Early Years

Child Development, Inc.

Ready for school and a lifetime of learning

WORKING TOGETHER FOR A GREAT START

November 2026



KID BITS

Wash your hands

Hand washing is one of the best ways to keep your child healthy. Help him write step-by-step instructions for washing his hands: 1. Wet hands. 2. Lather up with soap. 3. Scrub hands together while singing "Happy Birthday" twice. 4. Rinse with water. 5. Dry with a towel. He should draw a picture for each part and hang his poster near the sink.

The thank-you game

This activity lets your youngster practice thanking people graciously. Take turns handing each other random items from around the house (spoon, sock, pencil). No matter what the item is, thank each other, and say something you like about it. *Example:* "Thank you for the spoon. I love how shiny it is."

New baby

A new baby needs a lot of your attention, which might make your older child feel insecure. Let her feel important by giving her big-kid jobs. For example, it could be her responsibility to bring you clean diapers or to sing to the baby if he cries in the car.

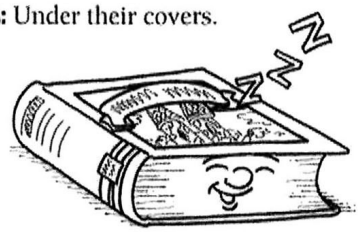
Worth quoting

"Of all the paths you take in life, make sure a few of them are dirt."
John Muir

Just for fun

Q: Where do library books sleep?

A: Under their covers.



The good behavior toolbox

The way you talk to your child can make a world of difference in how she behaves. Add these strategies to your parenting toolbox—and look forward to better all-around behavior.



Rephrase requests

You may get more cooperation and less arguing from your youngster if you phrase requests as statements rather than questions. Try "Please put on your jacket" instead of "Could you put on your jacket?" This shows her that wearing her jacket isn't optional.

Keep it positive

Putting an upbeat spin on what you say may motivate your child to listen. For example, "After you put your plate in the sink, we'll go play outside" is more positive than "If you don't clean up, we won't go outside."

Speak calmly

When you need to correct your youngster, speak in a calm voice—and expect the same from her. If she yells when she's angry, ask her to try again. "I know you're mad. If you speak calmly, I will listen." Then, follow through by listening only after she has settled down.

Notice the good

Pay attention to good things your child does, and give specific praise. Rather than "Nice work," you could say, "You found your brother's truck. Thank you for being so helpful." You'll make it easy for her to know exactly what she did right—and to repeat it later.♥

"I know about that!"



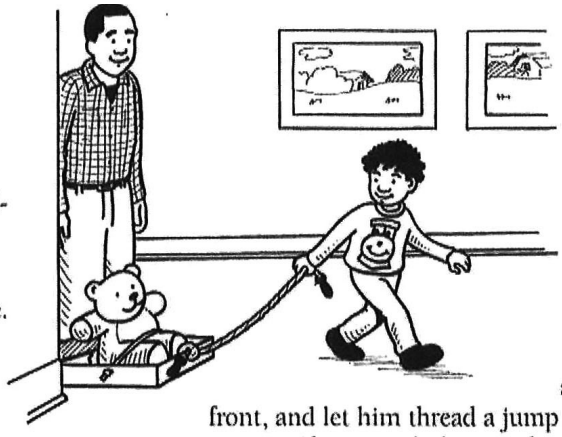
Being exposed to new things builds the knowledge stored in your youngster's brain. Here are places to develop background knowledge that will make the world more interesting for him—and help him soak up more information in school.

- Auto shop. While you wait for an oil change, let your child watch the mechanics through the shop window and describe what they're doing.
- Garden center. Name the plants, and point out different types of seeds.
- Aquarium. Help him read the signs to learn what electric eels eat or where anemones are found.
- Art museum. Your youngster may see various styles of painting and sculpture, such as pointillism, impressionism, or mobiles.

Idea: Follow up a new outing by reading a related nonfiction book.♥

Push-pull science

Did you know your youngster is learning about science each time he pushes a car or pulls a wagon? Try these *force and motion* activities together.



Push a car. Have your child put two pieces of tape on the floor—a start line and a finish line. Then, ask him to send a toy car from start to finish with one push. Move the finish line farther away, and let him try again. He will see that he has to push with more force to make the car go farther. Next, he could push two cars at once—what happens if they collide? (They will change the directions they're traveling.)

