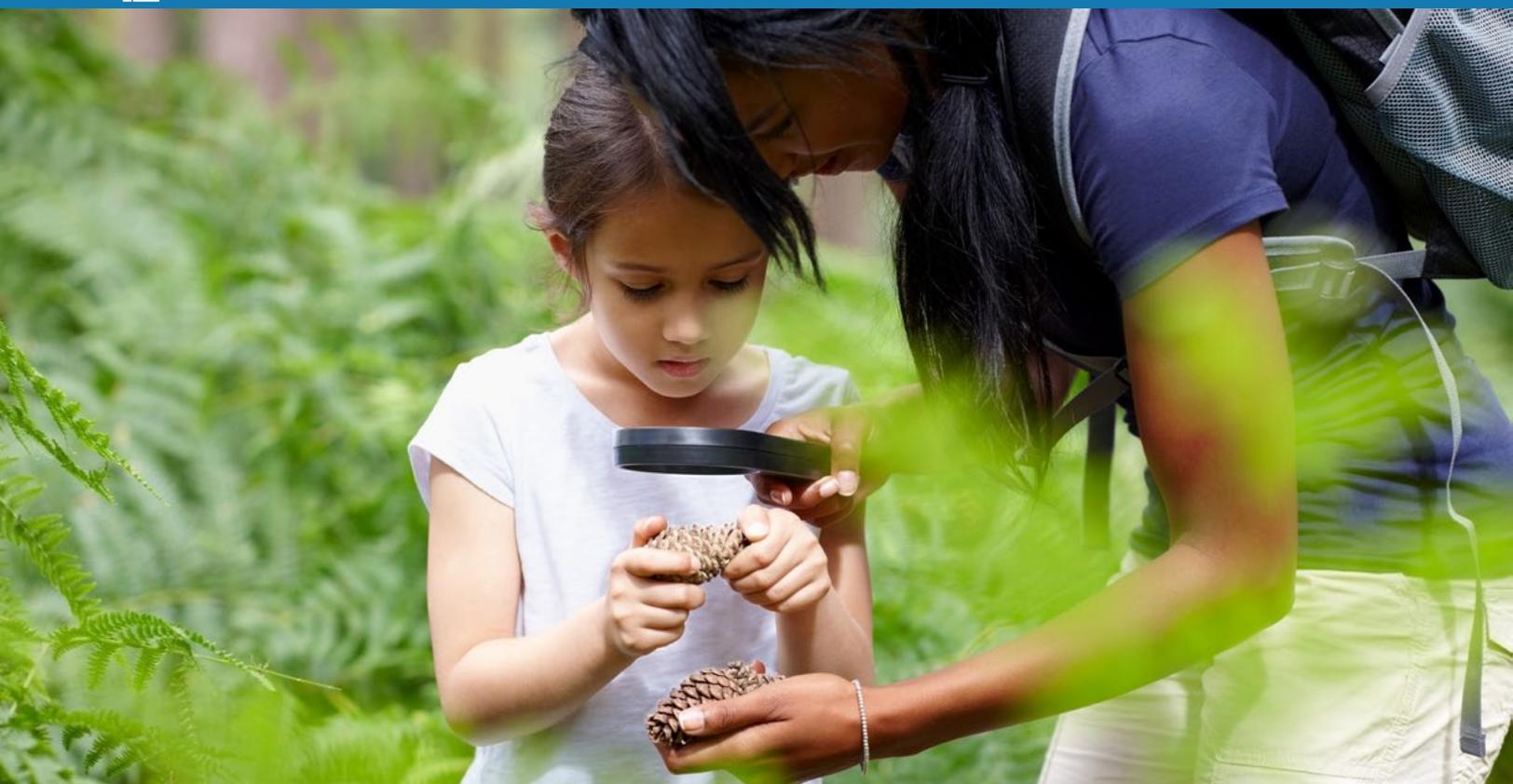


Family Support NEWS BRIEF

A publication of

 CENTER FOR SCHOOLS AND COMMUNITIES



Keep Growing Through the Summer

Family support services with families through courses, personal visits and group connections are just as important in the summer months as they are during the rest of the year. While some people think of summer as a time for a break, more relaxing, or less scheduled days; for some families, day-to-day life can become more stressful. For example, older children in the family may be home from school and require attention and/or transportation to activities. Some programs that are part of weekly routines for families may not operate in the summer months which could make space for new activities.

Managing the changes in the routines at home, organizing the children's care and arranging play and learning

opportunities can make each day feel a little chaotic. As we are moving toward a post-pandemic time there are still challenges to get together with people in safe environments or visit places that families want to experience. Children continue to be impacted by limitations posed by COVID-19. Some children are eager to play and learn with others, while some children may express reservations to being in groups.

However, despite these challenges, strengthening social connections and supporting resilience in parents and children through the summer months can involve fun activities. Regular connections with your programs can be a lifeline for families. Your organization may know of resources

that will help families in the summer months with learning, recreation, service, and social activities. You can help parents make the connection between the activities they do as a family and their child's development by demonstrating how learning occurs year round. The following resources contain no- or low-cost family activity ideas that may be helpful to share with the families you support:

National Center for Family Literacy (NCFL), hosts [Wonders of the Day](#)[®] that will help you find learning moments in everyday life—ones that fit in with dinner preparations, carpool responsibilities, a stolen moment between breakfast and the bus, or within school curriculum and education programs.

