SHIPPENSBURG HEAD START & PRE-K COUNTS

News To Know...

Looking for **WEATHER** Updates:
Please remember we follow your school districts Delays, Cancellations and Early Dismissals.

@ShipHSandPreK

Important DATES:

**Policy Council:**
- March 19
- April 16

**NO CLASS:**
- March 13
- March 20
- April 10-17
- April 24
- April 9

**PRE K**
- April 9

**GOAL SETTING WORKSHOP**
- Shippensburg—Mar 3
- Newville— Mar 5
- Carlisle— Mar 6

**Parenting Workshop**
- April 1 –3

**WHEN YOU DON'T KNOW WHERE TO TURN,**
- CALL 211

RESOURCE HELPLINE
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From the Education

Typical math development in children by age

Babies (0-12 months)
- Begin to predict the sequence of events (like running water means bath time)
- Start to understand basic cause and effect (shaking a rattle makes noise)
- Begin to classify things in simple ways (some toys make noise and some don’t)
- Start to understand relative size (baby is small, parents are big)
- Begin to understand words that describe quantities (more, bigger, enough)

Toddlers (1-2 years)
- Understand that numbers mean “how many” (using fingers to show how many years old they are)
- Begin reciting numbers, but may skip some of them
- Understand words that compare or measure things (under, behind, faster)
- Match basic shapes (triangle to triangle, circle to circle)
- Explore measurement by filling and emptying containers
- Start seeing patterns in daily routines and in things like floor tiles

Preschoolers (3-4 years)
- Recognize shapes in the real world
- Start sorting things by color, shape, size, or purpose
- Compare and contrast using classifications like height, size, or gender
- Count up to at least 20 and accurately point to and count items in a group
- Understand that numerals stand for number names (5 stands for five)
- Use spatial awareness to put puzzles together
- Start predicting cause and effect (like what will happen if they drop a toy in a tub full of water)

Kindergartners (5-6 years)
- Add by counting the fingers on one hand—1, 2, 3, 4, 5—and starting with 6 on the second hand
- Identify the larger of two numbers and recognize numerals up to 20
- Copy or draw symmetrical shapes
- Start using very basic maps to find a “hidden treasure”
- Begin to understand basic time concepts, like morning or days of the week
- Follow multi-step directions that use words like first and next
- Understand the meaning of words like unlikely or possible

For more information on developmentally appropriate activities to use at home, please talk with your child’s teacher, home visitor, or an Education Coordinator at 717-477-1626.
DO BIRDS HAVE EARS?

Young children are naturally curious and enjoy exploring the world around them; they find countless things to observe, investigate, and wonder about. Why does a spider spin a web? Do birds have ears? How do fish breathe?

Parents and teachers can foster children’s natural curiosity in many ways. When a child expresses an interest in a subject or poses a question about a natural phenomenon, a trip to the library can reveal answers and open up other doors to learning.

Family outings—even simple, short, inexpensive excursions—pique children’s interest in the natural world. Parents and children encounter many wonders on walks through the park, along a pond, even in a neighbor’s vegetable garden. Other visits can be planned to nature centers, science museums, zoos, fossil-laden hills, beaver dams—the choices are endless.

From time to time, pack a picnic lunch and make a day of it. Be sure to take along a couple of containers (at least one with air holes in it) so that you and your child can collect specimens. An inexpensive magnifying glass is also a valuable field accessory. And don’t forget paper and pencils.

Talk about what you see. Your child might like to draw some observations. Encourage her questions by writing them down in a notebook for further investigation—most of us find that we don’t know the answers to all of kids’ questions, and it’s fun to research them together. The child’s curiosity and spirit of investigation thrive when you are her fellow scientist, wondering about things and checking them out together.
Childproof Your Home

A home is never fully childproof. Nothing replaces adult supervision. Layers of protection help prevent injuries.