Pull a wagon. Give your youngster a shallow cardboard box to make a wagon—he can take a stuffed animal for a ride! Cut one hole in the front, and let him thread a jump rope through for pulling the wagon. Also put a hole in each side so he can add a string "seat belt" to keep his animal from falling out. Then, have him pull the wagon around the house. Tell him to predict what will happen if he stops suddenly. (The wagon keeps moving.) If he repeats the experiment but runs this time, what happens? (The wagon travels farther before stopping because it was moving faster.)♥

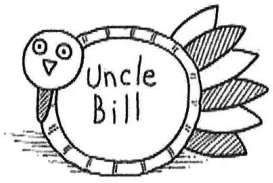
ACTIVITY CORNER



Turkey place cards

Let your little artist create a flock of turkey place cards for your Thanksgiving table. She'll take pride in playing a role in your family's holiday preparations, and she'll also practice writing and patterns.

Materials: *construction paper, scissors, small paper plates, glue stick, crayons*



For each turkey, help your youngster cut feathers from different colors of paper. Then, she can glue the feathers into patterns along one side of each paper plate to make tails. One tail might alternate yellow and red feathers, while another could repeat pink, blue, and green. Next, ask her to cut out a head and neck for each turkey and glue them to the opposite edge of the plate.

With crayons, she should decorate her turkeys and write a guest's name on each one. When the time for your feast comes, have her help you set the table by putting a turkey at each person's place.♥

PARENT TO PARENT

Solve problems with stories



My daughter Grace was upset about an argument with her best friend, so I told her a story about a time I felt the same way. When I was Grace's age, I had an argument with my friend Ruth, and I made up with her by writing her a letter of apology.

I had Grace tell me the story of the argument with an ending where they made up. The way she told the story, Grace apologized to Ava and offered to play with toy ponies together since Ava loves horses. So I set up a play date for the girls, and Grace did just that—apologized and shared her ponies.

Now when Grace has a problem, I ask her to tell me a story about solving it. She still needs my help to work out some of the tougher things, but sharing my story gave her a new way to think about problems and find solutions.♥

The ABCs of conferences

Meeting and working with your child's teacher is as easy as A-B-C with these tips for parent-teacher conferences.

Arrive early. Teachers usually schedule conferences back-to-back, so being ready when it's your turn means you'll get more time to discuss your youngster.

Be prepared. Jot down notes and questions in advance. For example, you could ask your child what he likes best about school and share that with his teacher. Also write down information about your family that could affect your youngster's learning, such as a recent move or a death. And include questions like "Which learning centers does my child like best?" or "How does he get along with the other kids?"



Come up with a plan. Parent-teacher teamwork isn't a one-time thing. Talk about ways you can stay in touch and work together throughout the year.♥

OUR PURPOSE

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

Child Development, Inc.

2880 Pottsville Minersville Highway, Suite 210
Minersville, PA 17954

– November is –

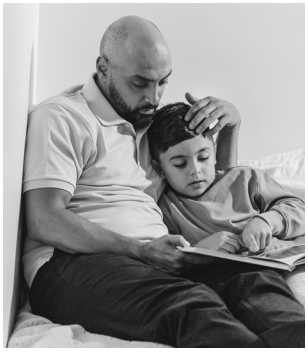
National Family Literacy Month®

Little Moments, Big Learning: Celebrate National Family Literacy!

November is National Family Literacy Month, and November 1 is National Family Literacy Day! This is a special time to celebrate all the ways families help children learn. **You are your child's first teacher, and you do not have to be a perfect reader to help your child grow.**

Reading Together Can Be Fun!

Children learn new words and ideas when they hear stories, talk with family members, sing songs, and explore the world around them. Reading together also helps children use their imagination, learn about feelings, and get ready for school.



The best part? You do not need to spend money to help your child learn. You can build reading and language skills during everyday family activities!

5 Easy Ways to Learn Together at Home

- **Tell a story.** Share a story about when you were little, a funny family memory, or a story you make up together.
- **Read a book together.** Let your child choose a book. Look at the pictures, talk about what you see, and ask, "What do you think will happen next?" You do not have to read every word.
- **Sing songs and nursery rhymes.** Sing a favorite song while getting dressed, cleaning up, or riding in the car. Songs help children hear sounds and learn new words.
- **Make everyday moments count.** At the grocery store, name the fruits and vegetables. While cooking, count the cups of water or talk about colors. On a walk, look for birds, signs, and leaves.
- **Let your child be the storyteller.** Ask your child to tell you about a picture, a toy, or something that happened that day. Listen, ask questions, and enjoy the conversation.

You Are Making a Difference!

Every family is different. Some children live with parents, grandparents, other relatives, or caring adults. Every loving caregiver can help a child learn.

If reading is hard for you, that is okay. You can look at pictures, tell stories, listen to your child, or ask another family member to read aloud. Your child benefits from spending time with you and hearing you talk.

Remember: You do not need expensive toys, a big library, or lots of free time. Just a few minutes together each day can help your child learn and grow.

