

Parent Power



Winter 2007

Did you know?

Popcorn pops because water is stored inside each kernel. When you heat the kernel, the water inside turns to steam and causes the kernel to explode.



Enjoy the weather and some quality time with a winter's day walk with your family.



Parent Power
get it online!



www.co.franklin.pa.us

Important Information on Lead Poisoning

"Although toys have received a lot of attention recently, there are other, more common sources of lead in your home," said Dr. Calvin B. Johnson, PA State Health Secretary. "We want people to know lead poisoning is a very real danger with very real consequences for children."

Lead poisoning can affect people of all ages, but has the greatest impact on the development of children under the age of 6. In addition to dangers associated with lead-based toys, children can inhale or ingest lead found in old, deteriorated lead-based paint at home.

The Department of Health's Childhood Lead Poisoning Prevention Program provides comprehensive childhood lead-poisoning prevention and control services in high-risk areas.

The program provides free blood lead testing to pregnant women and children ages six months through six years old. For more information on the program, lead testing or remediation, contact the Dept. of Health's toll-free Lead Information Line: 1-800-440-LEAD or visit www.health.state.pa. For more information, go to page 2.

Franklin County Early Childhood and Education Community Engagement Program

The Franklin County Early Childhood and Education Community Engagement Program (ECE) is operated in conjunction with Child Care Information Services (CCIS), a program of South Central Community Action Programs, Inc.

The ECE Program is comprised of individuals and agencies that are committed to the children and families they serve, by combining efforts and creating a continual, comprehensive, quality early learning system that supports the Rendell Administration's Priorities for Early Childhood and Education. (continued on page 2)

"The best investment you can make in your community is the commitment you make to the children."

Child Care Information Services

The CCIS is contracted by Pennsylvania Department of Public Welfare, Office of Child Development to administer the Child Care Subsidy Program to county residents. This program receives federal and state funding to give financial support to working families (who meet certain eligibility requirements) to help pay child care expenses.

CCIS also provides Resource & Referral Services to parents/caregivers and child care providers, regardless of income. CCIS will generate a personalized referral list based on each parent's/caretaker's child care needs. The referral includes only child care locations that have been certified through the DPW. (cont. page 2)

(Lead poisoning continued from page 1)

How can you prevent lead poisoning?

- Keep your child away from any peeling paint that may contain lead.
- Don't let your child put his/her mouth on windowsills, porch rails or painted surfaces.
- Wash your child's hands before eating, after play and at bedtime to remove any dust or dirt.
- Wash your child's toys often.
- Clean floors, window sills, and walls with a wet cloth or mop.
- Remove your work clothes before you come in contact with your child if you work around lead or you handle lead as a hobby.
- Eat foods that are high in iron, calcium, and vitamin C (meats, dairy, fruit).

Lead poisoning can cause

- Difficulty in learning
- Delay in development
- Speech and hearing problems
- Muscle weakness

Can I tell if my child has lead poisoning?

Most children do not show symptoms at all that's why you should get your child's blood tested by your doctor or local clinic. Often you can get this test done for free if you cannot afford it.

Children with severe lead poisoning may show these symptoms:

Loss of appetite	Less activity than normal
Upset stomach	Flu-like symptoms

Lead information taken from The Childhood Lead Poisoning Program, PA Dept of Health, and www.papowerport.com. For more information go to www.helpinpa.state.pa.us or call 1-800-440-LEAD.

Early Childhood and Education Community Engagement Program (continued from page 1)



School Readiness Calendars The Franklin County ECE Program offers "Getting Ready For Kindergarten" readiness calendars. The calendars run from September-August, and each month focusing on a specific learning topic and suggested family activity. It's intended for use with 4 and 5 year old children, prior to entering kindergarten. It is also beneficial for use before a child enters school.

Parent Resource Guides Based on results from a community needs assessment survey, the ECE offers a Parent Resource Guide. The guide includes topics such as infant and child health, nutrition, literacy, discipline, quality early learning and school readiness and much more. The guides are available in English and Spanish.



To receive a free copy of the School Readiness Calendar & Parent Resource Guide, contact us: 717-263-6549 or 1-800-682-5702. If you would like more information on the ECEC Engagement Program or CCIS or you are interested in serving as a team member, contact Tammy Barnhart at c-tabarnha@state.pa.us

CCIS (continued from page 1) Child Care Providers may also request information on training, workshops, and information on providing quality child care for working families. Any one interested in becoming a certified child care provider is encouraged to call.

CCIS has also responded to the need for information by establishing a lending library in our offices. Included in the library are books, magazines, pamphlets, videos, and toys that offer a wide variety of information that is helpful to both providers and parents.

For more information on any of the services and programs of CCIS call: 263-6549 or 1-800-682-5702.

Recent Recalls & Product Safety News

The U.S. Consumer Product Safety Commission is charged with protecting the public from unreasonable risks of serious injury or death from consumer products. Find information on over 4,000 product recalls and recall alerts on their webpage: www.cpsc.gov



Simple ways to promote early learning in young children

Every moment in a young child's life is a learning experience. You can help young children by spending time with them, talking to them, reading and playing with them.

Here are ways you can promote early learning in the young children in your life.

Babies

Babies need to feel safe and secure in order to grow and develop. They connect with others through touch. Hold babies. Touch them when you talk to them. And talk to babies right away. Babies learn sounds from the words that they hear right from birth.

Toddlers (1-2 yrs)

Toddlers are just learning the names for things, so say the names of objects in the room, objects that you are playing with. You can build the child's vocabulary by describing familiar objects. When you say, "dog," add "big dog" or "yellow dog."

