



# thefamilycenter

VIRTUAL CENTER

Thriving Families, Stronger Communities



## *Welcome to The Family Center!*

*Franklin County's newest resource for families with young children.*

This is the first edition of our newsletter and we could not be more excited to connect with you!

As we kick off this new year, we hope that The Family Center Newsletter becomes a monthly resource to you for activities, helpful parenting ideas and things to do within your Franklin County community. We will be sharing the latest news on new developments with the Family Center locations and our website, so remember to check your inbox.

This newsletter, like everything with The Family Center, is for **YOU!** We are so happy you are here!

Please reach out to let us know what you would like to see featured here.  
[familycenter@firststartpartnerships.org](mailto:familycenter@firststartpartnerships.org)

**One big question that we  
tend to have as parents...**

"Is my child where he needs to  
be with his development?"



Whether it is when we see other children on our friends' social media posts, at library story time, or on the playground, we often compare our children with others. The most important thing to remember is that child development happens in stages and those stages have typical age ranges that they occur. Each child develops along those stages at a different pace.

One great tool to use to check on your child's development is

the Ages and Stages Questionnaire (ASQ). This [Free Online ASQ](#) is a screening tool designed to be completed by parents to track the developmental milestones of their child at his/her particular age.

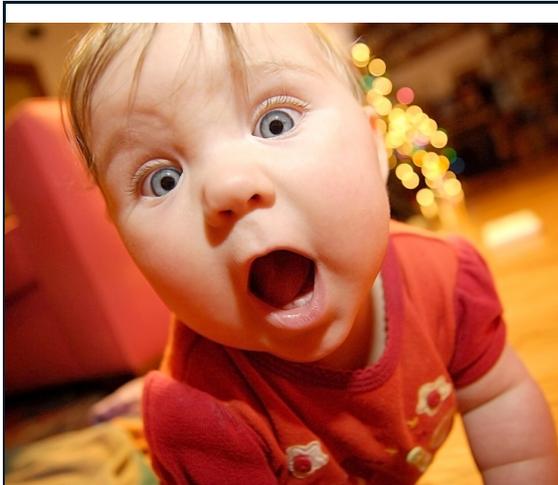
The results of the ASQ will let you know where your child has strengths and where he could use some support in his development. It can also tell us if a child should be assessed by Early Intervention to see if he would benefit from additional services. When we are able to identify developmental delays early in our children and they receive support, we can give them a head start in being ready for school.

To request further assessment for your child visit the links below:

[Franklin County Early Intervention for ages 0-2](#)

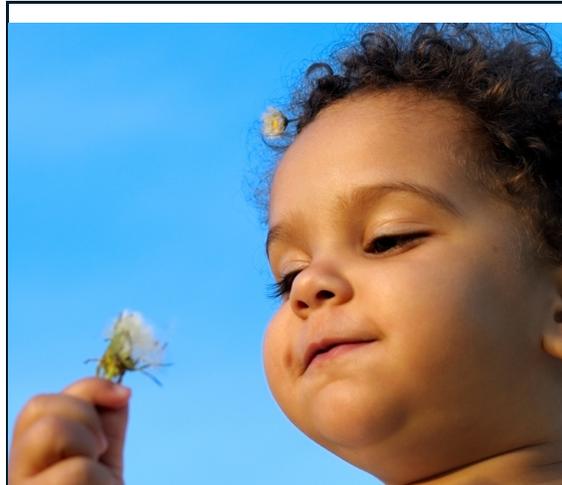
[Lincoln Intermediate Unit Early Intervention for ages 3-5](#)

For children over the age of 5, contact your child's school and/or pediatrician for further evaluation.



### **Tips for Infant and Toddlers Development by Age**

This set of age-based handouts include a “what to expect” chart for each age range, frequently



### **Milestones in Action**

Access this FREE library of photos and videos of developmental milestones and complete a milestone checklist.

asked questions, a research summary, and information about common parenting challenges for each age and stage.

[Read More...](#)

[Read More...](#)



## I Love You Rituals

I Love You Rituals was designed by Dr. Becky Bailey as a playful means to promote optimal brain development, increase attention span, reduce hyperactivity, build self-esteem, amplify cooperation and facilitate language development. These transformative rituals can be enjoyed in an adult-child setting or between children, and are appropriate for children from 15 months through elementary school.

## How to Use "I Love You Rituals" to Connect with Children

### HOW TO USE I LOVE YOU RITUALS TO CONNECT WITH CHILDREN



## PARENT TO PARENT

Some of the best advice or ideas parents can get comes from other parents who have been in the same situation.

Every Thursday we will post a question from parents just like you on our Facebook page. We will ask other parents to help answer the questions.

Do you have a question that you need advice on from other parents? Fill out the form below to have your question featured on our Facebook

Ask Your  
Question!



## Are you trying to figure out how to explain COVID-19 to your children?

Here are a list of resources that can help!  
[How to Talk to Your Kids About Coronavirus](#)  
[Coronavirus Resources for Parents](#)  
[Sesame Street-Caring for Each Other](#)  
[Why We Stay Home Read Aloud](#)



A giant hug and a very special thank you to all of the First Start Partnerships family members who took the time to answer our Virtual Center online survey and attend the Zoom Focus Group in December. You are all amazing. Really, really amazing – and we are so thankful for you.

Your thoughtful feedback and creative ideas are already being used to shape the Family Center and the events and resources we are planning. Here are just a few of the things you asked us to provide:

- Ideas for age-appropriate activities to do with young children
- Story time activities
- Quick nutritional meal planning ideas
- Trusted recommendations for everything from educational apps to local resources
- Accurate information on your child's development
- Safe and socially distanced in-person activities like the story walk
- Access to books and materials
- A safe place to ask questions and interact with other families

We love these suggestions and as we begin to bring your ideas to life, please continue to keep sharing your thoughts and advice on how to make this a useful space for you and all Franklin County families. This is YOUR Family Center, and we want it to support you and your child in the ways that make the most sense for your family.

You can share any thoughts or advice by emailing [familycenter@firststartpartnerships.org](mailto:familycenter@firststartpartnerships.org)

## 105th Pennsylvania Farm Show goes virtual for 2021!



The 105th Pennsylvania Farm Show has so many great activities to explore for Grown Ups and their littles! Mark your calendars for January 9-16, 2021 as the Pennsylvania Farm Show goes virtual. Check out the Kitchen Kids, Goodnight Stories and so much more.

[Read More...](#)

Love what you see? Want to share it with your friends and family? When you submit a referral, your friend or family member will receive this amazing newsletter in their inbox each month!

AND you will receive a gift from us for helping us spread the word!

[Submit a Referral Today!](#)



Follow Us Today!



### *Who is First Start Partnerships for Children and Families?* (First Start is our "nickname!")

First Start provides high quality preschool programs for 712 children all across Franklin County (for free!). We started as Franklin County Head Start in 1965, and still operate the Head Start and Early Head Start programs, but are now so much more! We also partner with five Franklin County school districts to operate our Pre-K Counts programs.

The Family Center is the newest way we accomplish our mission - we partner with families, schools and communities to ensure each child arrives ready for kindergarten. Check us out at [www.firststartpartnerships.org](http://www.firststartpartnerships.org).

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