

FAMILY TIME

A Publication of the Erie Family Center for Child Development



Erie Family Center for Child Development • March & April 2014 • Series # 6 • Issue # 3

Hugs for Home Visitors

Families who have a home visitor from the Parents As Teachers and Healthy Families America programs will probably agree these staff are pretty special people. This doesn't happen by accident -- in fact, hiring a quality home visitor is as much about their personal characteristics, as well as considering their education and experience.

The most successful home visitors are compassionate and non-judgmental by nature. They have a special ability to establish a trusting relationship with families. They all love to hug babies, and are as excited as the parents when a child learns to do something new!

Successful home visitors have often "been there, done that." They know the struggles families face firsthand, and they understand every family is unique. Home visitors see families' strengths, and encourage parents to use those qualities to help their children grow healthy and strong in a safe environment.

Home visitors have a lot of experience assisting families who face challenges, and are really great at thinking on their feet! Based on their education and experience, they are able to handle a variety of situations they encounter every day on the job.

With extensive training in a wide variety of topics, home visitors are uniquely qualified to understand how best to assess a family's needs, listen to their concerns, offer resources to help the family plan and reach their goals, and manage crises as they arise.

As we approach April and Child Abuse Prevention Month, please take time to recognize the home visitors who serve your family. They enjoy hugs, too!

Honoring Elsie

Thinking of home visitors who are special, we share the sad news of Elise Diduch's death on February 24th after a long battle with cancer. Most recently, Elsie was the program director for the Parents As Teachers home visiting services at the Union City Family Support Center. She has a long, strong history of advocating for children and families in Erie County, and around the world. A tireless worker, Elsie was involved in the development of many local preschool and early learning initiatives, and was especially devoted to working with kinship caregivers. Many in the Erie Community knew and worked with Elsie, admiring her passion and longstanding commitment to quality early education. To continue Elsie's legacy of supporting children, the Erie Community Foundation has created a special division of Erie's Future Fund to support a certain number of scholarships to be called "Elsie's Kids", given annually to children living with families with low income in Erie County.

SAVE THE DATE!

Parent Advisory Council Meeting

March 10, 12:00 - 1:00 pm (EFC)

Building Bridges Committee Meeting

March 12, 11:00 am - 1:00 pm (EFC)

Motherhood West County

Fridays, March 14 - May 30 (No class April 18)
10:00 am - 12:00 pm (Mercyhurst West, Girard)

Movin' to the Music - Family Fun Event

March 20, 10:00 am - 11:00 am (EFC)

Disability Awareness Fair

March 29, 10:00 am - 11:00 pm
Macy's Concourse at the Millcreek Mall

Building Bridges Committee Meeting

April 9, 11:00 am - 1:00 pm (EFC)

First Day of Trout

April 12 (Presque Isle State Park)

Parent Advisory Council Meeting

April 14, 12:00 pm - 1:00 pm (EFC)

District Non-Attendance Days:

April 14, 15, 16 and 17 (EFC Open)

District Holidays:

April 18 and 21

Parent Cafe

April 23, 12:00 pm - 1:30 pm (EFC)

Play-Over - Family Fun Event

April 24, 10:30 am - 11:30 am (EFC)

Motherhood Support Initiative, EFC

Wednesdays, 10:00 am - Noon
Thursdays, 6:30 - 8:30 pm

Foundations of Fatherhood

See calendar for locations and times

For more information, call 874-6990

Winter Feature

Keeping a Baby Warm and Safe on Cold Winter Nights

Source: Safe Kids Pennsylvania

Extra blankets can seem so cozy in a baby's crib but soft bedding can block a baby's airway during sleep. A firm mattress covered with a tight-fitting crib sheet is all you need for your baby to sleep well. If you are worried about keeping your baby warm on those cold winter nights, try using a sleepsack (wearable blanket).