Preschoolers

Give preschoolers the chance to express themselves by asking open-ended questions, like "I wonder how that works?" "What other things did you do today?". This sparks creativity, builds vocabulary and is fun!

Pennsylvania's Promise for Children
www.papromiseforchildren.com

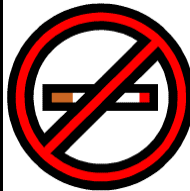
Most parents teach their kids to cover their mouths when they cough or sneeze, but what do you tell them to cover it with? Their hands, right? Wrong.

The American Academy of Pediatrics recommends that you teach your children 'cough etiquette' when they are sick.

Cough etiquette involves teaching children to turn their heads and cough/sneeze into a disposable tissue or the inside of their elbow if a tissue is unavailable.

Cough Etiquette and Hand Washing

From www.keepkidshealthy.com



Free Stop Smoking Classes

Jan. 9 through Feb. 13, 6:30-8:00 pm
Chambersburg Hospital

Feb. 11 through March 17, 6:30-8:00 pm
Waynesboro Hospital

March 5 through April 9, 6:30-8:00 pm
Chambersburg YMCA



What is Second-hand smoke?



Second-hand smoke is smoke from the end of a lit cigarette, pipe, or cigar. Second-hand smoke contains more than 250 chemicals known to be toxic or cause cancer. The lungs of young children are severely affected by exposure to second-hand smoke because children are still developing physically, have higher breathing rates than adults, and have little control over their indoor environments. Children receiving high doses of second-hand smoke run the greatest risk of damaging health effects.

Children who breathe second-hand smoke are more likely to suffer from:

- Bronchitis and pneumonia
- Wheezing & coughing spells
- More ear infections
- More frequent and severe asthma attacks
- Sudden Infant Death Syndrome (SIDS)
- Low birth weights

Quitting is difficult for most smokers.

If you are thinking about quitting you'll have a better chance of being successful if you have help.

Call:

STAYING TOBACCO FREE™
(717) 262-4691

to register for FREE Stop Smoking Classes or self-help materials.

Why is that better than using your hand to cover your mouth when you cough? Well, if you think about it, you are covering your mouth when you cough to prevent germs from spreading.

But if you cough on your hand, you are simply putting the germs on your hand, which will make it likely that you will spread those germs as you touch things, such as a door knob, toy, or other person's hand. And someone else can get sick if they touch one of those contaminated surfaces. (continued on page 4)

Manito, Inc. ESCAPE Parent-Child Center Offers Parenting Classes

CASD Active Parenting Today (Spanish)

Location: Stevens Elementary School, Chambersburg

When: Tuesdays Time: 6-8 p.m.
Jan. 15, 22, 29, Feb. 5, 12, 19

General Parenting

(Including topics of ADHD & Bipolar/ODD)
Location: Cedar Street Mennonite Church, Chambersburg

When: Tuesdays Time: 6-8 p.m.
Feb. 26, March 4, 11, 18, 25, April 1

**Registration for classes is required.
Call 263-7707 to register.**

NEW

Support Circle for Chambersburg Borough Parents. Meets one night a month for 2 hours. Childcare provided. Call Manito/ESCAPE at 263-7707 for dates & location.

* Make family *
* time a weekly *
* habit. *
* More often *
* is better! *



Fish out of Water Snack Mix

Combine all of the following ingredients in a large bowl and mix.

- 6 cups air-popped popcorn OR toasted oat cereal
- 3 cups cheese-flavored fish-shaped crackers
- 1 cup raisins
- 1 cup peanuts
- 1 cup candy-coated chocolate candies

Pack individual servings in zip-top bags for snacks, lunches, treats!

Keystone STARS is



an initiative of the PA Office of Child Development and Early Learning to improve, support, and recognize the continuous quality improvement efforts of early learning programs.

Child Care in Pennsylvania serves more than 300,000 children and is the largest program helping to prepare young children for school. Research shows that every moment is a learning experience for young children, and that the quality of these experiences has a great impact on the child.

Children who attend high-quality, early-learning programs do better in school; are less likely to repeat a grade or require special education services; and are more productive citizens. For more information on Keystone Stars go to www.pakeys.org.

Cough Etiquette and Hand Washing (continued from page 3)

Teach your kids proper cough etiquette when they are sick.

To prevent infections, also teach your children to practice frequent hand washing, especially after using the bathroom and before eating.

You should also frequently wash toys and other objects that your children put in their mouth and all other surfaces and dispose of tissues after wiping or blowing your child's nose.

Other tips to help avoid catching infections include avoiding close contact with other people who are sick.

Make sure that your day care has a strict policy about excluding children with contagious illnesses. This does not always help though, because most illnesses are contagious for a day or two before you even have symptoms. Once your child develops symptoms, he has probably already infected other people with whom he has been in contact.



It's 2008!
Begin a new family goal list for the new year!

Fun for kids, parents and teachers!



Check out these websites!

www.whatmovesu.com

www.scrubclub.org

www.jollytime.com/who_am_i/kid

www.epa.gov/kids

Funding for this issue of *Parent Power* was provided by Franklin County Early Childhood & Education Community Engagement Program and Child Care Information Services, programs of SCCAP. *Parent Power* is a publication to empower parents brought to you by the Parenting Programs Coalition of Franklin County. Ten thousand issues in English and Spanish are distributed throughout Franklin County to all 7 school districts, doctor's offices, human service agencies, etc., This issue was prepared by Kim Lucas and printed by the Graphics Communications Program at Franklin County Career and Technology Center. To contribute information for the next issue/or more information, contact *Parent Power* at 261-3144.