

# Family Support NEWS BRIEF

A publication of

 CENTER FOR SCHOOLS AND COMMUNITIES



## New year, fresh start

The most common New Year's resolutions focus on eating healthier and exercising more. That makes it the perfect time of year to introduce these types of healthier habits to your families. Let's talk about some resources on healthy eating, easy ways families can improve their diets, and ways for the whole family to get their bodies moving.

You may remember the old food pyramid. It was an easy way to help everyone understand what they needed, but research and technology have come together to give us better ways. At [myplate.gov](https://myplate.gov) you enter the age, sex, and physical activity of any individual to find the recommended caloric intake and amount of fruit, vegetables, protein, dairy, and grains they should consume every day. The Centers for Disease Control and Prevention (CDC) also lists great resources on their [Healthy Eating for a Healthy Weight webpage](https://www.cdc.gov/healthyweight/). To provide more families with specific data from research

that you think may be helpful, visit [nutrition.gov](https://nutrition.gov) and get the facts your families need.

Ensure families are aware of the services they can receive from their local [Pennsylvania Special Supplemental Nutrition Program for Women, Infants and Children \(WIC\)](https://www.penn.gov/wic/) program, including checks to buy WIC-approved healthy foods at grocery stores and farmer's markets.

The Central Pennsylvania Food Bank can also help families find food and has a list of other resources for families [on their website](https://www.cpfb.org/). The [Pennsylvania Department of Human Services website](https://www.penn.gov/human-services/) lists food banks and pantries across the state. Don't forget to check for smaller pantries in your local area that may not appear on this list. Additionally, be on the lookout for programs such as [Geisinger's Fresh Food Pharmacy](https://www.geisinger.org/fresh-food-pharmacy/) which currently has locations in Lewistown, Scranton, and Coal Township.

*continued on page 2*

One easy way to improve health and diet is to drink water instead of sugary drinks. This is a simple and, in most cases, cost-saving way to introduce a healthy habit. Recognize and celebrate those families who are already choosing water as their primary beverage as a strength and healthy habit in their household.

Another strategy can be to reduce the amount of ultra-processed food consumed by the family. An article by the Washington Post, "[What are ultra-processed foods? What should I eat instead?](#)" provides some easy ways to reduce these foods by buying fewer prepared and packaged foods, picking out products with the fewest ingredients listed on their labels, and using the [truefood.tech website](#) to view rankings of some packaged foods. The more homemade meals a family can consume, the better.

Now, we come to the fun stuff, getting bodies moving. The [PBS website](#) has some great suggestions and resources. One of the best strategies for anyone of any age is to utilize dance. Dancing can be formal and structured such as learning to waltz or line dance, but it doesn't have to be. It can be slow or fast. It can last for only a minute or for multiple songs. It can be done indoors or out and in large spaces or small. It's a wonderful universal activity that a family can do together and make suit their own needs. Beyond that, the important thing is making exercise fun.

I spoke to Thelma Reibsome who holds a master's degree in exercise physiology from the University of Miami and has provided strength and conditioning training to many professional and Olympic athletes. She emphasized the importance of fun in keeping people engaged in regular physical activity. For children, the easiest way to do this is by making a game out of the activity or providing a reward at the end of the activity. Not surprisingly, these same things help adults stay engaged.

The important thing to take away from this is that keeping things simple can be the best. Try not to overwhelm families with too much information all at the same time. Suggest easy strategies to improve health that don't require too many steps or drastic changes all at once. Remember to make things fun because happiness is a part of being healthy.



PENNSYLVANIA  
Parents as Teachers®

Welcome to our monthly article to commemorate the 30th anniversary of Pennsylvania PAT. This month's article examines outcomes related to postpartum depression screening, receipt of evidence-based services, and reductions in depressive symptoms among clients of home visiting programs.

### Medicaid Home Visitation and Maternal and Infant Care and Health: A Reassessment of Program Effectiveness

Results revealed that compared to screened-only pregnant women, those who received home visiting services had positive outcomes such as receiving adequate prenatal care, an appropriate postnatal checkup, and reduced odds of low birthweight.

Source: Michigan Journal of Public Health, 2020

[Read Medicaid Home Visitation and Maternal and Infant Care and Health: A Reassessment of Program Effectiveness research article](#)

## Parents as Teachers Online Courses

### Foundational and Model Implementation

For new parent educators and new supervisors of affiliate programs.

Monday, Jan. 23 – Friday, Feb. 3

Monday, Feb. 6 – Friday, Feb. 17

### Foundational 2: 3 Years Through Kindergarten

Monday, Jan. 9 – Friday, Jan. 13

Monday, Feb. 21 – Friday, Feb. 24

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

Questions regarding registration for PAT trainings? Contact [Jennifer Esposito](#).

# Introducing the Central Susquehanna Intermediate Unit (CSIU) Registration Database

**Y**ou may have noticed a new way to register for our events through the CSIU Registration Database. Through the CSIU Registration Database, you will have access to your registration history of all events you have attended with us and access to public events offered by Central Susquehanna Intermediate Unit of which Center for Schools and Communities is a part.

