



READINESS READER

Volume 2, Issue 1

HORSEHEADS FAMILY RESOURCE CENTER 1034 W. BROAD ST. HORSEHEADS NY

The Chemung County School Readiness Project has partnered with the First United Methodist Church in Horseheads (1034 W. Broad St.) to develop and pilot a Family Resource Center within the Church facility. This project has been developed using models from local Resource Centers such as those located in Bath, Addison, Waverly, Elmira, & Corning.

The idea of bringing a Family Resource Center to the Horseheads area began in 2006 through a literacy task force within the Church that was interested in reaching out to the community. The task force approached the School Readiness Project requesting help in developing a program and finding financial resources to support the program.

The School Readiness Project and parent volunteers have been hosting parent education workshops and family activities in the facility since January 2008 in anticipation of hiring a program director once funding sources could be secured.

The Horseheads Family Resource Center is now partially funded by:

The School Readiness Project, The Economic Opportunity Program, The Horseheads School District, The Community Foundation, The First United Methodist Church, The Chemung County Youth Bureau, and The New York State Office of Children & Family Services.

The Horseheads Family Resource Center Board welcomed Joan Ostrander to fill the Program Director position in August 2008. Joan has extensive experience working with families in local resource centers and early childhood education.

Families began utilizing the renovated space on October 1, following a soft opening that allowed families to participate in the continued development of the Resource Center space.

A Grand Opening was held on October 21. Activities included a ribbon cutting ceremony, agency information fair, special children's activities, and open play in the Resource Center.

The Horseheads Family Resource Center welcomes all families and childcare providers with young children to play together and learn about community resources.

Open Hours

Mondays 8:15 a.m.—1:15 p.m.
Tuesdays 1:30 p.m.—7:30 p.m.
(gym open 4:30 p.m.—6:30 p.m.)
Wednesdays 8:15 a.m.—1:15 p.m.
(gym open 9:30 a.m.—11:30 a.m.)
Thursdays 8:15 a.m.—1:15 p.m.
Fridays 1:15 p.m.—5:30 p.m.
Select Saturdays 9 a.m.—12 p.m.
(gym open on these dates)

If you have questions or would like more information please contact Joan Ostrander, Program Director at (607) 483-1067.



Tristan Morgan plays at the new Horseheads Family Resource Center located in the First United Methodist Church 1034 W. Broad St. Horseheads, NY

SRP PARTNERS

Chemung County Child Care Council

The Community Foundation

EOP/Head Start

Southern Tier Pediatrics

Columbia Teachers' College

Cornell University

Parent Child Resource Center

Family Reading Partnership

CIDS

Elmira Psychiatric Center

Elmira City School District

Chemung County Department of Human Services

Community Volunteers

St. Joseph's Hospital

United Way of the Southern Tier

Chemung County YWCA

Elmira Heights School District

Horseheads Central School District

TOOLBOX TIPS



INFANTS

Children take their first steps towards language well before they talk. Your talking, singing and story telling and your child's playful experiences with books are the building blocks for communicating, reading and writing.

Here are some simple ways you and your child can enjoy books together:

- *Help them touch books & turn pages
- *Bring books everywhere
- *Read and play with books every day
- *Point to pictures as you read

TODDLERS

Use the time in the car to enhance your child's natural curiosity—find ways to interact and connect with your child.

Rather than finding toys to amuse and distract your child, use driving time to connect and enjoy being together. If your toddler likes trucks, look for trucks as you drive along and see who can yell out "truck" first. This game helps children learn to watch carefully and to categorize.

PRE-SCHOOLERS

Do you know the first step in helping a child learn? It is for you to understand how a child is feeling or what a child needs. Yes, it can be hard to know what young children are communicating. But when a caregiver understands a child and responds in a supportive way, the child learns to trust the caregiver and feel safe. Then, he can learn and feel good about himself.

For more information visit:

www.BORNLEARNING.com

PARENT Q & A TOPIC: LEAD POISONING



Q: What is Lead Poisoning?

A: Lead is a heavy metal used in paint products prior to 1978. Children are exposed to lead through dust particles, dirt, and paint chips located in and around houses built prior to 1978. Long-term exposure to lead can cause many health problems in children of all ages. These problems can affect your child throughout their lifetime. If caught early, lead poisoning can be prevented.

Q: What will it cost to have my child tested?

A: Contact your pediatrician's office or call the Chemung County Health Department at 737-2028. Either way, the test is **FREE**, fast, and accurate. New York State law requires that children be tested for lead at one and two years of age. While young children are most at risk because they constantly put their hands in their mouth, children up to 18 years of age can be affected by breathing in lead dust.

Q: What will it cost to have my home tested?

A: If your child's test is positive for lead, the test results will be referred automatically to the Chemung County Health Department. A lead Risk Assessor, certified by the Environmental Protection Agency, can conduct a **FREE** test of the painted surfaces in your home and provide immediate test results.

Landlords renting to families with young children can also have their houses or apartments tested by contacting the Chemung County Health Department Environmental Health Services Section directly at 737-2019.

Q: What are the signs of lead poisoning?

A: Children can be exposed to the hazards of lead from the time they are born. Long-term exposure can affect their brain, heart, bones, kidneys, and nervous system. If your child has one or more of these symptoms for no apparent reason, lead may be present in your home. Possible signs to watch for: stomach aches/cramping, sleep disturbances, always tired/lack of interest in playing or eating, anemia, irritability/aggressiveness, hyperactivity/being easily distracted, clumsiness, lower IQ, short attention span, learning problems, seizures.

