

Family Support News Brief



Many Benefits of Cooking as a Family

I can remember my grandmother telling me, very seriously, that while the recipe says use five to seven tablespoons of water, do not use more than five tablespoons and a splash of ice water when making pie crusts. She showed me how she would prepare a few ice cubes and pour water over them before she gathered her other supplies so the water would be the right temperature. It is a fond memory. Every time I make a pie, I remember her instructions. My pie crusts are usually tasty.

Some of my most fun experiences with children – both friends and family – occurred while cooking or baking. It is interesting to think about ways cooking touches on Protective Factors, learning and culture.

Cooking together can occur at all age levels from pre-school through adulthood. Parents will adjust expectations for the child's participation based on his or her age. This activity promotes social

connections and builds social skills among members of the cooking team. It can provide a way to expand communication skills through making a list, reading instructions, describing a process, and following directions.

Begin by selecting a recipe that is related to your family culture or a favorite food. What is the origin of the foods or spices that are used or time of year the food is prepared? You could show the children the places on a map. Consider the climate in that area. Ask children questions and find answers



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Conversations Starters About Cooking and Taking Care of the Earth



Math and science are involved with cooking in many ways. You may watch yeast rise as you make bread. You may observe how the solid apple when cut and cooks becomes mushy. Cooking may also create waste; cutting the ends of vegetables, emptying containers, etc.

Questions to Ask

- What changes in the flavor and texture when raw vegetables are cooked?
- What happens as food is heated or chilled?
- Why are certain foods dangerous if raw, but healthy when cooked?
- What foods can be frozen?
- How do foods get canned?
- What energy sources and environmental resources do we use in cooking?
- How do we use energy wisely?
- In what ways can we conserve energy?
- How can we employ the concepts of reduce, reuse and recycle in our homes, schools and communities?

together about the places and people in that part of the world. What makes a certain recipe associated with certain areas of the world?

Consider your resources. What materials and supplies will you need to make the recipe? Might you choose one based on what you have rather than one that involves something not available to you? What are the basics and what elaborations can you add (ex. cupcake with or without icing)?

Understanding your child's level of development and his or her abilities will help you gauge how simple and complicated the projects can be. Babies may just be in the same room and you will talk with them about the smells, colors or the hot and cold air. Toddlers may sort, pour or stir items. Preschoolers will follow the steps of the process and may measure items. As a parent you will set limits about what to touch and where to sit or stand to be safe and fully active. You know your child best and adapt your parenting to where they are.

Cooking requires waiting, an important skill for all of us to develop. When working with a group of children, taking turns and sharing equipment and attention will

be part of the event. Communicating clearly is also important. These skills are an important part of healthy social and emotional development.

Most days we just need to get some food on the table and you will not have time to make it an activity. But you can

schedule some time to work and play together in the kitchen. These moments together provide bonding experiences that build resilience.



Childhood Begins at Home

Childhood Begins at Home is a statewide campaign designed to help policy makers and the public understand the value of evidence-based home visiting and promotes increased public investments. Recognizing that parents are their children's first and most influential teachers, home visiting programs support parents in strengthening understanding of their child's development and offering parenting strategies; connecting families with health care and other community services.

Fight Crime Invest in Kids released the report "Preventing Crime Through Voluntary Home Visiting." The report describes that evidence-based home visiting reduces child abuse and neglect, prevents crime, and increases parental involvement. Fight Crime Invest in Kids is a member of the Childhood Begins at Home Campaign.

[Endorse the Campaign](#)

[Home Visits Preventing Crime Video](#)

The video features Secretary Miller's comments about evidence-based home visiting and in particular her experience as a parent with Parent as Teachers.



Parents as Teachers™

Bringing the Protective Factors Framework to Life in Your Work – A Resource for Action Series

March 13-14, 2019 | Center for Schools and Communities, Camp Hill, Pa.

A deep dive into the Strengthening Families™ Protective Factors framework

During this two-day institute, certified instructors will teach six courses – a course on each protective factor and one course focused on using tools and resources related to the framework. Do not miss out on 12 hours of professional development. Continuing education credits are available. Registration coming soon. Questions? Contact [Rijelle Kraft](#).



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Strengthening Families Conference

April 30 – May 2, 2019 | Toftrees, State College, Pa.

Network with Parents as Teachers (PAT) colleagues, Children's Trust Fund (CTF) grantees, and other family support professionals. Build your family support toolbox through interactive workshops on topics such as the Strengthening Families Protective Factors, brain development, supporting parent-child interaction, advocacy, and more.

This inaugural event will take the place of the CTF Annual Meeting and PAT State Conference, and all are welcome.

More information, including keynote speakers, a welcome reception, and post-conference institutes to come. Registration opens in February.



Pennsylvania's Children's Trust Fund Request for Application 24-18 Has Been Released

The purpose of the Children's Trust Fund (CTF) grants, which operate under the administration of the CTF Board and the Department of Human Services (DHS), is to promote primary and secondary child abuse and neglect prevention programs in community-based settings in order to prevent the first occurrence of abuse and neglect of children in the commonwealth. Any organization located and operating in Pennsylvania that provides direct services and meets the criteria in this Request for Applications is eligible to apply for a CTF grant.

[More About RFA 24-18](#)

Pre-Application Webinar RFA 24-18

Monday, February 4, 2019 from 10:00 a.m. to 12:00 p.m.

This webinar will provide an opportunity to ask any questions related to the RFA.

[Register for the Pre-Application Webinar](#)



Pennsylvania
Children's Trust Fund

Safe Kids Corner

Toy Safety Tips for Little Kids

To make sure play time is as safe as possible for your little ones, think about the following things when selecting toys and games.

