

Supporting your Child’s Development: Part Two

Social-emotional skill development is a key component of learning for all ages. What are social-emotional skills? These skills include problem-solving, self-regulation, emotion management, coping strategies, impulse control, and empathy. Social-emotional skills also help children successfully manage



everyday life. They help children focus, make good decisions, and become supportive members of their community well

beyond school. People with strong social-emotional skills are better able to cope with everyday challenges and benefit academically, professionally, and socially. From effective problem-solving to self-discipline, from impulse control to emotion management, and more, social-emotional learning provides a foundation for positive, long-term effects on children and adults

Last month, we discussed how Summit Early Learning monitors children’s development in the domains of communication, fine-motor, gross-motor, problem-solving, and personal-social skills through the Ages & Stages Questionnaire (ASQ3). In addition to

Questionnaire (ASQ3). In addition to the ASQ3, our teachers work with families to complete the Ages and Stages Questionnaire: Social-Emotional (ASQ: SE-2). The ASQ: SE-2 is a social-emotional screener that evaluates seven key areas including self-regulation, compliance, communication, adaptive functioning, autonomy, affect, and interaction with people. Children are periodically screened between the ages of one and 72 months to monitor progress and detect whether or not there may be any social-emotional delays in development.

Depending on a child’s age, the outcome of their social-emotional assessment will determine the actions taken by teachers or families to support a child. If a child’s score falls below the threshold of age-typical development, teachers can tailor their classroom lessons to support specific skill development, provide activities for families to complete at home, and/



or a referral may be made for outside agency support; including early intervention. Early

intervention referrals to our local intermediate units may be made with a family’s consent. For a child to qualify for these services, a child must

be evaluated and determined to have a 25% skill deficiency compared to their same-age peers. Social-emotional skill



development can also be related to children engaging in challenging or undesired behaviors. Summit Early Learning partners with several behavioral health agencies to provide children with additional, individualized, in-classroom support. These services set individualized goals for children and focus on developing specific skills. Once those skills are developed and the child successfully demonstrates the ability to utilize those skills independently, the extra support is titrated and removed.

If you believe your child would benefit from additional support in the area of social-emotional skill development, please speak to your child’s teacher or assigned disabilities/mental health specialist. For activities, you can do at home to support your child’s social-emotional development, scan the QR code.



What can you catch in the winter with your eyes closed?

A cold!



Sleeping Safely in Any Season

- Keep babies' cribs free of stuffed animals and extra blankets. A firm mattress covered with a tight-fitting crib sheet is all that an infant needs to sleep safely.
- If you are worried about keeping babies warm, dress them in a wearable blanket, also known as a sleep sack.

Bundle Up!

- Children are at greater risk for frostbite than adults. The best way to prevent frostbite is to make sure children dress warmly and don't spend too much time outside in extreme weather.
- Dress children in layers of warm clothing. If the top layer gets wet, they will still have a dry layer underneath.
- Tuck scarves inside coats and jackets to prevent them from becoming strangulation hazards.
- Car seats and winter coats don't mix. Bulky coats can compress in a crash and create a loose car seat harness. Instead, lay the jacket or a blanket over children once you've safely strapped them into their car seat.



Keeping Healthy Outdoors

- There's no set amount of time for children to play outside safely when the weather is cold. Use your best judgment. When the cold becomes unpleasant, it's time to go inside.
- If you are unsure if weather conditions are safe for outdoor play, search for "Child Care Weather Watch Chart" online.

- Have children come indoors periodically to prevent hypothermia or frostbite. A temperature of zero degrees Fahrenheit and a wind speed of 15 mph creates a wind chill temperature of -19 degrees Fahrenheit. Under these conditions,
 - frostbite can occur in just 30 minutes.
 - Frost nip is an early warning sign of frostbite. The skin may feel numb or tingly or appear red (on lighter skin).
 - To prevent frostbite, check that mittens and socks are dry and warm. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The affected area becomes very cold, firm, and, depending on the color of the skin, turns white, yellowish-gray, or gray.
 - Even though it's cold outside, it's important to use sunscreen and stay hydrated. Children are more likely than adults to become dehydrated.