Let's Celebrate!

This month, choose one fun activity to enjoy with your child. Visit your local library, share a favorite song, tell a family story, or read a book before bedtime.

Ask your child: **"What was your favorite part of our story today?"**

Let's celebrate the wonderful things our families do every day to help our children learn. Thank you for being your child's first teacher!

Happy National Family Literacy Month!



Why not try this Family Reading Challenge and check off one activity each day?

- ☐ Read or look at a book together.
- ☐ Sing a favorite song together.
- ☐ Tell a story about our family.
- ☐ Find five things on a walk and name them.
- ☐ Talk about the best part of our day.

Early Childhood
HEALTH & DEVELOPMENT

Is It Allergies, a Cold, the Flu COVID or RSV?

As much as we hate to admit it, the cold and flu season is upon us. Here is a chart to keep hand to help you decide what you or your child may be fighting.

Symptoms	Seasonal Allergies	Cold	Flu	COVID	RSV Bronchiolitis
Stuffy or runny nose	Often	Often	Sometimes	Sometimes	Often
Sneezing	Often	Sometimes	Sometimes	Rarely	Rarely
Wheezing	Sometimes	Sometimes	Sometimes	Rarely	Often
Itchy eyes	Often	Rarely, never	Rarely, never	Rarely	
Fever	Never	Sometimes	Often	Sometimes	Sometimes
Aches and pains	Never	Sometimes	Often	Sometimes	
Headache	Rarely	Often	Sometimes	Sometimes	
Cough	Sometimes	Often	Often	Often	Often
Vomiting	Never	Rarely	Sometimes	Sometimes	Sometimes
Warning time	Symptoms occur after exposure to allergen	Gets worse over several days	Sudden onset	Variable	Gets worse over several days
How long it lasts	Weeks to months	Usually 3-14 days	Usually 10-14 days	Usually 10-14 days	Usually 2-3 weeks
Diarrhea	Never	Rarely	Rarely	Sometimes	Sometimes
Loss of taste or smell	Never*	Never*	Never*	Sometimes	
Shortness of breath/difficulty breathing	Never	Rarely	Rarely	Sometimes	Often
Fatigue	Never	Rarely	Often	Sometimes	
Sore throat		Often	Often	Sometimes	

Geisinger St Luke's Corner



The Importance of Lead Testing for Your Child

WITH DR. MELANIE KOEHLER, PEDIATRICIAN AT ST. LUKE'S TAMAQUA PEDIATRICS

Exposure to lead is quite common in our community. There was lead present in house paint until 1978 and gasoline until 1976. Residual dust and vapors from these are present in older homes and in soil. Younger kids spend more time on lower surfaces and put more things in their mouths, so they are at risk of absorbing lead. Pipes in older homes may also contain significant lead. This lead is leached out of the pipes when the water is running warm or hot. There is also lead present in some cosmetics, pottery, and crayons especially if not made in the USA where there are requirements for lead testing.

Lower lead levels under 3 do not appear to be harmful to children, but levels above this can affect development, the heart, and the kidney. Detectable lead levels are also associated with an increased risk for ADHD, hearing problems, and asthma. The safest thing for kids is to minimize their lead exposure, and here are some ways to do that:

Make sure they get plenty of calcium as this blocks the absorption of lead. Most children should receive 16-24 oz daily of cow's milk.

Start a children's multivitamin with iron to further block lead absorption. Kids under 3 can take a liquid vitamin like Poly-Vi-Sol with IRON. Older kids can take a chewable but not a gummy as these typically contain little to no iron.

Make sure kids wash hands before eating and after playing in dirt or dust. Run water from the tap for several minutes each morning to flush out standing water which may contain a higher proportion of lead. Only use cold water from the tap and heat it up for cooking as needed. Houses built before 1978 most likely have lead in their paint. Peeling paint should be repaired. Cleaning surfaces with a high phosphate detergent like Mr. Clean can also bind up lead.

If your child has detectable lead in the bloodstream, the test should be repeated per CDC guidelines depending on the level, usually every month or 2 until it becomes undetectable. Reach out to your child's healthcare provider to determine when a repeat level should be drawn.



RESOURCES

https://www.cdc.gov/lead-prevention/about/index.html

https://www.pa.gov/agencies/health/diseases-conditions/lead-poisoning

Lead Information Line – 1-800-440-LEAD (5323)

According to the Lead Information Line's website at pa.gov, some of the topics that have been discussed include 1) Preventing exposure to lead 2) What to do if you've already been exposed to lead 3) Getting lead paint hazards out of PA homes 4) Am I or is my loved one at risk for lead poisoning 5) Lowering the risks of exposure to lead and other environmental hazards 6) Where to find resources for inspection and removal of lead-based paint and 7) Current consumer alerts regarding environmental health

https://paleadfree.org/prt/

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

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.