- Because most infant suffocation occurs in the sleeping environment, **babies should always sleep in a safe crib, bassinet or pack-n-play.**
- **Lay your baby on his or her back** for every sleep.
- We know that stuffed animals, bumpers and all those cute accessories make a baby's crib seem warm and cozy. Unfortunately, they can often do more harm than good. **Soft bedding can block a baby's airway during sleep.** A firm mattress covered with a tight-fitting crib sheet is all you need to make your baby sleep like a baby.
- **Room-sharing is a safer option than having your baby sleep in bed with you.** Place your baby's crib, play yard or bassinet in your room for more convenient feeding and close contact.
- Remember to **always return your baby to his or her own crib** when you are ready to go back to sleep. This is tough sometimes because parents are often more tired than the babies, but it is much safer.

Learn more at www.PaSafeKids.org.



Preventing injuries:
at home, at play
and on the way.

Kindergarten Registration at Erie's Public Schools

If child is 5 years old on or before
September 1, 2014,
register on **April 1-3 & 8-10.**
Call 874-6150 for more info.

DON'T FORGET!

We'll soon be making **FAMILY TIME** available electronically both via email and through our new website. The electronic version of **FAMILY TIME** will be delivered in full color with exclusive stories and photos that won't be available in print. The print version will still be available, but we encourage you to join our ongoing effort to reduce printing costs and protect the environment.

To begin receiving this newsletter electronically, please call the front desk at 814-874-6990 or email eriefamilycenter@eriesd.org to be added to the list.

FOCUS ON: Motherhood Support Initiative

The Motherhood Support Initiative (MSI) is a **FREE** 12 Week Workshop for all Moms in Erie County. MSI offers a safe, supportive group for women to more fully understand their importance as a mother in the lives of their children. With the help of a qualified group facilitator, women receive assistance to improve family management and parenting skills.



Class Schedule:

Wednesdays, 10:00 am - 12:00 pm
Erie Family Center for Child Development
913 Payne Avenue, Erie, PA 16503

Thursdays, 6:30 pm - 8:30 pm
Erie Family Center for Child Development
913 Payne Avenue, Erie, PA 16503

Now in West Erie County!

Friday Mornings, March 14th - May 30th, 2014*

10:00 am - 12:00 pm • Mercyhurst West Campus, Girard

* Class will not be held on April 18th in observance of the holiday.

Sign Up Today at **814-874-6990**

Childcare and transportation provided for participants with advance registration.

This FREE prevention program is one of several made possible through the financial support of the Erie County Office of Children and Youth Services and the Erie Family Center.

Recent News at EFC



Right on the Money Wraps Up

The Winter 2014 session of Right on the Money, our Financial Education Program, wrapped up on January 30th. 3 parents and 7 youth participated in the 4-week program.



STEP Classes Underway at EFC

Systematic Training for Effective Parenting (STEP), our parent education program, started in February. 4 families are participating and will graduate on March 25.

1-2-3

MAGIC

FREE 3 Day Education Workshop for Parents in Erie County

14 People Complete 1-2-3 Magic

In February, 14 participants completed 1-2-3 Magic, a parent education program that helps parents build strong and positive relationships with their children.

