

SHIPPENSBURG HEAD START & PRE-K COUNTS

November/December 2024

News To Know...

Looking for Updates?

Please remember to follow us:



@:Shippensburg University
Head Start Program



@ShipHSandPreK



Important DATES:

Policy Council:

Nov. 21

Dec. 12

NO CLASS:

Nov. 11

Nov. 25-31

Dec 02

Dec. 20-31

*We Wish you Happy Holidays
And a Wonderful New Year*



WHEN YOU DON'T
KNOW WHERE TO
TURN,
CALL 211
RESOURCE HELPLINE



Sun Mon Tue Wed Thu Fri Sat

1 2

3 4 5 6 7 8 9

EHS
Socialization
10-12

Home Base
Socialization
10-12

10 11 12 13 14 15 16

Program
Closed



Home Base
Socialization
10-12:30
Family Fun
Night 5-7

17 18 19 20 21 22 23

EHS
Socialization
10-12
Family Fun
night 5-7

Policy Council
10am
Home Base
Socialization
10-12:30

24 25 26 27 28 29 30

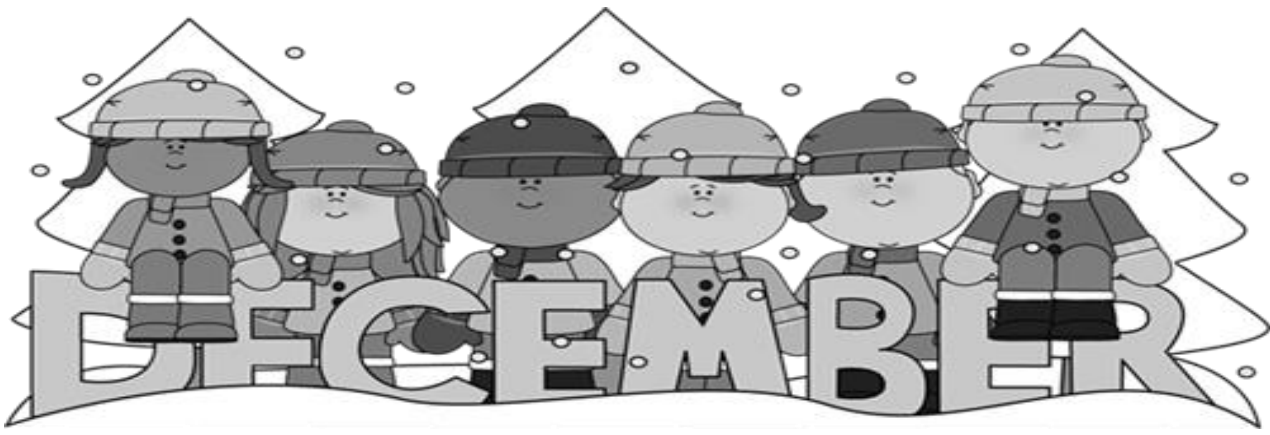
PROGRAM
CLOSED

PROGRAM
CLOSED

PROGRAM
CLOSED

PROGRAM
CLOSED

PROGRAM
CLOSED



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	PROGRAM CLOSED	EHS Socialization 10-12		Home Base Socialization 10-12:30		
8	9	10	11	12	13	14
				Policy Council 10am Home Base 10-12:30		
15	16	17	18	19	20	21
		WIC 9-3 @ Head Start Shipp EHS Socialization 10-12			PROGRAM CLOSED	
22	23	24	25	26	27	28
	PROGRAM CLOSED	PROGRAM CLOSED	PROGRAM CLOSED	PROGRAM CLOSED	PROGRAM CLOSED	
29	30	31				
	PROGRAM CLOSED	PROGRAM CLOSED				

From the Education

Learning about numbers is a preschooler's first step toward becoming a budding young mathematician. And in preschool, math learning is all about counting, number recognition, and one-to-one correspondence. If a child doesn't ace these seemingly simple skills in a timely manner, don't fret: even math whizzes need time to blossom. But with age appropriate techniques, helping your child to master these math milestones will be as easy as 1, 2, 3!

Counting is the ability to recite numbers in order.