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Visiting a local public library can be a wonderful family activity. Many libraries also have a wealth of resources available to families online. The Pennsylvania State Library system is working to grow the concept of Family Place in local libraries. Family Place is a concept that expands the traditional role of public libraries into community centers for early childhood information, parent education, socialization, emergent literacy, and family support. Several PA public library communities host Family Place. Learn more at [Pennsylvania State Library](#) and [Family Place Libraries](#).

[PBS Kids](#) offers many activities (literacy, science, social emotional) for families with children 2-8. There is a lot to explore on their website.

[Parents as Teachers](#) has book lists and activities for families with young children.

There are many places to explore in Pennsylvania. Whether exploring a different part of the state or close to home, check out the [Pennsylvania Great Outdoors Visitors Bureau](#) for ideas.

Building resilience in children can be accomplished through family activities. Doing Good Together, a national nonprofit focused on creating opportunities for families to teach their children kindness through service and exploration, offers activities to do with children that [build resilience](#).



PENNSYLVANIA
Parents as Teachers®

Welcome to our monthly article to commemorate the 30th anniversary of Pennsylvania PAT. This month we will focus on the role of fathers.

Here are two research articles that you may find helpful in understanding the connection between PAT and father involvement.

The Value of Fathering for Incarcerated Offenders: Implementing the “Parents as Teachers” Curriculum in Greene County, Missouri

Summary: Research literature demonstrates the positive contributions of a nurturing father in the lives of young people as well as the reduction of recidivism for active fathers. The current study provides support for this model by highlighting the need for programming that enhances the relationship between incarcerated fathers and their children during their period of absence and while transitioning back into society and their family roles.

Source: [International Journal of Social Science Studies, July 2021](#)

Increasing Father Participation in Home Visiting: Lessons from Mothers

Summary: Traditionally, home visiting programs have primarily focused on mothers, thereby limiting father involvement in the programs, and the programs’ impact on fathers. By increasing father participation, home visiting programs can broaden their scope of influence with the families they support.

Source: [Child & Family Research Policy Brief, May 2014](#)



Parents as Teachers and Family Centers Rally Day at the Capitol: Celebrating 30 Years

On June 15, 2022, PA PAT from 11:00 a.m. – 12:00 p.m. will host a rally at the Pennsylvania State Capitol. T-shirts and lunch vouchers will be available on-site for attendees.

Please [register here](#) to attend. We hope to see you there!

Please note that we will not host a Family Support webinar in July. The Family Support webinar will resume on Aug. 3, save the date!

Parents as Teachers Online Courses

Foundational 2: 3 Years Through Kindergarten

Monday, June 20 – Friday, June 24
Monday, June 27 – Friday, July 1

Foundational and Model Implementation

For new parent educators and new supervisors of affiliate programs

Monday, June 6 – Friday, June 17
Monday, July 18 – Friday, July 29

Register for courses at the National Parents as Teachers’ [training website](#).

If you have any questions regarding registration for PAT trainings, please contact [Jennifer Esposito](#).



Family Support Team

Family Support at Center for Schools and Communities provides training and technical assistance to Parents as Teachers providers, Children's Trust Fund grantees and the Strengthening Families Leadership Team.

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Safe Kids Corner



Swimming

Whether it's a trip to the beach or a dip in the community or backyard pool, these swimming safety tips can help you have fun in the sun.

Hard Facts about Drowning

- Drowning is the leading cause of injury-related death among children ages 1-4.
- And it's the third leading cause of unintentional injury-related death among children 19 and under.
- In 2018, 918 children under the age of 19 drowned and more than 7,000 were seen in the emergency room.

Top Tips for Swimming Safety

- 1. Watch kids when they are in or around water.** Keep young children and weak swimmers within arm's reach of an adult. Make sure more experienced swimmers are with a partner every time.
- 2. Choose a [Water Watcher](#).** When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.
- 3. Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- 4. Make sure kids learn these five water survival skills.**
 - Step or jump into water over their head and return to the surface.
 - Turn around in the water and orient to safety.
 - Float or tread water.
 - Combine breathing with forward movement in the water.
 - Exit the water.
- 5. Teach children that swimming in open water is different from swimming in a pool.** Be aware of situations that are unique to open water, such as limited visibility, depth, uneven surfaces, currents and undertow. These potential hazards can make swimming in open water more challenging than swimming in a pool.
- 6. [Learn CPR](#) and basic water rescue skills.** It is important to know how to respond in an emergency without putting yourself at risk of drowning. Learning these skills may help you save a life.

Learn More About Swimming Safety

Don't worry – you're not in over your head in terms of swimming safety. But if you're interested, learn more [swimming safety tips](#). You can also learn about [boating safety tips](#) and [water safety at home](#).

Source: [Safe Kids Worldwide](#)