

# Family Support NEWS BRIEF

A publication of

 CENTER FOR SCHOOLS AND COMMUNITIES



## Tips to Stay Safe and Warm in Winter Weather

The winter season often brings cold and snowy climates, blistery winds, severe storms, and the spread of colds and viruses. How can families stay safe during the winter season? What are some practical tips for parents or caregivers during the winter season?

Wintertime is a time when many young children have fun engaging in outdoor activities such as sledding, snowboarding, ice skating, and more. Parents and caregivers should dress their children in layers to prevent frostbite and other injuries.

Dress children in removable layers such as sweaters to keep warm but be careful not to use too many layers as children may overheat. Layers of clothing are best so each layer can be removed if needed.

Consider mittens or gloves, socks, and boots as well. Make sure the boots are not too tight, and children can wiggle their toes. Although it is winter, the sun is

still shining, and experts still recommend putting on sunscreen in order to prevent sunburn and protection from ultraviolet rays.

Parents and caregivers should practice other safety tips indoors. For example, be sure to remove wet clothes immediately and change into dry clothes once children return indoors from outside activity. Parents can help children wash up after coming from outside and wash their hands periodically throughout the day, especially before meals.

It is important for parents to keep their children hydrated during the winter season and to eat plenty of foods with vitamins and minerals. Family support professionals can provide families with resources that can help families engage in nutritious activities.

Families can engage in fun, safe indoor activities during the winter season. Research indicates that many families

spend too much time watching television, using electronic devices, and eating not-so-healthy snacks. Family support professionals can help families be more active and make alternative decisions that promote family well-being.

For example, parents can:

- Include children as they make fruit kabobs or other healthy snacks.
- Read to children and encourage children to read to them.
- Play board games.
- Make music using household items.
- Engage in light exercise.

It is essential for parents to safeguard their homes during the winter season. Seal up cracks and gaps around windows and doors to prevent heat from escaping. Be sure to have a first aid kit and plenty of flashlights and batteries available in case the electricity goes during a winter storm. Be sure to insulate pipes to prevent freezing and keep extra gallons of water in case the pipes freeze or water is otherwise unavailable.

Experts recommend not using outdoor generators or propane heaters inside the home, which can be a fire and carbon monoxide hazard. Family support professionals can work with community organizations to be sure the families have winter season resources and fire safety resources such as smoke detectors and a carbon monoxide detectors.

It is important for parents and caregivers to practice safe and healthy tips to reduce injury, illness, and other dangers. By following these practical tips, families promote family well-being, and parents can protect themselves, their loved ones, and their homes during the winter season.

### Sources

Jackman, D. (2024, January 12). Essential Winter Weather Preparedness: Strategies for Snow and Ice Safety. Federal Employee Education and Assistance Fund (FEEA). <https://feea.org/2024/01/winter-weather-preparedness-tips/>

8 Winter Tips for Kids, Kernodle Clinic, [https://www.kernodle.com/pediatrics\\_blog/8-winter-safety-tips-for-kids/](https://www.kernodle.com/pediatrics_blog/8-winter-safety-tips-for-kids/)

## Upcoming Events

### Family Support Webinar

**Building on Strengths: Expanded Definitions of and Research Support for the Strengthening Families Protective Factors**

January 15, 2025, 10:00 – 11:00 AM

### PAT Supervisor Learning Community (SLC)

January 23, 2025, 9:00 – 10:00 AM

[Register for PAT SLC](#)



## Children's Trust Fund (CTF) Corner

Parent leadership within their families and in the community will be observed in February 2025. Review the resources and ideas on the [Children's Trust Fund Alliance website](#) to begin thinking about how you might celebrate parent leaders in your programs.

## Annual Performance Report (APR)

After you've collected all the data for your APR, share it! Create an infographic using the PATNC template or create your own. Share with your advisory committee, staff, families, funders, and potential funders. Please log in to your organization portal to access templates.

- APR Infographics
- OLIVER> APR Portal> Data and Reporting> Helpful Documents

## Working with Families Involved in Child Welfare

Parents as Teachers National Center worked with Tufts University, PAT affiliates, and parents to develop resources to PAT affiliates to use when working with families involved in the child welfare system.

- OLIVER> Model Implementation> Tailoring Services

## 2025 National PAT Webinar Series

This series focuses on new approaches to working with families who are involved in the child welfare system.