The Erie Family Center for Child Development presents



movin' to the
MUSIC

Adventures in Music & Movement

Thursday, March 20

10 - 11 am at the Erie Family Center

🎵 Parents & Children 0-5

🎵 Dance Together

🎵 Sing Along Activities

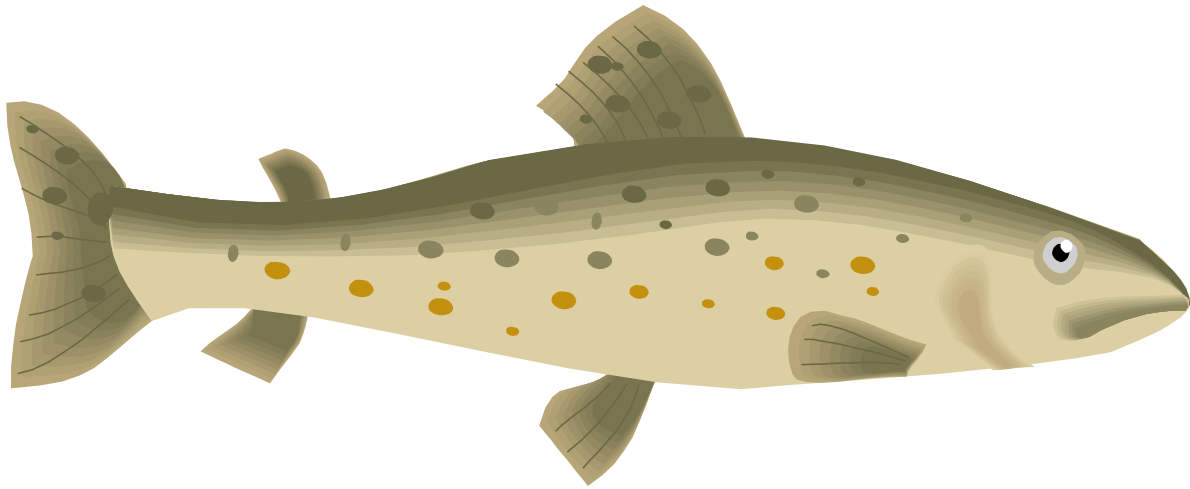
🎵 Have fun as a family!

Light Refreshments will be served. Transportation assistance available upon request at time of registration.

🎵 To sign up, call 814-874-6990 🎵

This FREE event is open to all families currently receiving services at EFC. Call 874-6990 for more information.

FIRST DAY OF TROUT



Teach Your Kids How to Fish!

WHEN: Saturday, April 12, 2014

WHERE: Presque Isle Ponds, Presque Isle State Park

COST: Kids Fish FREE, adults must purchase a license

Call Neil at 874-6990 to RSVP



Erie County Family Center for Child Development

**Foundations Of
Fatherhood**



Erie County Family Center for Child Development

**Motherhood
Support Initiative**

For more information on fishing in PA,
visit www.fishandboat.com.





Please Join Us at the

Parent Cafe

Making Connections...Families Matter!

Help make a difference in your community by joining other parent leaders for light refreshments and good conversation.

April 23, 2014

12:00 pm - 1:30 pm

at the Erie Family Center, 913 Payne Avenue

R.S.V.P. by April 16 at 814-874-6990

Transportation and childcare provided, please request during registration

The Erie Family Center for Child Development presents

PLAY-OVER



A play group for children ages 2-4

Thursday, April 24

10:30 - 11:30 am 



at the Erie Family Center

- ★ Play Group hosted by Early Intervention teachers
- ★ Parents learn new child development activities
- ★ Children interact with others & make new friends
- ★ Q&A Session with Early Intervention teachers

Learn everything you need to know about managing behavior, encouraging speech development, and getting ready for school!

To sign up, call 814-874-6990

Light refreshments will be served. Transportation assistance available upon request.

This FREE event is open to all families currently receiving services at EFC. Call 874-6990 for more information.

Erie Family Center for Child Development



Choose Your Path

FREE Skill Building Program for Youth in Erie County

Teenagers are Smart. Sometimes they just need help with directions...

Help a teenager find their way home - to their family and their neighborhood. In this six week program, teenagers will learn:

- Basic Home Maintenance & Repair
- Lawncare and Landscaping
- Basic Auto Maintenance
- Money Management
- Business Planning
- Community Organization & Pride

Join us **Monday Evenings**

April 28th - June 9th*

4:30 - 6:30 pm • Erie Family Center

* Class will not be held on May 26th

Sign up today at 874-6990

Help Us Protect Teens from Online Threats

by participating in our study

NOW RECRUITING!

About this research...

Today's teens are growing up in a world that is always connected, always online...***but not always safe***. We are conducting a web-based diary study in which parents and teens report on various online risks teens are confronted with on a weekly basis over the course of two months. By better understanding the types and frequency of risks, how teens handle them, and the role of parents, we will be able to develop better strategies for protecting teens from serious online threats, such as information breaches, online harassment, sexual solicitations, and exposure to explicit content. ***We need your help!***

Who can participate?

We are seeking **parent-teen pairs** to participate in this research study. If you are the parent or legal guardian of a teen **age 13 to 17**, please sign up!

Payment for participation.

You and your teen can receive up to a \$75 Walmart or Amazon gift card for participating in this study.