How to practice it:

- Recite nursery rhymes and sing songs that include counting such as: *One, Two, Buckle My Shoe*, *There Were Ten in the Bed*, *This Old Man*, *Five Little Ducks* and *The Ants Go Marching One by One*. This will give your child an opportunity to practice counting in a fun and playful manner. You can find free song lyrics and listen to melodies at www.kididdles.com.
- Find counting books at the library. You will want to be sure to check out a few of these classics and find your favorites: *Over in the Meadow* by Ezra Jack Keats, *Count* by Denise Fleming, *Five Little Monkeys* (series) by Eileen Christelow, *Ten Black Dots* by Donald Crews and *Anno's Counting Book* by Mitsumasa Anno.
- While in the car or waiting in line, have your child count as high as he can go. Have him clap as he says each number name to make the learning kinesthetic. Add a new number each time you practice.

Number Recognition is the ability to visually recognize and name numbers.

How to practice it:

- Point out and name numbers on street signs, houses and buildings while you are out and about. Find numbers around the house on appliances, telephones, remote controls (remove the batteries and let him play), clocks and thermometers.



Manager's Desk

- Give your child a calculator and let him play with the numbers. Ask him to find the number that shows how old he is and show him the number that shows how old you are. Have him type in the numbers 0-10 in order. This learning tool works well when you are waiting in line; keep one in your purse for emergencies!
- Purchase a package or two of magnetic numbers. Allow your child to match up pairs of the same number and put the numbers in order. Take a cookie sheet and numbers in the car for on-the-go learning.

One-to-One Correspondence is the matching up of a verbal or written number with an object. When a child has mastered one-to-one correspondence, he can touch objects as he counts them.

How to practice it:

- Have your child count at mealtime by matching up napkins and spoons, counting plates and cups for each family member or doing a count to be sure there are enough chairs when you have company for dinner.
- Make snack time learning time by writing the numbers 1-12 in the bottom of an egg carton and have your child count the appropriate number of small crackers, cereal or cookies into each section. Keep the egg carton on top of the fridge or pantry for repeated practice.
- Count everything as you go through the day. Count the steps as you go up and down, count the number of times the phone rings before you answer it, the number of toys you put in a bathtub or how many books you read before bed-time. Put stickers on a piece of paper and have your child touch each one as he counts.



For more information or any concerns in reference to your child's educational experience, please contact your home visitor, teacher, or an Education Manager at 717-477-1626.



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean



Wash your hands for 20 seconds with soap and warm water.



Utensils
Plates
Countertops
Cutting boards } SHOULD ALSO BE WASHED



Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE



Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.



Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.



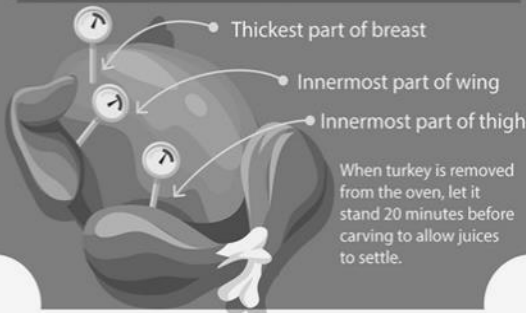
COOK



Your bird is not safe until it reaches 165°F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165°F, too!

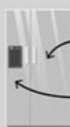
Use three places to check the temperature.



When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!



Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			✓	✓	✓	✓
✓	X	X	X	X	X	X

Last day Thanksgiving leftovers are safe from the fridge.



Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.



Be sure to pack leftovers in a cooler if traveling.



Reheat thoroughly to a temperature of 165°F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



Shippensburg University Head Start, Early Head Start, & Pre-K Counts Events



- **Male Involvement Activity:**

Donuts for Dudes Dates, time and locations of events in your area can be seen on Page 10.

- **Novembers Family Engagement Activity:**

Parent Café will be on November 22nd at 10 am. – Brewing Souls, One Ingredient at a Time. Bring an open mind, positive attitude, and share your formula for self-care! The location will be at the John Graham Public Library in Newville. The address is 9 Parsonage St. Newville, Pa 17241.

- **Family Fun Nights:**

Dates, time and locations of events in your area can be seen on Page 9.

- **The 2nd Parent Committee Meeting/School Readiness:**

Event will be held in December or January. The dates, times and locations are TBD

**UPcoming
EVENTS**

WIC IS AT SHIPPENSBURG HEAD START!

Tuesday, Dec. 17, 2024

How do I apply?

Get started online at www.TapestryOfHealth.org or call

877-743-1372.

9:00 am - 3:00 pm
Head Start @ Shippensburg University

54 Spiritual Center Drive
Shippensburg, PA 17257

Who is eligible for WIC?

