
(Leighton): 610-577-0555

Outpatient Mental Health Services:
484-822-5703

Your Emotional Strength Supported (YESS!) St. Luke's Mental Health Programs
Program: 484-822-5772



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Child Development, Inc. Happenings



is here for you!

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484-822-7827

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

Or visit www.starcommunityhealth.org

Your health is our priority.

When requesting an appointment, please mention you were referred by Child Development.

MEETINGS

Finance Committee

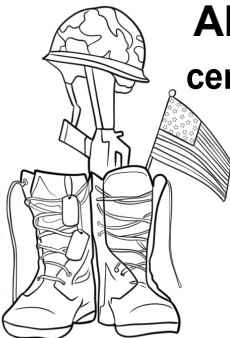
Thur., May 14th at 6:00 PM
In-Person Meeting
(a ZOOM link for the meeting will also be emailed to members)

Policy Council Committee

MONTHLY MEETING
Mon., May 18th at 9:30 AM
In-Person Meeting
(a ZOOM link for the meeting will also be emailed to members)

Program Planning Committee

Fri., June 12th at 10:00 AM
In-Person Meeting
(a ZOOM link for the meeting will also be emailed to members)



All Child Development centers and the office will be

CLOSED

Monday, May 25th
Memorial Day



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

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GRATIS

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

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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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Minersville, PA 17954