Bathroom
- Door Knob Cover
- Locks on Cabinet Doors
- Toilet Seat Lock
- Plus Outlet Covers
- Bath Faucet Cover
- Bath Thermometer
- Anti-Scald Devices/Set Water Temp 120°
- Medication in Locked Medicine Cabinet

In Every Room
- Smoke Detectors
- Carbon Monoxide Detectors
- Cordless Window Covering
- Drape Cord Shorteners
- Plug Outlet Covers
- Fire Escape Ladders
- Flashlights
- Anchor Furniture to Wall
- Consider Home Fire Sprinklers

Livng/Family Room
- Cordless Window Covering
- Secure/Shorten Power Cords
- Anchor Furniture to Wall
- Furniture Corner Cushions
- TV Secured on Wall
- Plug Outlet Covers

Outlet Covers

Stairway & Hallways
- Gates (Top & Bottom of Stairs)
- Ensure Night Lighting

Kitchen
- Refrigerator Door Locks
- Cabinet Door Locks
- Drawer Latches
- Stove Knob Covers

Baby's Room (Nursery)
- Cordless Window Covering
- Window Guards
- Closet Knob Cover Locks
- Secure/Shorten Power Cords
- Anchor Furniture to Wall
- Plug Outlet Covers
- Night Lighting

Secure Doggy Door to Pool Area

Visit "Parent Central" at www.procar seatsafety.com
proconsumersafety@gmail.com

Sources: www.cpcs.gov
www.safekids.org
Go Green
Spring has almost sprung. It won’t be long before you can head out into the great outdoors for fun and sun. This month’s newsletter features things you and your family can do inside to turn trash into treasure. Think about what you usually throw away. Many things like cans, plastic bottles, cardboard and paper can be remade into new items. Making recycled goods takes less energy and fewer resources than making products from brand new materials.

“Green” Bean Bags
Where did the other sock go? Ever ask yourself that question while doing laundry? Now you can create bean bags from lonely or worn out socks. You will need:

- Old or single socks
- Scissors
- Stuffing (beans, Styrofoam, popcorn, etc.)
- Something to close the end up with (needle and thread, strong glue, duct tape)

Directions:
1. Cut off the open end of the sock, leaving 4-5 inches.
2. Fill the toe of the sock with stuffing. Make sure to leave enough room to close it off and for the stuffing to be able to move around a little.
3. Close up the end with what materials you have.

Note... If you chose to close the sock with a needle and thread or certain types of glue, it is advisable that an adult do it. Another option is to leave the sock alone and simply close the end with a knot.

Use your bean bags in a variety of ways. Not sure what to do? Check out the Move it! section for a fun inside activity.
Chant it!
Phonological Awareness is a very important skill children need to become readers. The best way to help children to develop Phonological Awareness is by encouraging them to do something they love... play with words. This month’s Chant it! focuses on the rhyming song, Willoughby Walliby Woo. You and your family can get creative and make up your own silly song.

Willoughby Walliby Woo
Willoughby walliby wee
An elephant sat on me
Willoughby walliby woo
An elephant sat on you
Willoughby Walliby Wusten
An elephant sat on Justin
Willoughby Walliby _____
An elephant sat on _____

Move it!
This month’s Move It! focuses on an inside tossing activity. All it takes is a little preparation and safety check.

“Green” Bean Bag Toss
You will need:
- Bean bags (refer to the activity on the front page of this newsletter)
- Cardboard box
- Tape or a piece of paper

Note... To involve the children even more, you can give them markers or stickers to decorate the box. You can also cut holes of various sizes in the side of the box.

Directions:
1. Find a good place in the house to set up the game, somewhere free from fragile objects and plenty of room.
2. Set the box on the floor, either with the opening on the top or the front.
3. Place a piece of tape or paper to show the children where to stand. The older the child, the further away from the box.
4. Encourage your children to throw the bean bags with the goal of getting them in the box.

To make the bean bag toss box shown above, visit: http://www.make-baby-stuff.com/bean-bag-toss-game.html

For more info on I am moving I am learning, visit: http://tinyurl.com/movelearn
Check out Choosy Kids and their resources at: www.choosykids.com
This publication was developed as part of the KKGI initiative. Visit the KKGI website at: www.panen.org/keystone-kids-go
Welcome to CLASS OF 2033

2020-2021 Shippensburg Area School District

Kindergarten Registration

ATTENTION PARENTS/GUARDIANS:

- Registration is Now Open!
- Children must be at least 5 years old by September 1, 2020.
- Online registration forms must be completed prior to the in-person screening. Forms are located on the district website (http://www.shipk12.org) or the Facebook page.
- In-Person Screening Appointments can be made after the online registration forms are complete.
- In-Person Screenings at the Shippensburg Public Library March 30th, 31st and April 1st

?? ? QUESTIONS ?? ??