- Pregnant women
- Breastfeeding women, for up to one year postpartum
- Women up to six months postpartum who are not breastfeeding
- Infants and children under 5 years old, including foster children

PA WIC is funded by the USDA.
This institution is an equal opportunity provider.



Save-the-Date: Family Fun Night

Who: Head Start & Pre-K Counts children and their families.

What: An evening of activities centered on Dr. Seuss and school readiness.

When:

Carlisle → Thursday, November 14th 5:00pm – 7:00pm

Or

Shippensburg → Tuesday, November 19th 5:00pm – 7:00pm

Where:

Carlisle → Hamilton Elementary School

(735 Clay St, Carlisle)

Shippensburg → Cora Grove Spiritual Center (Head Start Office)

(54 Spiritual Dr, Shippensburg)





Donuts for Dudes

Please join us for this special event for dad, grandpa, uncle, or another special person in your child's life!

Dates of the Event

🍩 **November 13th** – Head Start Classrooms: **Hamilton** (Ms. Evelyn), **Ship** (Ms. Chris), **Newville** (Ms. Wendy)

🍩 **November 14th** – Head Start Home Base (Ms. Serena)

🍩 **November 20th** – Pre-K Classrooms: **Letort** (Ms. Amelia), **Rice** (Ms. Heather), **Mt. Holly** (Ms. April), **Newville** (Ms. Amy), **Ship Pre-K 1** (Ms. Angie), **Ship Pre-K 2** (Ms. Alyssa)

🍩 **December 3rd** – Early Head Start: Ms. Doris, Ms. Amy, Ms. Deanna

The event start time is the classroom start time. The event will last no longer than an hour. We look forward to seeing you then! Please RSVP to jlhines@ship.edu.

What Is the Policy Council?

eclkc.ohs.acf.hhs.gov/organizational-leadership/article/what-policy-council

Parents and family members often have questions about their program's Policy Council. Explore this tip sheet to learn answers to common questions about the Policy Council.

As a parent, you may wonder what the Policy Council is and about its role in Head Start and Early Head Start programs. You may have questions about how to join, serve on, or leave the Policy Council.

We encourage you to discuss your questions with your child's teacher, your family service worker, the program director, or other staff. They can partner with you to make your Policy Council experience the best it can be.

The Policy Council is a group of Head Start and Early Head Start parents and community members who help lead and make decisions about their program. Policy Council members are elected by the parents of children enrolled in the program. Parents often join the Policy Council after serving on a parent committee.

The Policy Council meets regularly as a group. Members can serve for one year at a time, and for up to five years. They work closely with the program's management team and governing body to provide overall direction for the program.

Why Do Head Start and Early Head Start Programs Have a Policy Council?

When Head Start began in 1965, its founders understood that parents are essential partners in educating young children. They felt parents should help decide how Head Start services can most benefit their family and other families in the community.

Head Start created the Policy Council as a formal leadership and policy-making role for parents. Today, every Head Start and Early Head Start program must have a Policy Council as part of its leadership structure. Through the Policy Council, parents have a voice in decisions about how the program spends money, what children do in their classrooms, and how the program works with community partners.

Children, parents, and the program benefit when parents take on leadership roles. Children learn more and experience healthier development at school and at home. Parents can become more confident, gain skills, and connect with other parents and staff. Program staff learn about the strengths, interests, and needs of the children, families, and community they serve.





Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

November

The Boss of Your Body

Being in control of your body... What a wonderful feeling! Being the boss of your body is a skill. A skill that does not come naturally, but one that is taught to children. Our job is to help children learn to be the boss of their body. A child who is the boss of their body has good self-control, feels good about him/herself and is more likely to behave positively.



Children who are the boss of their body are aware of what their body can do. One of the best ways to promote this is to teach children action awareness vocabulary. There are three parts to action awareness. They are:

1. **Traveling Actions** (moving from one place to another): Examples of this include: walking, jumping, hopping and climbing.
2. **Stabilizing Actions** (moving without traveling): These actions include: twisting, swaying, squatting and shaking.
3. **Manipulating Actions** (moving with objects): Throwing, catching and bouncing.

Thanksgiving

November is a month of giving thanks and so, let's give thanks to one of the most important things we have... our body! A perfect opportunity to do this is at the dinner table. Research shows that children from families who regularly eat dinner together (with the TV off) are less likely to smoke, drink, do drugs, be depressed or develop eating disorders. They are also more likely to do better in school.



At the dinner table, talk to your child about all the wonderful things their bodies do. Name a body part and brainstorm all the things that body part helps them to do.

Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you probably have heard the words of this chant, adapted from this [Choosy Nation](#) CD song.

I'm the Boss

I'm the boss of my body, I tell it what to do.
I'm in charge like Choosy and here's how I move, cause...

I'm the Boss, yeah (say 3 times)

Now chill... (freeze in place)

I boss my arms

High to low. (move arms up high and down low)

I boss my legs

Jump side to side. (jump from side to side)

I boss my hands

Raise the roof. ("raise the roof" motion)

And then I stretch myself

Big and tall. (stretch up high)

I boss my tummy

Twist yourself. (twist your waist)

I boss my feet

March in place. (march in place)

I boss my fingers

Touch the ground. (touch the ground)

And then I boss myself

Turn around. (turn around)

To sample the Choosy Kids music, visit:

www.choosykids.com/ck2/av

Move it!

This month's Move It! focuses on a fun and simple activity children can do to learn to be the boss of their body.

Simon Says

A great boss of your body activity! Children need to be able to tell their body what to do AND what not to do. In addition to this, Simon Says:

- Increases awareness of body parts
- Helps develop good listening skills
- Teaches children to concentrate
- Promotes following directions and...
- Does not focus on winners and losers.

Do the activity with your children focusing on action awareness words. Here are some ideas of what you can use for Simon Says:

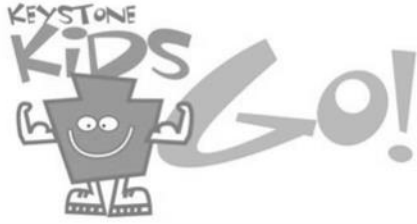
- Twist your body
- Shake your body
- Hop
- Bounce a ball
- Climb a ladder



For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

Check out Choosy Kids and their resources at: www.choosykids.com

This publication was developed as part of the KKG! initiative. Visit the KKG! website at: www.panen.org/keystone-kids-go



Keystone Kids Go!

Families Moving Together for Fun and Fitness

Family Newsletter

December

Let's Celebrate

As a parent, grandparent or caregiver, how many times have you heard, "Look at me!" or "Watch me!"? This is your child's attempt at being noticed and encouraged for what they have done. Think about yourself going through life and no one ever noticing the great meal you cooked, the hard work you put into a project or the kind thing you did for someone. Most likely you would feel unappreciated.



When we pay attention to what our children do, we help them develop self confidence and feel good. When we smile and say, "WOW... look at you!" we are telling children that they did something wonderful.

"A young child's self concept is based on what he thinks he can or cannot do with his body."
~Linda Carson, Choosy Kids

Words

Think about what words you use to comment on what your child has done. Focus on words that do not give value (good vs. bad) and words that describe exactly what you have seen them do. Here are some examples:

- Instead of saying, "You are a great jumper," say "Look at how high you jumped."
- Instead of saying, "You did a good job kicking the ball," say "Look at how far/hard/fast you kicked the ball."



Ever heard the phrase, "Actions speak louder than words?" This also applies to how you react to what your child has done. Using dramatic facial expressions, for example the look of surprise, can express pride and excitement. High fives, head pats and fist bumps are also a great way to celebrate what wonderful thing your child has done.

Chant it!

If your child is enrolled in a program that promotes *I am moving I am learning*, you might be familiar with the words of this chant, adapted from the Choosy Nation CD.

Oooh Aaah

When you o-o-oh, ah-h-h-h
It means you like what I do.
When you clap, clap, clap (clap your hands)
I'll do it all over for you.

Now everyone listen real close! (hold hand to ear)

When I hop on one foot (hop on one foot),
Will you give me high five? (give high five)
When I twist my waist (twist your waist),
Will you tell me that I'm great? (say You're great! loudly)

When I move my arms over here (move arms to the right)
When I move my arms over there (move arms to the left)
Will you smile real big and cheer, cheer, cheer?
(cheer loudly)

Can you clap? (clap your hands)
Can you smile? (smile)

For more information on Choosy Kids music or to sample the music, visit:
www.choosykids.com/ck2/av

Move it!

This month's Move It! focuses on an activity the entire family can participate in. Children will use their gross motor and problem solving skills as they search for hidden treasures.

Going on a Present Hunt...

For this activity, you will need:

- Several boxes
- Wrapping paper
- Scissors and tape
- Assortment of trinkets, books, household items, healthy snacks, etc.

