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

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?
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
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

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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.

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.

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Pennsylvania Children’s Trust Fund
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.
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.

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.

Karen Shanoski, Family-School-Community Partnerships Project Manager
(717) 763-1661 ext. 139, kshanoski@csc.csiu.org

Children’s Trust Fund and Strengthening Families
Rijelle Kraft, Coordinator
(717) 763-1661 ext. 221, rkraft@csc.csiu.org

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.

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.

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.