Please contact one of the principals/directors below.

- Nancy Grayson Principal - Mrs. Martin - 717.530.2770
- Grace B. Luhrs Director - Mrs. Garner - 717.477.1612
- James Burd Principal - Mr. Flohr - 717.530.2780
5 Tips To Help Grandparents Raising Grandchildren

Tracy Whitney

There are many factors that lead to grandparents raising grandchildren. There are just as many factors that make this a hard row to hoe at this stage of your life. We offer these five tips to help set the stage for your family’s success in this kinship care journey.

1. Educate yourself about raising grandchildren

Work with your grandchildren’s caseworker(s) to learn as much as you can about the hurdles that the kids might be facing because they cannot live with Mom or Dad. Find out where local foster parent trainings are and take the courses. Ask the caseworker or other foster care professionals for book recommendations that will help you understand issues of trauma, neglect, pre-natal exposure and attachment. Creating a Family also has an online education program specifically for foster parent and kinship providers.

For grandparents raising grandchildren after being out of the “parenting game” for a long while, it’s important to learn what resources and supports your local community can offer you. The landscape of what is offered now likely looks very different than when you were raising your kids. If your caseworker cannot help you access these, join a local foster parent support group. Meeting with them regularly will provide support and education that you need to help your family thrive.

2. Find your “someone.”

The old adage “it takes a village” is so very true with the unique dynamics of kinship foster care or adoption. You likely were not planning to be raising your grandchildren at this stage of life. Working through your new reality means that you need a safe person with whom to process those feelings. If your grandkids are struggling with all the changes, you need a trustworthy, experienced sounding board to help you help them. Having a couple of safe friends who can practically support you with occasional meals, child care, and even mentoring for your grandchildren will be an invaluable support to you.

In-person and online support groups are both valuable tools in building your village. They serve different purposes but the value of gathering with others is that you are with folks who “get it.” It staves off isolation that comes from being back in the child-rearing season of life when other friends have moved on.
3. **Take care of yourself while raising grandchildren**

Closely related to the previous tip, engaging in self-care is crucial to maintaining a healthy environment for your grandkids to heal and thrive. **Find what feeds your spirit**, separate from your parenting, and do it. Get away for a hike, find a book club, take up gardening, or join a gym. Make sure you keep yourself at the top of the list, prioritizing your health to be sure that you can be at your best for these precious grandkids who need you.

4. **Keep communication open and honest**

This tip might be harder to implement, especially if your grandkids’ birth parent(s) is your own child. But it’s as vital to your mental and emotional health as it is to your grandchild’s health. When interacting with your grandchildren’s parent(s), be open, honest and clear. You might find these resources helpful for building (or re-building) a relationship with the birth parent(s). If you are having a hard time, reach out to a caseworker or from a trusted third party like a clergy or counselor. Keep the channels of communication wide open with the kids’ educational team as well. You will all need to work together to help the child succeed in school. Many kids who have experienced the losses your grandkids are facing will struggle in school and in their new home life. The school can offer you supports as long as you keep them in the loop about what is going on at home and how it is affecting them at school.

When interacting with your grandchildren’s parent(s), be open, honest and clear.

5. **Have fun raising your grandkids!**

One of the most important things to remember is that these kids need the joy and simplicity of childhood restored. **Find the things that make you laugh together.** Take time to relax and unwind together. Take up hobbies or activities that will help you forge attachments. There will be tremendous healing for you all in being able to revel in child-like joy and wonder again. This might look different for you now than it did when you were raising your children the first time. But if you can let the children lead the way in exploring things that feel fun to them, you might have fun yourself in the learning!
March 17th
9am-2pm
WALK –INS
WELCOME
Shippensburg University
Head Start Office
In the
Cora Grove Spiritual Center

PARENT LUNCH & LEARN
APRIL 1-3
Learn more about parenting skills and tips!
Look for more information coming home with your child soon!