Activity Directions:

1. Wrap enough presents for at least one per child. It is great if the children will be able to unwrap and keep the items, but not necessary.
2. Hide the presents in several rooms. For younger children you might want to allow the present to "peek" from its hiding place. For older children you can hide them in more "secret" places.
3. Give the children directions and rules for the activity. For example: You must walk, you may only find one present, you must wait until everyone finds their present before opening, etc.

Note... It is best to use rooms where safety is not a concern and be clear about where they ARE permitted to search. If using fruits and veggies, be sure and take some time for a "snack talk." Talk about the shape, size, color and how the food grows. Talk about why fruits and veggies are important to our diet.

For more info on *I am moving I am learning*, visit: <http://tinyurl.com/movelearn>

Check out Choosy Kids and their resources at: www.choosykids.com

This publication was developed as part of the KKG! initiative. Visit the KKG! website at: www.panen.org/keystone-kids-go



NEED HELP WITH YOUR ENERGY BILLS?



The Public Utility Commission requires utilities to have programs and protections that help limited-income customers keep their utility service. These programs may help you to pay utility bills or lower the amount of electricity or natural gas you use.

The local electric or natural gas company may call them by different names, but each company has the following programs listed below. Here are some tips to help you stay warm, lower your heating bills, and tell you who to call when you need help.



Budget Billing: All residential customers may contact their electric or natural gas company to request budget billing at any time. This form of billing is based on the customer's past 12 months of energy usage to arrive at a fixed "average" amount to bill each month. The utility company can adjust this average four times a year higher or lower depending on the customer's usage.



Customer Assistance Programs (CAP): This program is set up between the utility company and a limited-income, payment-troubled customer to pay utility bills that are based on household size and gross household income. CAP customers agree to make regular monthly payments, which are usually less than the current bill, in exchange for continued utility service.



Customer Assistance Referral and Evaluation Program (CARES): The CARES program will help customers with special needs. Special needs customers are consumers who are experiencing family emergencies, divorce, unemployment, or medical emergencies. The program's goal is to provide support and direction to help customers pay their utility bill.



Low-Income Usage Reduction Program (LIURP): LIURP helps limited-income residential customers lower the amount of electricity or natural gas used each month. The utility company may provide free home weatherization. A utility company representative may come to your home to install energy saving features to help reduce your monthly bill.

LIHEAP and Hardship Funds also are Available!



Low-Income Home Energy Assistance Program (LIHEAP): LIHEAP provides financial assistance to income-qualifying households to pay energy bills. LIHEAP is a federal program administered by the Pennsylvania Department of Human Services (DHS) and consists of three components:

- **Cash Benefits:** Helps limited-income customers pay their home energy bill.
- **Crisis:** Helps limited-income customers meet home emergency situations and restore services if their service has been shut off.
- **Weatherization:** Helps qualified limited-income customers reduce their energy consumption through home improvements.

NOTE: Limited-income customers who qualify for Cash and Crisis can receive both. For more information please contact your local county assistance office or DHS at: 1-866-857-7095.



Hardship Funds: Utility company hardship funds provide cash assistance to utility customers to help them pay their utility bills. Hardship funds provide assistance grants to customers who “fall through the cracks” of other financial assistance programs, or to those who still have a critical need for assistance after the other resources have been exhausted. The fund makes payments directly to companies on behalf of eligible customers. For further information, contact your local utility company.

NOTE: You must meet certain income limits and be payment troubled to qualify for CAP, CARES, LIURP, LIHEAP and the hardship fund. Call your local utility company for more details to see if you qualify.

If you or someone you know is without utility service, or has received a utility shut-off notice, first call your local utility company for help! Most utility companies have Home Energy Assistance Programs available to assist customers in need.

Your utility company will work with you and explain programs that may help you depending on your income or hardship situation.

CALL US For More Information !!!



The Pennsylvania Public Utility Commission
1-800-692-7380

For people with speech or hearing loss,
dial 7-1-1 (Telecommunications Relay Service)

www.puc.pa.gov
ConsumerEd@pa.gov



Thanksgiving SAFETY TIPS FOR PARENTS AND CHILDREN

For many families, Thanksgiving is full of turkey, travel, and gratitude. But, with the kids home from school, it can be easy to forget that hot ovens, boiling soup, and sharp cutlery are dangerous. Also, if you're heading out or staying in, don't forget to check the house for safety hazards.

Follow these Thanksgiving safety tips to ensure a festive and fun holiday:

Kitchen Safety

When cooking hot dishes, keep children at least **3 FEET AWAY**, as hot steam or liquids could cause burns.

