



# thefamilycenter

VIRTUAL CENTER



## Heart to Heart

Do parents ever stop worrying about their child's safety? I have been wondering about this since I was pregnant with my now 8 year old. What I've learned is that in reality the answer is no; each age and milestone brings new joys and new worries. This is reaffirmed with my toddler's growth, as well, as he now explores his curiosity by climbing and opening anything he finds. But I know, we aren't the first to worry and many smart parents have gone before us. Lucky for us, they even developed really good resources to ensure our homes are the safest they can be for our children. This month I will share some that I hope you find helpful.

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

### Join us at our March Parent Cafés!

Online Parent Cafés are a safe space for parents to talk about the challenges and victories of raising a family.

Stay tuned to our Facebook page to learn more about Parent Cafés!

March 15th 4:30-6:30  
**Weathering Life's Storms**

[Sign Up](#)

March 29th 4:30-6:30  
**When it Rains, it Pours**

[Sign Up](#)



Interested in FREE gas?

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

### Poison Control



Mr. Yuk is a recognizable way for children to know that cleaning products and other household poisons are yucky! Every Mr. Yuk sticker contains the national toll-free "Poison Help" telephone number: 1-800-222-1222. Regardless of your location in the U.S. or its territories, dialing that number will direct your call to the nearest regional poison center. Poison centers are available 24 hours-a-day, every day of the year to assist in handling poisoning emergencies and to provide poison information.

You can request a free sheet of Mr. Yuk stickers, by sending a self-addressed, stamped business size envelope to:  
Mr. Yuk  
Pittsburgh Poison Center  
200 Lothrop Street  
PFG 01-01-01  
Pittsburgh, PA 15213

Check out these links for making sure your home is a safe place for your child:

[Home Safety Checklist](#)

[Home Safety Information](#)



#### WHAT YOU NEED TO KNOW

## The Similac® baby formula recall

The recall includes certain powder Similac®, Elecare® and Alimentum® formula products



Visit [similacrecall.com](http://similacrecall.com) to check if your baby formula products are part of the recall.



Do **NOT** switch to other milk alternatives other than breastmilk or infant formula.

(cow, goat or non-dairy milk, such as soy, oat, almond, rice, hemp, cashew or coconut milks)



Do **NOT** add more water to your baby's formula to last longer.

(This is very dangerous and may result in severe illness and death)

## Healthy Events in Our Community

# 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

**Monday, March 14 | 5:30 - 7:00 p.m.**

**Friday, March 18 | 12:00 - 1:30 p.m.**

Virtual Classes

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

Like our Facebook page to follow updates  
WellSpan Health Get Healthy Now  
For questions, call 717-262-4602



# Virtual Grocery Store Tours



## Make healthier choices at the grocery store

Join WellSpan Health and Capital Blue Cross to participate in a FREE Virtual Grocery Store tour. Registered dietitians will walk you through what to look for in the aisles and what to avoid when reading labels on products.

Learn how to maneuver through the grocery store and make healthier decisions when shopping for meals!

**March 21 | Noon - 1:00 p.m.**

**March 22 | 5:00 - 6:00 p.m.**

Virtual Tours

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

Zoom link will be sent to individuals once registration is completed.  
For questions, call 717.262.4602.

Presented by:



Your health. Our mission.



## 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. Supporting 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

## TSD Registration

Tuscarora School District is accepting applications and making appointments for the 2022-23 school year for children who will be five years of age on or before September 1, 2022.

[TSD Registration](#)

## CASD Registration

Chambersburg Area School District is now accepting applications for children turning 5 before September 1, 2022.

[CASD Registration](#)

## WASD Registration

Waynesboro Area School District is now accepting applications for children turning 5 before September 1, 2022.

[WASD Registration](#)

### 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.

Did you receive this from a friend?

Subscribe today to receive The Family Center Connections to your inbox each month.

[Subscribe Here](#)



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



**This project is funded by:  
Summit Endowment**

and



