



# thefamilycenter

VIRTUAL CENTER



## Heart to Heart

I lost my instruction manual. You know, the one they give you at the hospital when your little one is born that tells you exactly what to do and when as a parent. I'm wondering if any of you have misplaced this too? While that sounds amazing, we know it wouldn't work out too well. Of course there are books that can tell you how to be a good parent, but no book can tell you how to parent YOUR child. That's why, even though we feel ill-equipped sometimes, we are just the right people our children need in their lives. They need our curiosity as we try hard to learn about them just as much as they need us to teach them to be kind and helpful little people.

April is Child Abuse Prevention month and it also contains Week of the Young Child. I don't believe this is a coincidence at all! Sometimes the topic of child abuse prevention is an uncomfortable topic for parents, but the fact is we all have different experiences and we could all have some risk factors when it comes to parenting. The key point though is you



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No matter the weather, Parent Cafés are here for you! Scan below to register for our next Parent Café, "Sharing Our Umbrella" April 12, 2022 4:30 - 6:30 P.M.



First Start  
Partnerships  
for Children & Families

Check out this link to learn more about special community events in April:

When it comes to parenting, the key point though is very simple, and comes with the joy we celebrate during Week of the Young Child: make time to read, play and sing with your child. When we give our children the gift of time, it works wonders for them and us! Our bond strengthens and their brains feel calm, loved and ready to learn. It sounds too good to be true, but it's not! So if you do have that manual laying around, waiting to be read in a dusty corner, keep it there and just remember to read, play and sing!

-Nicole  
The Family Center Director  
Learn more about me [here](#)

Healthy Franklin County Blog:  
Help Strengthen Families



Keep your eye on our First Start Facebook Page and Website this month!

We will be launching some really great family resources and ideas with some of our amazing partners!



Do you know someone who would benefit from receiving this newsletter? Complete referrals for your family and friends and receive a \$10 Sheetz gift card per referral!

Submit your referral [here](#).

## Healthy Connections

### Keeping our children safe

As parents we really want to keep our children safe and there are ways we can start this work at home!  
**-Make family time a priority.** Whether it is eating a meal together each day, reading before bed, playing a game, or singing in the car, these moments help to strengthen our family bond and build trusting relationships.

**-Talk with and listen to your children.** We are their safe and trusted adults and want them to tell us about anytime they feel uncomfortable or upset.

**-Strengthen your own protective factors.** The way we handle day to day interactions, stress, and crises is noticed by our children. When we are resilient, supported, knowledgeable, have healthy relationships, and are nurturing to our children, our risk factors are reduced.

Want a helpful resource? Check these out!

[Ten Ways to Prevent Abuse and Neglect](#)

[Parenting Infants and Young Children](#)

# The Protective Factors

## Keep Your Family Strong

### 01 Nurturing and Attachment

Infant brains develop best when caregivers work to understand and meet the infant's need for love, affection, and stimulation.

### 02 Knowledge of Parenting and Child Development

Parents who understand child development are more likely to provide their children with respectful communication, developmentally appropriate limits, and opportunities that promote independence.

### 03 Parental Resilience

Resilience is the flexibility and inner strength to bounce back when things are tough and knowing how to seek help in challenging times.



### 04 Social Connections

Parents often find it is easier to care for their children and themselves when they have a network of emotionally supportive friends, family, and neighbors.

### 05 Concrete Support for Families

When your family's basic needs for food, clothing, housing, and transportation are met, you have more time and energy to devote to your children's safety and well-being.

### 06 Social and Emotional Competence of Children

Children's ability to self-regulate their emotions and behavior, communicate feelings, and solve problems effectively positively impacts their relationships with adults and peers—including their family.



Children's Bureau/ACYF/ACF/HHS  
800.394.3366 | Email: [info@childwelfare.gov](mailto:info@childwelfare.gov) | <https://www.childwelfare.gov>



U.S. Department of Health and Human Services  
Administration for Children and Families  
Administration on Children, Youth and Families  
Children's Bureau



## Healthy Events in Our Community



Friday  
May 6th  
2022

### Registration Info

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

County of Residence: \_\_\_\_\_  
County of Employment: \_\_\_\_\_

Food Allergies: \_\_\_\_\_  
How can we help with any special accommodations needed for you to participate in any of the sessions?  
\_\_\_\_\_

### Online Registration QR Code



### Location

Baker Center  
King Street Church  
162 E. King Street  
Chambersburg, PA

### Times

Doors open at 8:30am  
Seated for keynote at 9:15am  
Last session ends at 3:00pm  
Training ends at 5:00pm  
Choose which sessions fit in your schedule!

### COVID Precautions

We will follow whatever CDC guidelines are in place at the time of the event

### Return to:

OFFICE: 478 Grant Street, Chambersburg, PA

FAX: 717-264-3591

EMAIL: [clunsfordemhaff.org](mailto:clunsfordemhaff.org)



# Get Healthy Now Program



## What is Get Healthy Now?

Living a life of good health and balance is a goal most people strive for but knowing where or how to get started can be challenging. In this 6-week program, participants are provided with the necessary tools, tips and support to get started on a journey towards a healthier life.

Participants will learn how to make healthy choices every day to improve overall health through the following topics:

- Meal planning
- Eating on the run and simple ways to stay active
- How to use wearable technology to help guide your fitness
- Creating a healthy sleep environment
- Managing stress

**Tuesday, April 12 | 6:00 - 7:30 p.m.**

Virtual Classes

Register at [wellspan.org/events](https://www.wellspan.org/events)

Like our Facebook page to follow updates

WellSpan Health Get Healthy Now

For questions, call 717-721-8790 ext. 0



## Preschool Registration

In the first five years of life, experiences and relationships stimulate children's development, creating millions of connections in their brains.

Early childhood education builds the foundation for success in school and in life. It supports your child in their physical, social, and emotional development, while building skills in language, literacy, and thinking (cognitive). Learn more by visiting

[www.firststartpartnerships.org](http://www.firststartpartnerships.org)

Preschool Registration



## KINDERGARTEN

Registration

All local school districts are accepting applications and making appointments for the 2022-23 school year for children who will be five years of age before September 1, 2022.

Chambersburg Area School  
District

Tuscarora School  
District

Waynesboro Area School  
District

Greencastle-Antrim School  
District

## Stay tuned!

We will work with our schools to let you know when registration begins for Greencastle.

### In case you missed it:

Fannett-Metal Schools held a registration event on February 24, 2022. If you missed this event, Please call the school at 717-349-3000.

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**First Start  
Partnerships**  
*for Children & Families*



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Summit Endowment**

and



871 Stanley Ave, Chambersburg, PA 17201 | 717-263-8019 | [familycenter@firststartpartnerships.org](mailto:familycenter@firststartpartnerships.org)