Keep pot handles **TURNED INWARD** and out of the reach of children.

MOVE DISHES (hot and cold) away from the edge of counters, so kids or dogs don't pull them down.

Never leave **CHILDREN UNATTENDED** when there is food cooking in the kitchen.

Don't **FORGET** to turn off the oven and burners when you're finished cooking.

Have a **FIRE EXTINGUISHER** handy in case of a grease fire.

TEACH CHILDREN not to go near hot ovens, especially when the oven door is open.



INSTITUTE FOR
CHILDHOOD PREPAREDNESS
DON'T BE SCARED. BE PREPARED.™
childhoodpreparedness.org

Shippensburg Head Start Program

Male Involvement Initiative



Volume 2

Nov./Dec. 2024 Edition



"Baby, It's Cold Outside!" 9 Winter Dressing Tips for Children

From KinderCare.com

<https://www.kindercare.com/content-hub/articles/2016/november/winter-rules-the-art-of-dressing-your-kids-for-the-cold>

Younger children are more susceptible to cold for a simple reason: Their smaller bodies lose heat rapidly. Younger children are also less likely to actually realize they're getting cold, which means the job of keeping them warm (and knowing the signs it's time to go inside) falls to us parents.

Plus, there's an art to dressing babies and children for winter. Our winter dressing tips make sure they're not too hot, not too cold, but just right—whether they're going for a stroller ride, to the park, or making a trip with you to the store.

1. WINTER LAYERING IS THE WAY TO GO

The American Academy of Pediatrics offers this rule of thumb for winter weather dressing: Put babies and children in one more layer of clothing than an adult would wear in the same conditions. Why? Pockets of air between clothing layers actually help trap heat. Layering also allows kids to remove a jacket or sweater when, say, you're in transit, instead of having to choose between being overheated or freezing. (In other words, don't just throw on a parka over those PJs!)

2. BUT NOT TOO MANY LAYERS...

See the rule of thumb above. Layering your child with too much outerwear can actually make them colder. That's because excess layers can cause your child to sweat, which makes their clothes wet, allowing the cold and wind to bring their temperature down.

3. LEARN LAYERING 101

There are three basic layers you should know—and materials that are good for each. While it can seem overwhelming if you're not, say, an alpine climber, it's not as difficult as it seems. Here are the basics you need to know:

Base Layers (the Layer Right Next to Your Child's Skin)

- What it does: wicks moisture
- Materials to look for: wool or synthetic fabrics, such as polyester
- The right fit: snug

Middle Layers (Goes Over the Base Layer)

- What it does: insulates
- Materials to look for: wool, down, or fleece
- The right fit: close to the body without restraining movement

Outer Layer

- What it does: protects your child from rain, snow, and wind
- Materials to look for: a waterproof jacket or shell; outerwear that's also breathable (such as those made from Gore-Tex) is key if your child will be physically active

THE RIGHT FIT: ALLOWS EASY MOVEMENT AND HAS PLENTY OF ROOM FOR LAYERS

"Baby, It's Cold Outside!" 9 Winter Dressing Tips for Children

From KinderCare.com

<https://www.kindercare.com/content-hub/articles/2016/november/winter-rules-the-art-of-dressing-your-kids-for-the-cold>

4. NIX THE COTTON

You know that jeans and cotton pants absorb rain and snow, but even in cold and dry conditions, cotton absorbs sweat. And wet cotton + cold weather=very cold kids. If it's cold out, it's best to avoid cotton altogether.

With so many sporty and super-cute fleece options to choose from nowadays, nixing the cotton shouldn't be a problem.

5. FINGERS, TOES, AND FACES NEED EXTRA TLC

According to kidshealth.org, your child's head, face, ears, hands, and feet are most prone to cold exposure and frostbite. Frostbite is kind of like the winter version of getting burned: It damages the skin and usually causes numbness. And children's skin is especially sensitive to the cold, so keep an eye on their extremities. Heavy, non-cotton socks; waterproof boots; waterproof gloves; a scarf; and a hat all are key to keeping everyone toasty and warm on cold days. For very cold weather (we're talking to you, Buffalo!), earmuffs and facemasks add extra protection.

6. MAKE SURE CLOTHES (STILL) FIT

As tempting as it is to squeeze those tootsies into last year's booties, feet need room to wiggle. Shoes and jackets that are too tight can limit circulation, contributing to cold limbs.

