

Family Support NEWS BRIEF

A publication of

 CENTER FOR SCHOOLS AND COMMUNITIES



Celebrate the Wins

Close your eyes and think about celebrations. What do you hear — Kool & the Gang’s “Celebrate good times, come on” or another party song? What do you see — confetti, cake, music, bubbles? Big celebrations can be a lot of fun, and the world is eagerly moving back toward in-person gatherings and ceremonies to mark our milestones. As we continue our work in these ever-changing times, in what ways can we celebrate the big and small wins every day?

As an avid list maker, I create clear plans for how I will complete my tasks. I am equally intentional about taking a moment to acknowledge and enjoy the feeling of completing each one.

When I complete a project or long task, I turn up my music and have a one-song dance party in my home office. During this brief break, I simply enjoy the feeling of being done. When I get back to my list, that enjoyment fuels my approach for my next task.

At staff meetings, we take time to acknowledge the achievements of staff who complete degrees, move on to other positions, or retire. We also hold dedicated Zoom parties to celebrate special occasions. This reinforces our professional social connections and resilience — we can do it!

When we cultivate this generosity with ourselves, we are more likely to spread it to those around us. Our attitudes as

professionals are contagious. When we take time to celebrate what our team members do, they see that we value their contributions. We do not always realize just how much it may mean to the person.

We also know that not everyone is comfortable with public recognition. Check with staff members about their comfort levels before planning a celebration. Perhaps there is another way in which their contributions can be honored.

Goal setting is an important aspect of our work with families. How do we observe families’ milestones and completions of goals? Might you consider a group event celebrating

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all families' goal completions with the option of family members sharing what they are celebrating? Perhaps they could even "write" what they are proud of on a virtual poster board or word cloud. Acknowledging our past successes can enhance our resilience.

Our work is intensive. We take seriously our responsibility to ensure that we meet program requirements; let us be just as intentional about the need to mark our successes in big and small ways. Do not wait to celebrate. We have survived an extremely difficult year and a half. We are well aware of the challenges that face us. Let us stop and recognize how far we have come.

Sources

[6 Ways to Celebrate at the End of a Project](#)

[14 Awesome Life Milestones People Don't Celebrate, but Should](#)

[Big Ways to Celebrate Every Tiny Victory](#)

[Don't Forget to Celebrate Small Wins at Work](#)

[No Time to Slow Down and Celebrate Your Small Wins? What If I Told You It Could Make You More Productive?](#)



Do you have some success stories or program news that you would like to share in future News Briefs? If so, please email [Kimberly Taylor Carmo](#) or join us online on Facebook at [Pennsylvania Parents as Teachers](#) or [Pennsylvania Strengthening Families Facebook](#).

Safe Kids Corner



Too Hot to Handle

Sometimes babies are so quiet in the backseat that we can forget they are even there. It can also be tempting to leave a sleeping baby in the car so we do not need to wake them up while we quickly run into the store. However, leaving a child alone in a car can lead to serious injury or death from heatstroke, even in cooler temperatures.

Here is some helpful information and tips about heatstroke prevention for kids:

- On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car.
- A car can heat up 19 degrees in just 10 minutes and cracking a window does not help.
- Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's.

Reduce the number of deaths from heatstroke by remembering to **ACT**:

Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. Make sure to keep your car locked when you are not inside so kids do not get in on their own.

Create reminders. Keep a stuffed animal or other memento in your child's car seat when it is empty, and move it to the front seat as a visual reminder when your child is in the back seat. Alternatively, place and secure your phone, briefcase or purse in the backseat when traveling with your child.

Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations

Source

[Heatstroke — Safe Kids Worldwide](#)



Family Support Team

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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Power BI Testimonial

By Heidi Aikens, Cameron County Family Center

"I've been using Power BI since it became available. I use the free license they give you. I do not have enough staff to justify paying for a second license, and I am the only one who regularly looks at reports for our affiliate.

Anyway, Power BI is set up as a list of different reports, and I have found, just the last few months alone, that I have been able to find more easily the mistakes that are made in the system. The reports are named and organized in a way that makes it pretty easy to pinpoint which report you will need to look at to find what you need. It is very user-friendly. Things are also labeled and color-coded to help you find the outliers or mistakes much more quickly. There are specific columns in the reports that indicate what is wrong, which saves me so much time.

I have become pretty used to the Penelope reports, so they are my go-to when it is something day-to-day. However, when I am looking for something more in-depth, like data buried inside a checkbox or a date entry issue that might be harder for me to find, I go to Power BI.

From a supervisory perspective, my advice would be to give Power BI a shot. Claim your free license, and play around with it for a while. If you decide it is not really useful to you, then you are not out anything besides some time to explore. If it is useful and you have more staff that can use it, then you will know firsthand before you spend any funds on it."

Family Support August Webinar

Advocating for Safe and Healthy Families

Wednesday, Aug. 4, 2021 | 10:00 – 11:15 a.m. EDT

Maggie Livelsberger, policy director at Pennsylvania Partnerships for Children, will present the work of Pennsylvania's Prenatal-to-Age-Three Collaborative, which seeks to increase access to high-quality services for infants and toddlers, as well as their families, across the Commonwealth of Pennsylvania. The Collaborative is working on issues around child care, home visiting and maternal and child health. Additionally, she will highlight the recent launch of Thriving PA, a non-partisan, statewide campaign that seeks to improve the quality of and increase access to a coordinated system of health supports, including access to comprehensive perinatal health services, children's health insurance, nutrition supports and lead screening and abatement.

[Register for Advocating Safe and Healthy Families](#)

Parents as Teachers Online Courses

Foundational and Model Implementation

For new parent educators and new supervisors of affiliate programs

Monday, Sep. 13 – Friday, Sep. 24 Monday, Nov. 8 – Friday, Nov. 19
Monday, Oct. 18 – Friday, Oct. 29 Monday, Dec. 6 – Friday, Dec. 17

Foundational 2: 3 Years Through Kindergarten

For new approved users

Monday, Aug. 2 – Friday, Aug. 6 Monday, Oct. 4 – Friday, Oct. 8
Monday, Sep. 27 – Friday, Oct. 1 Monday, Nov. 1 – Friday, Nov. 5

Foundational Training ONLY

Monday, August 9 – Friday, August 17

Register for courses at the National Parents as Teachers' [training website](#).

If you have any questions regarding registration for PAT trainings, please contact [Jennifer Esposito](#).