- January 22, 2025 – Developing relationships with child welfare partners.
- February 26, 2025 – Conducting a developmental screening when there has been a custody disruption.
- March 26, 2025 – Including developmental centered parenting into parent-only visits.
- April 23, 2025 – Covering the parent-child interaction in a parent-only visit.

[Register for 2025 National PAT Webinar Series](#)

## Pennsylvania Parents as Teachers Courses

### Virtual PAT Foundational 2: January 6-10, 2025

Center for Schools and Communities

[Register for January F2](#)

### Virtual PAT Foundational and Model Implementation: February 3-14, 2025

Center for Schools and Communities

[Register for February FMI](#)

[Register for February FND](#)

### Virtual PAT Foundational 2: February 18-21, 2025

Center for Schools and Communities

[Register for February F2](#)

## Blue Ribbon Affiliates 2023 Honored at the October 2024 International Conference

- Allegheny Intermediate Unit, FACES
- Allegheny Intermediate Unit, FACES II Consolidation
- Allegheny-Clarion Valley FIRST Parents as Teachers, A-C Valley School District
- CAPFSC, Salisbury Area Family Center
- Community Action Partnership of Lancaster County, Lancaster Family Center-PAT
- Community Prevention Partnership
- GNA Family Center – Parents as Teachers, Greater Nanticoke Area School District
- Greene County Family Center
- Wayne County Family Center – PAT, Wallenpaupack Area School District

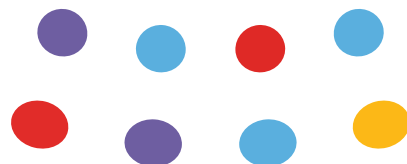
## PATNC Implementation Support Meeting Highlights

Our state office staff meet with PATNC monthly to discuss implementation support topics and updates in the PAT model. We share with you in Learning Communities, email notes and the NewsBrief.

## PAT Essential Requirement Change – Effective July 1, 2025 – Number of Personal Visits

The model requirements will change to reduce the number of personal visits in a month to be more in line with the goal of working with about 18 families at one time depending on family strengths and stressors. More information is available in the PAT Portal in the Model Implementation tab.

- Full-time, first year Parent Educators — no more than 40 visits per month.
- Full-time, second year plus Parent Educators — no more than 50 visits per month.





## 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.

### [Alexia Brown](#)

Family Support Technical Assistance Coordinator  
(717) 763-1661, ext. 146

### [Jennifer Esposito](#)

Family Support Data Coordinator  
(717) 763-1661, ext. 161

### [Christine Felicetti](#)

Family Support Coordinator  
717-763-1661, ext. 104

### [Rijelle Kraft](#)

Family Support Managing Coordinator  
(717) 763-1661, ext. 221

### [Karen Shanoski](#)

Family Support and Community Engagement Director  
(717) 763-1661, ext. 139

[Pennsylvania Parents as Teachers](#) at Center for Schools and Communities

[Pennsylvania Children's Trust Fund](#)

[Pennsylvania Strengthening Families](#)

### **Family Support at Center for Schools and Communities**

275 Grandview Avenue  
Suite 200, Camp Hill, PA 17011  
(717) 763-1661

[centerforschoolsandcommunities.org](http://centerforschoolsandcommunities.org)



## Safe Kids Corner

### “Is it safe for my child to wear a winter coat in her car seat?”

This is a question that comes up every winter. The short answer is yes, it can be safe but only with the proper precautions.

You see, wearing coats, heavy sweaters or fleeces, for that matter, can prevent a snug and very important fit of the harness, which has to be tight at the shoulders and hips every time.

You might think your child is securely snug in the car seat when in fact the harness is not tight enough because there is so much air in the coat or clothing.

Here's a solution that could work. First, adjust the harness while your child's coat is off. [This video](#) will show you how to do the pinch test to make sure the harness is snug enough.

Unbuckle the harness, put the coat back on, and then rebuckle. The harness may be tight, but it will fit properly.

Of course, there may be different options depending on your specific situation or car seat, so check with your manufacturer if you have questions.

For more details, videos and information on how to properly use your car seat, you can also use our [Ultimate Car Seat Guide](#).

And remember, the safest ride for a child is to use a car seat correctly, all year long!

[Source: Safe Kids Worldwide](#)