7. PACK A DRY BAG

It's always good to have extra clothes on hand for kids, as you probably already know, but in the winter, extra clothes are essential. One jubilant splash in a puddle or one wet (or lost) mitten, and not only could your day of fun be done, but you could set your kids up for a case of frost nip. Pack a cold-clothes emergency kit equipped with extra gloves, socks, pants, and shirts.

8. KNOW WHEN TO HEAD INSIDE

Frostbite starts as a frost nip—red and tingly skin that has been exposed to cold air or snow. If you notice frost nip on cheeks, fingers, or anywhere else—or if your child's teeth start to chatter—it's definitely time to head for a warm place.

9. ALWAYS HAVE COCOA IN YOUR PANTRY

Okay, it's not really an official winter layering tip. But does anything taste better than a cup of hot chocolate after a jaunt in the cold?





Winter Safety Tips for Children



The dangers of winter coats and car seats How to keep your child warm and safe

As the coldest part of winter approaches, parents bring out their child's bulky winter coats to keep children warm during vehicle travel. However, thick winter coats can reduce the safety of the child's car seat. All coats and clothing will compress in a crash, but thicker winter coats can compress enough to create significant slack in the harness. The car seat harness keeps the child secure in the car seat and must be snug on the child's body to provide the best protection in a crash.

Here are some steps you can use to determine if the child's coat is too bulky and not safe to use under the harness while traveling in the car:



- Put the coat on the child and secure the child in the car seat. Fasten and adjust the harness to snugly fit the child. A snug harness does not allow the webbing to be folded between your thumb and forefinger when pinched at the shoulder.



- Without loosening the harness, unbuckle and remove the child from the car seat.
- Remove the coat and place the child back in the car seat. Buckle the harness straps. If you can pinch the webbing between your thumb and forefinger, the coat is too bulky to be worn under the harness.

Keep Children Warm and Safe

When a child's winter coat can not be safely worn under the harness in the car seat, here are some tips to keep the child safe and warm during travel.

- Infants: dress child in warm clothing and buckle in the car seat. Place a blanket over the child to keep them warm.
- For older children, secure the child in the car seat, turn their coat around and put it on backward with their arms through the sleeves and the back of the coat acting like a blanket.
- If possible, warm up the car before children are secured in the vehicle.
- Select a winter coat that is warm but is not bulky and allows the harness to correctly fit the child.

Note: A common misuse for car seats is a loose harness. Wearing a bulky winter coat under the harness is just one of the causes for a loose harness. Extra slack in the harness can be very dangerous; it can lead to too much forward movement or even ejection during a crash.

Tips for installing a car seat properly. If a car seat is not installed correctly, your child's safety could be in danger. Because every car seat and vehicle is different, it's important to follow all instructions carefully. Here are key items to keep in mind when installing a car seat.

Installing the Car Seat:

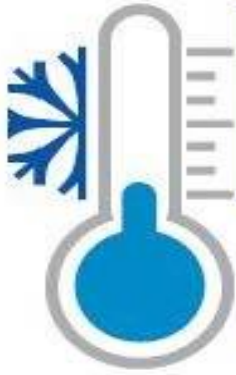
- ◆ Read the car seat instruction manual and the portion of your vehicle's owner's manual on car seat installation. Every car seat needs to be installed using either the lower anchors of the LATCH system or the seat belt to secure the car seat in place. If you choose to use a seat belt to install the car seat, the vehicle owner's manual provides information on how to lock the seat belt.



- ◆ Place the car seat in the back seat of your vehicle and follow the car seat manufacturer's installation directions.
- ◆ Secure the car seat tightly in the vehicle. It should not move side-to-side or front-to-back more than 1 inch when pulled at the belt path.
- ◆ Install the rear-facing car seat at the correct recline angle. Most car seats have built in angle indicators or adjusters to help you determine the correct angle.
- ◆ Install the forward-facing car seat and secure the top tether strap to the tether anchor and tighten. Use the top tether when installing the car seat with the LATCH lower anchors or the seat belt. This step is very important as it limits forward head movement in a crash.

Fitting Your Child Correctly in the Car Seat:

- ◆ Properly position the harness on your child.
 - ◆ Rear-facing: The harness straps should lie flat and be threaded through the slot that is at or below your child's shoulders.
 - ◆ Forward-facing: The harness straps should lie flat and be threaded through the reinforced slot that is at or above your child's shoulders.
- ◆ Buckle the harness and close the chest clip. Tighten the harness until it is snug on the child.
 - ◆ The harness is snug when the webbing cannot be pinched at the shoulder.
- ◆ Make sure the chest clip is at armpit level.