- Consider your child's age when purchasing a toy or game. It is worth a second to read the instructions and warning labels to make sure it is just right for your child.
- Before you have settled on the perfect toy, check to make sure there are no small parts or other potential choking hazards.
- Keep a special eye on small game pieces that may be a choking hazard for young children. While these kinds of

games are great for older kids, they can pose a potential danger for younger, curious siblings.

- After playtime is over, use a bin or container to store toys for next time. Make sure there are no holes or hinges that could catch little fingers.

Safe Kids compiles product recalls specific to children and sends twice-monthly e-mail alerts for recent recalls. Sign up for the [latest recall information](#).

For additional information about product recalls related to kids, go to [U.S Government Recalls](#).

Retrieved from [Safe Kids Worldwide](#).



**SAFE
K:DS**
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Professional Development Institute for the Advancement of Family Support Professionals

The Institute offers family support professionals everywhere the opportunity to learn new skills and grow their careers. Through engaging, online modules and a personalized learning map feature, professionals take charge of their growth and advancement.

[PD Institute Information](#)



Cultivating Awareness of Implicit Bias and Racial Micro-aggressions in Maternal-Child Health

The remaining regional trainings on implicit bias and racial micro-aggressions are still open for registration.

January 30, 2019 | Bethlehem/Allentown, Pa.

February 15, 2019 | Chester, Pa.

February 28, 2019 | Harrisburg Area, Pa.

The second set of trainings – to be scheduled late spring – will build off the content of these trainings, so please make sure your staff can attend one of these. Priority registration given to employees funded on Title V programs.

For more information about Cultivating Awareness trainings, contact [Shannon Criniti](#), Vice President, Strategic Initiatives, Access Matters

Essential Communication Skills

United Way of Greater Philadelphia and Southern New Jersey is offering a free course to home visiting programs in southeast Pennsylvania. The course will take place every other Wednesday afternoon from March 20 through July 10, 2019.

[More About Essential Communications Skills](#)

Pennsylvania Developmental Disabilities Council

You are invited to the 2019 Pennsylvania Community Alliance Summit May 21-22, 2019. The planners seek local programs to share 5-minute Pop-up Talks on topics regarding diversity and inclusion, partnerships and alliances.

Applications are due Monday, February 4, 2019 to [Dana Thompson](#).



Family Support

Strengthening Families Conference

Parents as Teachers and
Children's Trust Fund
Apr 30 – May 2, State College, Pa.

Brining the Protective Factors to Life in Your Work

March 13-14, Camp Hill Pa.

Family Support Webinars

First Wednesday of the month
10:00 a.m. – 11:00 a.m.

Feb 6, Preventing Child Neglect

Mar 6, Reframing Challenging
Conversations to Meaningful,
Impactful and Solutions
Oriented Conversations

PAT Knowledge Studio Course

Facilitating Groups
Apr 2-3, Camp Hill, Pa.

Interacting Across Abilities
Apr 23-24, Camp Hill, Pa.



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OFFICE OF CHILD DEVELOPMENT
AND EARLY LEARNING

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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Partnerships Project Manager**
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**Children's Trust Fund and Strengthening
Families**
Rijelle Kraft, Coordinator
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Parents as Teachers

Until one month prior to the event,
registration will only be open to
Pennsylvania participants. If you have
a new hire in the month before the
event, contact [Jenifer Esposito](mailto:Jenifer.Esposito).

PAT Foundational & Model Implementation

*For new parent educators and
supervisors of affiliate programs*
Jan 14-18, Camp Hill, Pa.
Mar 4-8, Camp Hill, Pa.
Apr 8-12, Homestead, Pa.

PAT Foundational

For new approved users
Jan 14-16, Camp Hill, Pa.
Mar 4-6, Camp Hill, Pa.
Apr 8-10, Homestead, Pa.

PA Foundational 2: 3 Years through Kindergarten

Feb 19-20, Camp Hill, Pa.
Apr 23-24, Homestead, Pa.



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Family Support

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Parents as Teachers

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

Children's Trust Fund
Strengthening Families

Parents as Teachers Advocacy Webinars

Interested in evidence-based home
visiting and want to learn more about
the policy climate and advocacy
efforts? Join PAT national center's
advocacy webinars.

January 23

[What to Expect in DC: How Post-
Election Changes in the House and
Senate Will Drive a New Agenda for
the 116th Congress](#)

Featuring Kuna Tavalin, Partner at
Stride Policy Group

February 20

1:00 p.m. – 2:00 p.m.

[PAT is 35! Join the PAT Story Corps
Archive Community](#)

March 20

1:00 p.m. – 2:00 p.m.

[New PAT Research: Leveraging the
Findings to Spread Awareness During
Child Abuse Prevention Month](#)

April 24

1:00 p.m. – 2:00 p.m.

[The 2018 Home Visiting Yearbook](#)
Featuring Allison Meisch from the
National Home Visiting Resource
Center.

July 24

1:00 p.m. – 2:00 p.m.

[Breaking the Cycle of Homelessness:
Supporting Young Parents and
Their Children](#)

Featuring Patricia Julianelle, Director
of Program Advancement and Legal
Affairs and Grace Whitney, Director
of Early Childhood Initiatives from
School House Connection.

Webinar questions? Contact [Lisa
Foehner](#), Director of Advocacy.

Using Penelope? Need Help?

Penelope Q&A sessions are available
upon request for all PAT Affiliate
programs in Pennsylvania. Contact
[Alexia Brown](#) for more information or
to schedule a session.