Many times there are **NO SIGNS AT ALL**—a blood lead test is the only way to tell if your child has high levels of lead.

Q: How can I afford to make my home lead safe?

A: Money is available through the City of Elmira to assist eligible homeowners and landlords committed to making their houses or apartments located in Chemung County lead safe. Priority will be given to households with children under the age of 6 who have been identified as having elevated levels of lead. To find out if you qualify, contact the City of Elmira Community Development Office at 737-5695, or via e-mail at rwheel@cityofelmira.net.

Printable "Lead Safety" brochures are available in the **Resource Library** at www.ChemungSchoolReadiness.com

FAMILY READING PARTNERSHIP

The Family Reading Partnership of Chemung Valley is a non-profit community organization that promotes family literacy. They currently offer six services to local families including:

Books at Birth

Every baby born at Arnot-Ogden Hospital receives a FREE book as a gift.

Kinderbook

Friends of the Steele Memorial Library work with the Chemung County Library District to give all new kindergartners library cards and a FREE book.

"Read to Me" Banners & Info.

Large banners & posters displayed in the community and reading lists and other parent materials are spreading the *read together* message.

Kids' Book Fest

This FREE annual event brings the community together to celebrate children's books and reading.

Kids' Book Fest 2009 will be held **On Saturday, April 4, 2009**
From 10 a.m.—2 p.m.

Reach Out and Read

Doctors give FREE books to children at well child checkups from 6 months—5 years.

Bright Red Bookshelf

Gently used books are collected and distributed for FREE throughout Chemung Valley.

Collection Sites:

- *Arnot Mall (near Macy's)
- *Big Flats Community Center
- *Cappy's (Elmira)
- *Cohen Elementary School
- *Community Book Store
- *Corning Parent Resource Center
- *Jubilee Foods (Horseheads)
- *St. Joseph's Emergency Room
- *Tops (Southside)

Distribution Sites:

- *Academic & Workforce Development Center
- *Arnot Ogden Emergency Room
- *Big Flats Community Center
- *Chemung County WIC
- *Cohen Elementary School
- *Corning Parent Resource Center
- *EOP-Ernie Davis Family Center
- *Elmira Correctional Facility Visitor Center
- *Horseheads Family Resource Center
- *Schuyler Resource Center
- *Southern Tier Pediatrics
- *Southside Community Center
- *Southside High School
- *St. Joseph's Emergency Room
- *Tanglewood Nature Center

New members are welcome.
Family Reading Partnership
of Chemung Valley
PO Box 3493
Elmira, NY 14905

familyreadingpartnership@yahoo.com



Our programs provide FREE books and reading encouragement to families.

Our Mission: To create a culture of literacy in our community in which all people experience the joy of reading as part of everyday family life.

UPCOMING EVENTS



The Polar Express

Join James McMullen of Tioga Transportation Society, as he reads "The Polar Express" with refreshments and door prizes.

Tuesday, December 9th
6:30 p.m.—7:30 p.m.

Big Flats Library

For more details call 562-3300

Holidays Around the World

Hear about how various cultures and countries celebrate winter holidays with stories, crafts, games, & food.

Thursday, December 18th
3:30 p.m.

Steele Memorial Library

For more details call 733-8604

Holiday with the Animals

Help Tanglewood decorate their tree with gifts for the animals (bring a gift card to Petco).

Saturday, December 20th
1 p.m.—2:30 p.m.

For more details call 732-6060

Coming in January!

EOP's Infant & Toddler Day Care Room at the Academic & Workforce Development Center.

318 Madison Avenue, Elmira NY

For more details call 734-6208 x276

Preparation for Childbirth

Weekly classes at Arnot Ogden.

Tuesdays starting January 6th

For more details call 737-4499

Winterfest at Tanglewood

Live music, arts & crafts, sledding, games and more...

Saturday, February 21st
10 a.m.—3 p.m.

For more details call 732-6060

EOP HEAD START

Are you looking for a rewarding pre-school experience for your 3 or 4 year old child? Have you ever thought about Head Start?

Head Start is:

- * A licensed preschool program with a federally approved curriculum.
- * A preschool program that encourages parents to be involved in the classroom and in their child's education.
- * A preschool program that offers comprehensive services to families such as health, dental, nutrition, education, disabilities, mental health and social services.



Facts about Head Start:

- * There is no cost to families for any Head Start service.
- * There are three staff in every classroom.
- * Class size is limited to 18 students.
- * USDA approved breakfast, lunch and snack served daily.
- * It is not necessary for your child to be toilet trained.
- * Classes run 5 days a week on a school calendar from 8 a.m. until 1:30 p.m.

Call before your child turns three. Applications are accepted all year. Space is still available for 2008-2009 school year.

**607.734.6208
650 Baldwin Street
Elmira, NY 14901**

WEB SITE TOP PICKS

Take the Baby Smart quiz:
True or False?

- *You can't spoil an infant
- *Routines help to lower baby's stress
- *TV stimulates a child's development
- *You should start talking to baby as soon as he begins to make sounds

FIND ANSWERS AT
www.chemungschoolreadiness.com

NON-PARENT NUGGET

Parenting is one of the most rewarding and exhausting jobs in life. As a non-parent, consider providing respite for a busy parent to enjoy a little relaxation.

Offer to:

- *Provide care one evening a month
- *Take the children to the park
- *Make a meal for the family to enjoy
- *Give a word of encouragement