Sign up online at:

<http://pal.ist.psu.edu/teen>

Note: Teens under the age of 18 must have parental consent in order to participate in this research study.

CONTACT US FOR QUESTIONS:

Dr. Pamela Wisniewski
The Pennsylvania State University
College of Information Sciences & Technology
University Park, PA 16802
Phone: (814) 321-5892
Email: pamwis@ist.psu.edu
<http://pal.ist.psu.edu/teen>



The Pennsylvania State University

BETTER TOGETHER Workshop Series



March 25th | 5:30-8 PM
East High School
1001 Atkins Street, Erie
(open to K-12 students and families)

March 25 Parent Workshops Include

**College:
Let's Make it Happen!**

•
**Saving Green
by Going Green**

•
**Common Core
State Standards**

•
**Parenting with
Love and Logic**

**DINNER WILL
BE PROVIDED
IMMEDIATELY
FOLLOWING
WORKSHOPS**

Special Guest
CLIFF CROSBY ▶
Former NFL Super
Bowl Champion and
East High Graduate



This district-wide family involvement workshop series is free and open to the public.

Visit www.eriesd.org/bettertogether for more information!



KICK-OFF CONCERT RALLY

Friday, March 28, 2014

7 pm - 10 pm at East High School
Featuring Artist & Motivational
Speaker Carlos "Los-1" Ramirez

EDUCATIONAL SESSIONS

Saturday, March 29, 2014

9 am - 2:30 pm at East High School
Featuring Motivational Speakers
Ron Pacley & Marcus Atkinson

Registration is required. For more information please contact Afrieeca Woodard at 814-434-0697.

Join us for Erie's inaugural fair for . . .



Disability Awareness

Saturday, March 29th – 10am 'till 1pm

Macy's concourse at the Millcreek Mall

Free screenings – Resources – Activities for all ages!



Win a Family Fun Package from the Wingate Hotel!!!

The Arc
For people with intellectual and developmental disabilities

1st Annual Be a Hero Run



You are encouraged to dress as your favorite superhero in some way: costumes, t-shirts, socks, capes, headgear, you decide!

When: April 13th

Where: Presque Isle State Park Beach 1

Who: Erie County Child Abuse Task Force

Why: As a Community, we all have the ability to

Be A Hero to a child!


Your participation will enable the Erie County Child Abuse Task Force (CATF) to continue to prevent child abuse and neglect through education, advocacy and public awareness.

Your support helps us spread awareness of this important cause at community events.

Register online at www.bigwhitetrailer.com

Check out, like, and share our Facebook group page for details and updates: **Erie County Child Abuse Task Force**

Supporting organizations: Gannon University SPSEA, Crime Victim Center, and Safe Harbor Behavioral Health



8th Annual Success By 6 Early Learning Expo

*Sponsored by
Success By 6 Erie County Early Care & Education Directors Committee
and Widget Financial*

Saturday, April 26, 2014

11:00a.m. to 3:00p.m

At our new location: The Millcreek Mall

JOIN US

Celebrate Month of the Young Child

Join us to learn about how important the early years are to a child's later academic and social success. Find information about the importance of early childhood education and quality care programs, developing school readiness skills, how children learn through everyday play, and available resources in our community.

Free to all families

Free book for every child

Hands-on activities:

face painting, planting, gym activities, arts & crafts, healthy eating, and much more!

Live entertainment

Exhibit tables

And Much More!

Need Assistance Paying for Child Care?

Child Care Information Services of Erie County May be able to Help

CCIS, the subsidized child care program helps low-income families with the cost of child care

Basic Guidelines:

- You must live in Pennsylvania
- Meet Income Guidelines for your family size
- Work 20 hours or more a week — or— work 10 hours and in a school/training program for 10 hours a week
- Have a promise of a job that will start in 30 days
- Have a child that needs care while you work or attend an education program
- Child eligible from birth –12 years of age.
- Teen parents enrolled in a full time education program

No “Waiting List”

- Currently CCIS of Erie County does not have a waiting list for low income subsidized child care funding.
- Applications can be made by phone or online line at Compass.