CHILDREN’S FAIR
FREE ADMISSION
Various Carnival Games & Activities
SATURDAY, APRIL 4 • 10:30 AM - 1:00 PM
Shippensburg University • Helges Field House
For more information, please email jithompson@ship.edu.

Parental Supervision Required.
Sponsored by Shippensburg University’s First Year Experience and Community Engagement and Target.
On Saturday, April 4, 2020, from 12-3 PM, Georgie Lou's and downtown Carlisle will be offering the eighth annual Bunny Hop! This day of spring fun will center around a downtown wide "egg hunt", where children 12 and under will frolic from business to business collecting eggs and treats. Children are encouraged to dress in their Sunday best to form their very own Easter Parade! Maps of participating locations will be available at Georgie Lou's, located at 56 W. High Street, on the day of the event and will be handed out starting at noon.

**April 11**
Doubling GAP Ranch
98 Hill Lane
Newville

**11am—2pm**
DGR is so excited to host our 2nd egg hunt event! After our amazing turnout last year we are stepping up our egg count to 1000!!
1000 eggs filled with candy or surprises!

No Registration needed!
United States Census 2020

It’s No Joke. Census Day is Wednesday, April 1, 2020

Every resident in Cumberland County needs to get counted. But, according to Census 2010, there are some areas of our county that are hard to count – or had a low response rate. Areas include: Carlisle, Enola, New Cumberland, Newville, Shippensburg, and Wormleysburg.

Why is the Census Important?
The 2020 Census affects your representation in government, determines how much state and federal funding the county receives, and provides data to plan for the future.

Why Cumberland County Counts
Help bring tax dollars back to our county, attract new businesses, forecast transportation needs, help us understand and meet consumer needs, enhance public safety plans and improve government services.

With more than $675 billion in federal funds on the table, Cumberland County needs to get its fair share. The only way we can get our fair share is for everyone to be counted.

The United States Census is predicting a 16% undercount, or 40,227 Cumberland County residents who are estimated not to respond to the census. That would result in a potential loss of more than $84.1 million in funding per year in Cumberland County; that works out to $2,093 loss per person, per year, until the next census in 2030.

How to Avoid Scams
The U.S. Census Bureau is committed to making the 2020 Census quick, easy and safe for everyone. During Census 2020, the Census Bureau will never send unsolicited emails requesting participation in the census, ask for Social Security numbers, ask for bank account or credit card numbers, nor will they ask for money or donations. If someone visits your home to collect responses for Census 2020, verify their identity by checking that they have a valid ID badge, with their photo, a U.S. Department of Commerce watermark and an expiration date.

If you suspect fraud, call 800.923.8282 and talk with a local Census Bureau representative. For more information about the 2020 Census visit ccpa.net/census.

Mark Your Calendar

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<td>March 12-20</td>
<td>Look for an invitation to respond online to Census 2020 in the mail.</td>
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<td>A reminder letter or postcard will be sent, if you missed the first one.</td>
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<td>April 1</td>
<td>Census Day. Respond Today!</td>
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#CumberlandCounts
At HeadStart, we believe that goal setting is an essential step towards a family’s growth and success.

Join us to create your own vision board to prove that your goals are achievable through dedication, patience, and micromanagement.

MARCH 3RD, 2020
@ 10:00 AM - 11:30 AM
CORA L. GROVE SPIRITUAL CENTER
SPIRITUAL CENTER DRIVE
SHIPPENSBURG, PA 17257

LIGHT REFRESHMENTS PROVIDED!

MARCH 5TH, 2020
@ 10:00 AM - 11:30 AM
MT. ZION EVANGELICAL CHURCH
51 WEST MAIN STREET
NEWVILLE, PA 17241

MARCH 6TH, 2020
@ 10:00 AM - 11:30 AM
ST. PAUL LUTHERAN CHURCH
201 WEST LOUThER STREET
CARLISLE, PA 17013
**SPRING BUCKET LIST**

- Visit a Farm
- Feed Ducks
- Take a Nature Walk
- Picnic in the Park
- Fly a Kite
- Play Miniature Golf
- Splash in the Rain
- Visit the zoo
- Plant a Flower
- Visit Gardens
New Life
The outdoors is finally coming to life. The cold weather has gone, things are starting to get green and it is time to head outside. Outside the ground might be soft from the winter thaw or muddy from the April showers. Not to worry... Think about what you can do on sidewalks, playgrounds or porches. Some favorite items are sidewalk chalk and bubbles. Don’t have any bubbles? Check out the bubble “recipe” below using common kitchen items.