Staying Safe Indoors and in Vehicles

- Keep anything that can burn at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, and portable space heaters.
- Set up a three-foot "kid-free zone" around open fires and space heaters.
- Remember to turn portable heaters off when leaving the room.
- Test smoke alarms at least once a month.
- Vent all fuel-burning equipment to the outside to avoid carbon monoxide (CO) poisoning.
- Install and maintain CO (Carbon Monoxide) alarms. Keep alarms at

least 15 feet away from fuel-burning appliances.

- If you need to warm up your vehicle, remove it from the garage as soon as you start it to avoid the risk of CO (Carbon Monoxide) poisoning. Don't leave a vehicle running inside a garage.
- If vehicles are parked outside, check to make sure the tailpipe is not blocked with snow, which can also cause problems with CO (Carbon Monoxide).

Infection Control

- Cold weather does not cause colds or flu. However, viruses that cause a cold and the flu are more common in the winter when children spend more time indoors.
- Keeping everyone's hands clean is one of the most important ways to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water, and rub them together for at least 20 seconds.
- Teach children to cough or sneeze into their upper sleeve or elbow, not their hands. (Adults should model this behavior.)
- Review program policies on hand-washing; cleaning, sanitizing, and disinfecting; and excluding children and caregivers who are sick.
- The U.S. (United States) Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all children 6 months and older receive the seasonal flu vaccine every year. All early care and education program staff should also get vaccinated for the flu.

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$60,000 or less, persons with disabilities, and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

Annual income cannot exceed \$60,000 (amount subject to change by year) VITA is limited to those filing non-itemized tax returns only VITA volunteers can also assist in preparing Pennsylvania Property Tax or Rent Rebate program forms; eligible persons may receive a rebate of up to \$650

What to Bring to Your Appointment:

- Social security card for everyone on the return
- ALL incomes documents (i.e. W-2, etc.)
- Blank check if you'd like a direct deposit (routing, accounting number required)

PLEASE NOTE: Documents will be scanned and returned to you at the time of your initial curbside appointment. Scanned copies will be stored in a secure software utilized by the IRS, and permanently deleted within 14

days of successful e-filing.

Where do I find my IRS account?

Get info on your IRS account or view your tax return information using the Get Transcript tool: <http://go.usa.gov/c9kMe>

What are my payment options?

Don't wait to file your tax return just because you owe money. Avoid additional penalties and interest by filing your tax return now and choosing from the available payment options: <http://go.usa.gov/Z6Nw>

I need a copy of my tax return. How do I get it?

You can print a copy from the software you used, contact your preparer for a copy, or use the Get Transcript tool: <http://go.usa.gov/c9kMe>

How do I view my payment history?

You can view 18 months of payment history, download your tax records and check your federal tax account balance all online: <http://go.usa.gov/xNZ4f>

How do I make sure my information is safe?

Learn what you can do to help make your personal and financial information safer: <http://go.usa.gov/cX3zG>

Snyder & Union Counties

Union-Snyder CAA VITA is available to residents of Snyder and Union Counties

How to schedule an appointment:

Customers can start scheduling appointments in mid-January of each year. VITA is available at locations in Selinsgrove and Lewisburg. Please call (570) 374-0181 to schedule your appointment.

Mifflin County

Sites are available in both Juniata and Mifflin Counties. Afternoon, evening, and Saturday appointments are available.

Call 717-320-4872 for site availability or to schedule an appointment. All tax returns are filed by appointment only. Appointments will not be scheduled until late January of each year. Tax appointments are scheduled between February and April 15 of each year.



**What do snowmen do
in the New year?**

Chill Out!