Phone: 814-451-6580

or toll free at
1-877-288-2022

www.compass.state.pa.us

Income Guidelines

The Annual income for a family to be eligible to receive child care subsidy is 200% of the Federal Poverty Income Guidelines

Family Size	Maximum Yearly Income (May 2013)
2	\$31,020
3	\$39,060
4	\$47,100
5	\$55,140
6	\$63,180



- Use quality child care for before and/or after school care for school aged children.
- Summer care only applications being accepted April 1
- Not sure what child care providers may offer before/after school care or care for your younger children feel free to call CCIS Resource and Referral for a listing of regulated providers call 451-6676.

Enrollment for health insurance open only until March 31, 2014!

Find out if you can access affordable health insurance at Healthcare.gov

- Individuals and families in Erie County have several options for obtaining assistance in finding and applying for health insurance through the healthcare.gov website.
- Community Health Net has five Certified Application Counselors who are available to assist consumers with this process.
- The Certified Application Counselors at Community Health Net are available 7 days a week to go into the Erie County community upon request to assist individuals in navigating the healthcare website. Sessions have already been conducted at the library, churches and social service agencies.
- **Open Enrollment is available through March 31 to select a health insurance plan through Healthcare.gov for the year 2014. If you do not currently have health insurance and you enroll during this open enrollment period, you will not be subject to the fee for not having insurance. Most people must have health coverage in 2014 or pay the fee.**

To schedule an appointment or request a Certified Application Counselor to come to your organization please email mrobertson@community-healthnet.com, or call Outreach and Enrollment at 814-454-4530 ext 232 or stop by Community Health Net at 12th and State Streets in downtown Erie.

To learn more, visit the Community Health Net website (www.community-healthnet.com).

MARCH 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Fatherhood: 6:30 PM (Crossroads) 6:00 PM (Union City) ESD Early Dismissal: 1 pm	Fatherhood: 10:00 AM (Sassafras) 1:00 PM (North East) 6:30 PM (EFC) STEP: 5:00 - 6:30 pm (EFC)	Motherhood: 10:00 AM (EFC) Fatherhood: 6:30 PM (Girard) SFP 6-11: 3:30 - 6:00 PM (North East)	Motherhood: 6:30 PM (EFC) Fatherhood: 6:30 PM (EFC)		
9	10	11	12	13	14	15
	Fatherhood: 6:30 PM (Crossroads) 6:00 PM (Union City) PAC Meeting: 12:00 - 1:00 PM (EFC)	Fatherhood: 10:00 AM (Sassafras) 1:00 PM (North East) 6:30 PM (EFC) STEP: 5:00 - 6:30 pm (EFC)	Motherhood: 10:00 AM (EFC) Fatherhood: 6:30 PM (Girard) Building Bridges: 11:00 AM - 1:00 PM (EFC) SFP 6-11: 3:30 - 6:00 (North East)	Motherhood: 6:30 PM (EFC) Fatherhood: 6:30 PM (EFC)	Motherhood: 10:00 AM (Girard)	
16	17	18	19	20	21	22
	Fatherhood: 6:30 PM (Crossroads) 6:00 PM (Union City)	Fatherhood: 10:00 AM (Sassafras) 1:00 PM (North East) 6:30 PM (EFC) STEP: 5:00 - 6:30 pm (EFC)	Motherhood: 10:00 AM (EFC) Fatherhood: 6:30 PM (Girard) SFP 6-11: 3:30 - 6:00 PM (North East)	Motherhood: 6:30 PM (EFC) Fatherhood: 6:30 PM (EFC) Movin' to the Music: 10:00 - 11:00 AM (EFC)	Motherhood: 10:00 AM (Girard)	
23	24	25	26	27	28	29
	Fatherhood: 6:30 PM (Crossroads) 6:00 PM (Union City)	Fatherhood: 10:00 AM (Sassafras) 1:00 PM (North East) 6:30 PM (EFC) STEP: 5:00 - 6:30 pm (EFC)	Motherhood: 10:00 AM (EFC) Fatherhood: 6:30 PM (Girard) SFP 6-11: 3:30 - 6:00 PM (North East)	Motherhood: 6:30 PM (EFC) Fatherhood: 6:30 PM (EFC) SFP 6-11: 3:30 - 6:00 PM (North East)	Motherhood: 10:00 AM (Girard)	Disability Awareness Fair: 10:00 AM - 1:00 PM Macy's Concourse at the Millcreek Mall
30	31	Foundations of Fatherhood Locations: <ul style="list-style-type: none"> • Simpson Cascade United Methodist Church: 1001 West 21st St. (Erie) • Community Nursing Services of North East: 7 Park Ave. (North East) • Erie Family Center (EFC): 913 Payne Ave. (corner of E. 10th & Payne Ave.) • Rice Avenue Community Library: 705 Rice Ave. (Girard) • Gaudenzia/Crossroads: 414 W. 5th St. (Erie) • Union City Family Support Center: 38 North Main St. (Union City) 				