Joyful Bubbles
You will need:
1. 2 cups dish detergent
2. 6 cups water
3. ¾ cup Karo syrup (corn syrup)

Directions: Mix everything together and let sit overnight.

Bubble tips:
1. If bubbles pop easily or the solution does not work well, add more water.
2. Do not shake or stir the bubble mixture.
3. Dawn and Joy seem to be the best choices for bubbles.
4. Bubbles work great on an overcast day. In addition to this, they love moisture so be sure and try them out after a rain.
5. To catch a bubble in your hand, wet it first.
Chant it!
This month’s Chant it! features a song set to a familiar tune. Your child will learn about shapes and body parts as they go through the words and motions.

**Bubbles, Bubbles**
(Sung to the tune of Twinkle, Twinkle, Little Star)

Bubbles floating all around, (Pretend to catch bubbles)
Bubbles big and bubbles round. (Make a big circle using your arms)

Bubbles on my toes and nose, (Reach over and touch toes, stand up and touch nose)
Blow a bubble... up it goes! (Pretend to blow bubble and move hand upward)

Bubbles floating all around, (Twist and turn body while pretending to catch bubbles)
Bubbles falling to the ground. (Sing slowly as you sink to the ground)

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Move it!
This month’s Move it! focuses on an engaging activity the entire family can do. Your child will work on problem solving and motor skills as they play with the bubbles.

**Pop, Goes the Bubble!**
Bubble play is fun for children of all ages. Try out this activity using things you already have around the house. Some examples are a slotted spoon, funnel, fly swatter, mason jar lid ring and cookie cutters.

You can also craft a bubble wand of your own using a wire coat hanger. Wire hangers can be bent, by an adult, into a variety of shapes and sizes. Use pliers to straighten the wire. Next, bend a large loop at one end leaving room for a handle. Close the loop end off by wrapping a bit of the end around the handle. Plastic-coated wire hangers work best for this although any stiff, flexible wire will work.

Encourage your child to predict which bubble wands will work best. Which will make the smallest bubble? Which will make the biggest bubble?

Blow bubbles up high and blow them down low. Encourage your child to run and jump to catch the bubbles. You can have them squat down low to pop them. Mix it up so they need to make a variety of moves to get them popped.

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For more info on I am moving I am learning, visit: [http://tinyurl.com/movelearn](http://tinyurl.com/movelearn)
Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)
This publication was developed as part of the KKG! initiative. Visit the KKG! website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)
It’s tempting to think of father-child relationships in physical and temporal terms. Is dad affectionate? Does dad spend the time? These things matter — specifically to younger children — but two questions cannot encapsulate the quality or importance of a father-child relationship. New research presents a significantly more complicated vision of involved fatherhood and its benefits across the lifespans of men and their children.

The model that best explains how involved fathers can benefit from positive and consistent engagement with their children is known as the “ABC of Fatherhood.” This research-supported three-point plan for long-term relationships and personal success suggests that father’s emotional investments in their children always pay off.

The “A” in the “ABC of Fatherhood” is for the “affective” climate. This is the sense of love and constancy of a father being there. So a child feels: “My dad has my back. He really cares for me. I could call him at any moment and he would come. I can be halfway around the world and he is thinking of me.”

This affective climate is the most crucial foundation of a father-child relationship. Being secure in a father’s love is the basis for a positive identity and the courage to explore and learn new things. And developing these facets of the father-child relationship is not only good for the kids — it’s also a vital part of adult male human development.

