



Pottstown Early Action for Kindergarten Readiness

Mission: Every child in Pottstown will enter Kindergarten ready to learn and achieve

PEAK Family Connections

PEAK Family Connections: Providing families with resources, support, and opportunities to encourage interactive learning at home and in our community.

PEAK NEWS

PEAK Website

Check out our NEW and IMPROVED website at www.peakonline.org. Be sure to check out the 'Resources for Families' section for tons of information and opportunities right in our area!

Pottstown Family Fest

Save the date - Thursday, March 12

5:00pm-7:00pm

Pottstown Middle School

Plan to come out for an evening of fun and learning! Participate in activities, learn about resources in your community, and enjoy dinner as a family! More details to follow...

Cops N' Kids Literacy Events

Keep an eye out for a flyer detailing the literacy event happening at YOUR site! Sit in while a police officer or community volunteer reads a story to your child's classroom. Also, help your child select a book to bring home!

APRIL - Month of the Young Child!

April is dedicated to celebrate young children everywhere—especially your little ones! Stay tuned for fun community outreach efforts and activities all throughout the month of April!



Winter 2009

DROP PEAK A LINE:

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EMPOWERED PARENTS

TCN FirstCall

610.705.3301

Where to turn for help.

If you have questions about health and human services or needs in the Pottstown area, contact FirstCall. Callers are provided information and referred to community agencies that provide services, benefits, and answers they need. The call is FREE and CONFIDENTIAL.

Guiding Good Choices

Family Services will be hosting a six-week prevention program for parents at the Pottstown Middle School. Pizza, beverages, and childcare will be provided! Please contact Nancy Trahey for more information (610-326-1610).

Community Health and Dental Care

It's that time of year (for colds and bugs, of course)! Our new community health center is now open and accepting patients regardless of insurance coverage! The center is conveniently located at 11 Robinson Street, suite 100 (near Wal-Mart). They are offering comprehensive family, pediatric, dental, and case management services.



To make a medical appointment, please call 610-326-9460.

To make a dental appointment, please call 610-326-7405.



HEALTH and WELLNESS

Is it a COLD, or the FLU??

Get the facts, so you can know how to react!

COLD symptoms may include a sore throat, sneezing, runny nose, and mild cough. Fever is mild, but may run higher with infants and young children.

FLU symptoms are much more severe and may include headache, cough, muscle aches, fatigue, and high fever. Most people feel better in a few days, but cough and fatigue can last up to two weeks.

It is very important to take care of yourself and your family—the best way to treat a cold or the flu is to **prevent** it!

How Can I Prevent Germs from Spreading??

- Practice good hand washing
- Teach children to cough into their elbow/away from people
- Wipe noses with clean tissues—dispose of them and wash hands immediately
- Don't share food, bottles, cups, toothbrushes, or toys that can be put in the mouth
- Play outdoors often—let fresh air into your home daily



Contributed by Kathy Perry—Information retrieved from California Childcare Health Program

Please contact PEAK if you have any questions or concerns or if you would like information about a specific topic published in this newsletter. You may also e-mail Whitney Tyng at wtyng@fsmontco.org.

KID'S KITCHEN

Cooking together is a great way to spend time with your child—it will also encourage the entire family to try new foods and enjoy healthy eating! Incorporate the following ideas into your routine, and then help your child make his or her very own trail mix...

- Young children can watch and help out with small tasks, such as stirring or setting the table
- Older kids can be taught to crack eggs or measure ingredients
- Even very young children can participate—give them empty pots, spoons, and other safe utensils so they can pretend to cook with you—or they just may use the 'instruments' to bang out a tune!

TRAIL MIX

- 1 cup unsweetened cereal of your choice (Cheerios)
- 2 tbsp. (or one miniature box) raisins
- 2 tbsp. of your favorite nut
- 2 tbsp. chocolate chips
- Measure out all ingredients into a large zip-lock bag (may need adult's help)
- Close the bag and shake, shake, shake until mixed
- Munch, and enjoy!!

PEAK Parent Breakfast Clubs

Are you in a hurry in the morning and barely have time to grab a bite to eat? Would you like to socialize with other parents or talk with the PEAK Family Engagement Specialist? If so, then stop by the PEAK Parents Breakfast Club! The club will be located at YOUR early learning site at drop off on the following days:

Head Start (1st Baptist Church) - 1/13

Warwick - 1/20

YMCA - 1/23

MELC - 1/27

KinderCare - 1/30

YWCA - 1/27

Head Start (Administration Bldg) - 2/3

Head Start (Ricketts) - 2/6