Please call
874-6990
for more information.



APRIL 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please call 874-6990 for more information.</p>						
6	7	8	9	10	11	12
	<p>Fatherhood: 6:30 PM (Crossroads) 6:00 PM (Union City)</p>	<p>Fatherhood: 10:00 AM (Sassafras) 1:00 PM (North East) 6:30 PM (EFC)</p>	<p>Motherhood: 10:00 AM (EFC) Fatherhood: 6:30 PM (Girard) Building Bridges: 11:00 AM - 1:00 PM (EFC) SFP 6-11: 3:30 - 6:00 PM (North East)</p>	<p>Motherhood: 6:30 PM (EFC) Fatherhood: 6:30 PM (EFC)</p>	<p>Motherhood: 10:00 AM (Girard)</p>	<p>First Day of Trout: <i>See flyer for more info.</i></p>
13	14	15	16	17	18	19
	<p>Non-Attendance Day for ESD Teachers & Students Fatherhood: 6:30 PM (Crossroads) 6:00 PM (Union City) PAC Meeting: 12:00 - 1:00 PM (EFC)</p>	<p>Non-Attendance Day for ESD Teachers & Students Fatherhood: 10:00 AM (Sassafras) 1:00 PM (North East) 6:30 PM (EFC)</p>	<p>Non-Attendance Day for ESD Teachers & Students Motherhood: 10:00 AM (EFC) Fatherhood: 6:30 PM (Girard) SFP 6-11: 3:30 - 6:00 PM (North East)</p>	<p>Non-Attendance Day for ESD Teachers & Students Motherhood: 6:30 PM (EFC) Fatherhood: 6:30 PM (EFC)</p>	<p>District Holiday GOOD FRIDAY</p>	
20	21	22	23	24	25	26
EASTER	<p>District Holiday Fatherhood: 6:30 PM (Crossroads) 6:00 PM (Union City)</p>	<p>EARTH DAY Fatherhood: 10:00 AM (Sassafras) 1:00 PM (North East) 6:30 PM (EFC)</p>	<p>Motherhood: 10:00 AM (EFC) Fatherhood: 6:30 PM (Girard) Parent Cafe: 12:00 - 1:30 PM (EFC) SFP 6-11: 3:30 - 6:00 PM (North East)</p>	<p>Motherhood: 6:30 PM (EFC) Fatherhood: 6:30 PM (EFC) Play-Over: 10:30 - 11:30 AM (EFC)</p>	<p>Motherhood: 10:00 AM (Girard)</p>	<p>NATIONAL INFANT IMMUNIZATION WEEK April 26 - May 3</p>
27	28	29	30	<p>Foundations of Fatherhood Locations:</p> <ul style="list-style-type: none"> • Simpson Cascade United Methodist Church: 1001 West 21st St. (Erie) • Community Nursing Services of North East: 7 Park Ave. (North East) • Erie Family Center (EFC): 913 Payne Ave. (corner of E. 10th & Payne Ave.) • Rice Avenue Community Library: 705 Rice Ave. (Girard) • Gaudenzia/Crossroads: 414 W. 5th St. (Erie) • Union City Family Support Center: 38 North Main St. (Union City) 		