Studies have demonstrated that involved fatherhood improves a man’s cognitive skills, health, and capacity for empathy. It builds his confidence and self-esteem while enhancing emotional regulation and expression. Involved fathers often say that they have learned to control their anger better or not express negative emotions, such as fear, so readily. They have often also recognized the need to express tender emotions which men, stereotypically, are said to find challenging. Again, their emotional development as fathers carries over into other contexts. It’s good for their marriages and their friendships.

“B” represents a father’s behavior. Dad goes to his children’s games, helps with homework, gets out with them and kicks a soccer ball. It’s the observable mark of an involved father-child relationship. When a father is positively engaged in these ways, his children tend to have better school attainment, smoother peer relationships, less drug use, delayed sexual initiation and fewer issues with the law and authorities.

The benefits to this kind of engagement aren’t just long term for men. Fatherhood gives men permission to play, possibly for the first time in decades. If a man without children enjoys building blocks or colouring books, he may be considered immature, but doing these things with children makes him a sensitive caregiver. A close father-child relationship gives fathers opportunities to re-experience childhood, reintegrate memories, and make sense of relationships with their own parents. When they get down on the ground with kids, it’s not only great parenting – they are also engaging in deep psychological development for themselves.
Finally, “C” stands for connection. This is about a father’s synchrony with – and sensitivity to – his children, allowing dad to make use of teachable moments. A father who has mastered connection is good at reading his child’s mood. If he thinks his child needs more from him, he’ll give more. If he thinks that he’s overwhelming the child, he’ll back off. It’s what Edward Tronick, the American developmental psychologist, described as the “dance of parenting,” where we learn about turn-taking and being tuned in to others.

Tuning in changes men. A close father-child relationship means that a father will typically be more empathetic to the outlook of children, a skill that he can then apply elsewhere, such as at work, better understanding the diverse perspectives of colleagues.

A close father-child relationship develops the dad’s capacities for evaluating, planning and decision-making — all part of executive function. Dads do this every day. It comes into play, for example, if they are home for only a couple of hours before the children go to bed but plan to use that time well, on an outing or helping with homework or going to a soccer game. That use of executive function to juggle resources effectively carries over into other parts of a man’s life.

An involved father will create or deploy interpersonal relationships and contextual resources to support his parenting. It’s not unusual for a father who was previously uninvolved in his community to suddenly join a neighborhood association or take an interest in scouting. He wants his kids to be safe and now pursues his goals via pro-social behaviors. Interestingly, these pro-social behaviors sometimes extend to himself. Involved fathers stop smoking. They diet. They go to the doctor. Sometimes they engage in these behaviors despite very poor track records regarding their own health. Again, they want their children to be safe and they are guaranteeing that safety by looking after themselves.

None of this happens overnight. A man doesn’t magically develop these skills or get awarded a seat on the condo board on account of paternity. He achieves developmental gains gradually by successfully building the father-child relationship through a series of transitions as his child develops, his family faces crises or deaths, and his own economic or emotional situation changes. Involved dads double down during transitions. The more a dad connects his fathering to life changes, the “more of a dad” he becomes. There are always events and situations that make it difficult for fathers to remain positively involved with their children; the critical benefit of involved fatherhood is that it puts dads in a position to handle happenstance while remaining focused on fatherhood. This is not only good for men, who have the self-assurance derived from a strong identity and family structure, but for their children, who know that dad has their back.

Father-child relationships are not, in short, just about the kids. Fatherhood has a central role to play in male adult development. This is why physical affection and time spent with children cannot adequately describe the success of a father-child relationship over time. These relationships are successful when they lead to change — when increasingly informed, enthusiastic and skilled fathers learn to parent secure and increasingly independent young people.
ATTENTION!
ALL DADS AND MALE ROLE MODELS

Did you know that having regular community volunteers is an absolute requirement for the continued operation of the Shippensburg University Head Start and Pre-K Counts Program?

We really need you in our classrooms, Home Visits, and Socializations!

Just a few minutes a week could make all the difference!

If you are interested (or know someone who is), ask your Teacher/Home Visitor, or call 717-477-1626, about how you can help!
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http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

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(1) correo: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; o
(3) correo electrónico: program.intake@usda.gov.

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**How to apply:**

Call Shippensburg Head Start 717-477-1626

or stop in and apply

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Shippensburg, Pa. 17257

Call Today!