Cumberland County, PA Severe Weather Action Plan

The Cumberland County Severe Weather Action Plan (SWAP) provides shelter for individuals and families living on the streets on life threatening winter nights from December-April, as resources permit.

Temperature threshold is 33 degrees and wet or 25 degrees and dry.

To begin registration contact Cumberland Street Reach (if no access to a phone make your way to one of the live sites below).

**Need a safe, warm place on
dangerously cold nights?
SWAP can help.**



Eastern Region Partner

New Hope Ministry
5228 E Trindle Road
Mechanicsburg, PA 17050
Hours: 10 am - 3 pm
Phone: (717) 766-7333
*Warming Station, Showers, Restrooms,
Coffee, Housing services, and pick-up*

Central Region Partner

Community CARES
50 West Penn Street
Carlisle, PA 17013
Hours: 7:30 - as needed
Phone: 717-249-1009
*Warming Station, Showers, Restrooms, Coffee,
Cumberland Street Reach, Regular Shelter and
Pick-up. Winter coats, blankets and other
supplies on site*

Western Region Partner

Community CARES Family:
206 East Burd Street
Shippensburg, PA 17057
Hours: 10 am - 3 pm
Phone: 717-249-1009
(Not open until December 21, 2020)

**Call
717-448-8850
or
717-462-0257**

If interested in helping with this much needed service,
email info@morethanshelter.org

SWAP is a partnership of many agencies throughout the county.



**Serving and strengthening the community by providing
emergency shelter, resources, and supportive services to
individuals and families at risk of or experiencing
homelessness.**

USDA Nondiscrimination Statement 2015

FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Building for the Future

This child care receives
Federal cash assistance to
serve healthy meals to your children.
Good nutrition today means
a stronger tomorrow!

Meals served here must meet
nutrition requirements established by USDA's
Child and Adult Care Food Program.

Questions? Concerns?

Call USDA toll free: **1-866-USDA CND**
(1-866-873-2263)

Visit USDA's website: **www.fns.usda.gov/cnd**



United States Department of Agriculture
Food and Nutrition Service
FNS-317
June 2000
Revised June 2001

USDA is an equal opportunity provider and employer.

USDA Declaración de no discriminación 2015

Los demás programas de asistencia nutricional del FNS, las agencias estatales y locales, y sus beneficiarios secundarios, deben publicar el siguiente Aviso de No Discriminación:

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en:

http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6_8_12_0.pdf. y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

- (1) correo: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; o
- (3) correo electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

Construyendo Para El Futuro

Esta guardería infantil recibe asistencia monetaria del gobierno federal para servir comidas nutritivas a sus niños.
¡Buena nutrición hoy significa un mañana más saludable!

Comidas servidas aquí deben de seguir los requisitos nutricionales establecidos por el programa
"Child and Adult Care Food Program"
del Departamento de Agricultura de los Estados Unidos
(USDA por sus siglas en inglés).

¿Preguntas? ¿Inquietudes?

Llame gratuitamente a USDA al: **1-866-USDA CND**
(1-866-873-2263)

Visite el website de USDA: **www.fns.usda.gov/cnd**



United States Department of Agriculture
Food and Nutrition Service
FNS-317-S
June 2000
Revised June 2001

SERVING:

SHIPPENSBURG

CARLISLE

NEWBURG

NEWVILLE

MT. HOLLY SPRINGS

BOILING SPRINGS

ORRSTOWN

WALNUT BOTTOM

Now Recruiting for Early Head Start, Head Start and Pre-K!

2025-2026



These programs are FREE, but space is limited!

Who Should Apply?

Head Start/Early Head Start: Pregnant women and children ages birth to 5 years whose household income is at or below 100% of the federal poverty guideline (\$31,200 or under for a family of 4)



Pre-K Counts: Children ages 4 and 5 entering kindergarten the following year, whose household income is at or below 300% of the federal poverty level (\$93,600 or under for a family of 4)

How to apply:

Call Shippensburg Head Start 717-477-1626

or stop in and apply

**Cora Grove Spiritual Center, Shippensburg University
Shippensburg, Pa. 17257**

Shippensburg Head Start Program
Shippensburg University
1871 Old Main Drive
Box 58
Shippensburg, PA 17257
Phone: 717-477-1626
Fax: 717-477-4097
E-mail: headstart@ship.edu
Website:
www.ship.edu/headstart

Call Today!