Calling all



and be Part of Your Child's Day!

Your child loves to see you. When you walk into their classroom, their face lights up. You do not need a fancy degree or high school diploma to make a big difference here. Your time, your care, and your presence are what matter most.

WHY YOUR HELP MATTERS

- **Your child feels proud:** When your child sees you in the room, they know school is a safe and important place.
- **You get to know the teachers:** Working with the teachers helps you learn what your child is doing and how to help them at home.
- **You make new friends:** Volunteering lets you talk and share with other parents who have children the same age.
- **You help the whole class:** Extra hands mean more help with reading, playing, art projects, and snacks.

Ways You Can Help (Big or Small)

You do not have to stay all day. Even a short time helps!

- Read a book to a small group of children.



- Help pass out art supplies or snacks.
- Help clean up after playtime.
- Share a family story, a song, or a skill you have.

VOLUNTEERING CAN HELP YOU GROW!

When you volunteer with us, you can open doors for your own future. We support our parents and want to help you take the next step.

- **Get your high school diploma:** We can connect you with classes to help you earn your GED or high school equivalency.
- **Earn some money:** Volunteering can lead to paid, part-time jobs at our center. These jobs can turn into full-time work later.
- **Become a teacher:** We can help you train to get your Child Development Associate (CDA) certificate. This training can help you get hired as an official classroom teacher!

REWARDS AND CHALLENGES WITH VOLUNTEERING

The rewards of volunteering in your child's classroom is a great way to support their growth while building your own skills. However, it requires balancing your time and family dynamic.

Here are some things to think about before you start:

The Good Things

- **Boosts your child's confidence:** Children feel proud and secure when they see their parents involved in their classroom.
- **Builds your job skills:** You learn how to work in a professional team, manage schedules, and lead activities. This looks great on a resume.
- **Opens career pathways**: As mentioned before, volunteering can lead to free training for your GED, a CDA certificate, or a paid part-time or full-time job at the center.
- **Connects you with a community:** You get to know the teachers, the director, and other local parents who can support you.

  Teaches you learning activities: You see firsthand how teachers talk to and teach the kids. You can use these same fun methods at home.

The Challenges

- **Takes up your time:** Giving up a few hours a week can be hard if you are already busy with housework, other children, or looking for work.
- **Can cause child behavior changes:** Sometimes, children get confused when their parent is in the classroom. They might cling to you, cry when you try to help other children, or act out to get your attention.
- **Requires background checks:** The only time we would require this is you plan to volunteer 20 hours a week on a consistent basis. Volunteer background check are free and we will assist you in completing the paperwork. However, this is not needed if you volunteer every once in a while a few times a month!
- **The only requirement—Patience:** Classrooms are busy and loud. If you get overwhelmed easily by big groups of children, it can feel stressful at first.

COME JOIN US!

Your voice, your hands, and your smile belong here!

Please talk to your child's Teacher, Family Advocate or the Team Leader at the center to talk about a time you can help out and how we can support your dreams, too!

SCAN TO LEARN MORE ABOUT VOLUNTEERING

Child Development, Inc. fyi

Things you need to know—all in on place!

HAVE YOU HEARD OF ASERT?

ASERT (***A**utism **S**ervices, **E**ducation, **R**esources, and **T**raining Collaborative*) is a statewide partnership, funded through the Office of Developmental Programs, that provides streamlined access to information for Pennsylvanians with autism. The **ASERT** website has ***free*** resources covering a wide range of topics for parents, self-advocates, professionals, and community members while also providing information on state-wide **events**, **support groups**, and **online training** opportunities. You can learn more at **https://paautism.org/**.

MEETINGS

Health/Mental Health Committee

Wednesday, Nov. 11th at 11:30 AM

Policy Council

Monday, Nov. 23rd at 9:30 AM

Meetings are offered in-person and on ZOOM. A ZOOM link is emailed to members a few days before the meeting.

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Or visit **www.starcommunityhealth.org**

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

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Jennifer Vermillion, DMD | Clinic Director

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All the Centers and the Main Office will be CLOSED for the

THANKSGIVING HOLIDAY

Thursday, Nov. 26 — CLOSED
Friday, Nov. 27 — CLOSED
Monday, Nov. 30 — CLOSED
All Child Development, Inc.

Child Development, Inc.

FREE Preschool Education

GRATIS Educación pre-escolar

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Ext. 212

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Child Development, Inc. (Schuylkill County, PA)

PROUD PARTNER AGENCY OF Schuylkill UNITED WAY

Equal Opportunity Employer and Care Provider

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

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

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