To use this database, you must first create a user profile. To make registration for future events more efficient, we encourage you to set up an account now. To do so, follow the directions below.

**Step 1** Navigate to the [CSIU Registration System](#)

**Step 2** Set up an account by completing the profile information.

- a. Please note, the system will ask you to complete information related to dietary needs and ADA accommodations in your profile. You will be able to edit these for each event that you complete registration.
- b. The system will also ask for a PPID number. If you do not have one, you can leave this field blank.
- c. Be sure to make note of your username and password as you will need it to sign in to register for future events.

When you receive an invitation to register for an event, you will follow the link and be asked to sign in.

Once signed in, your information will pre-populate in the event registration form.

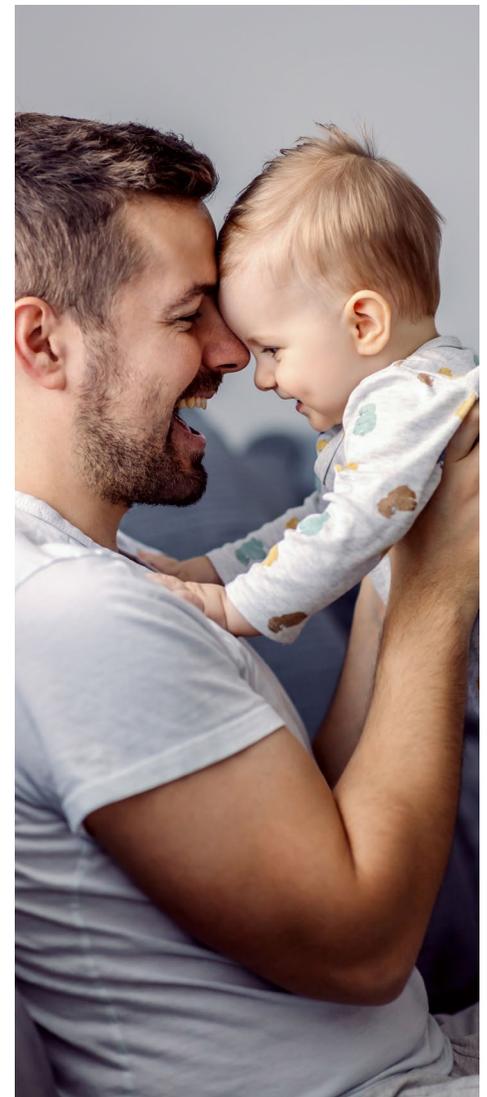
After registering for the event, you will receive a confirmation email with the name of the event in the subject.

**If you have any questions about this process, please [email Rijelle Kraft](#).**

## Pearls of Wisdom

As part of our celebration of Parents of Teachers 30th anniversary in Pennsylvania, we are seeking "pearls of wisdom" from you.

Please share your pearl by sending a note to [PAT@csc.csiu.org](mailto:PAT@csc.csiu.org).



**FAMILY SUPPORT WEBINAR**  
Special Presentation  
Wednesday, Feb. 1  
10 to 11:15 a.m. (EST)



## 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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**Pennsylvania Parents as Teachers** at Center for Schools and Communities

**Children's Trust Fund**

**Pennsylvania Strengthening Families**

## Family Support at Center for Schools and Communities

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[centerforschoolsandcommunities.org](http://centerforschoolsandcommunities.org)

# Safe Kids Corner

## Medication Safety

We want to encourage our kids to explore and discover their world, so it's especially important to include medicine safety when childproofing your home. Here are a few tips on how to keep kids safe around medicine.

### Hard Facts about Medication Safety

- Medicines are the leading cause of child poisoning.
- In 2017, nearly 52,000 children under the age of six were seen in the emergency room for medicine poisoning. That's one child every 10 minutes.

### Top Tips about Medication Safety

- 1. Keep medicine up and away, out of reach and sight of children, even medicine you take every day.** Kids are naturally curious and can easily get into things, like medicine, if they are kept in places within their reach. Put all medicines and vitamins at or above counter height where kids can't reach or see them.
- 2. Consider places where kids get into medicine.** Children often find medicine kept in purses or on counters and nightstands. Place bags and briefcases on high shelves or hang them on hooks, out of children's reach and sight.
- 3. Remember products you might not think about as medicine.** Health products such as vitamins, diaper rash creams, and even eye drops can be harmful if kids get into them. Store these items out of reach and sight of children, just as you would over-the-counter and prescription medicines.
- 4. Give medicine safely to children.** Use only the dosing device that comes with liquid medicine, not a kitchen spoon. When other caregivers are giving your child medicine, write clear instructions about what medicine to give, how much to give, and when to give it. Using a medicine schedule can help with communication between caregivers.
- 5. Save the Poison Help number in your phone and post it visibly at home: 1-800-222-1222.** Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day. They can answer questions about how to give or take medicine and help with poison emergencies.
- 6. Share medicine safety information with family and friends.** Teach other caregivers such as family members, babysitters, and friends about medicine safety and make sure they know the Poison Help number.



Source: [Safe Kids Worldwide](http://SafeKidsWorldwide.org)