

This Tioga County Parent Resource Guide is intended to offer information about agencies and services that may benefit the families and children of Tioga County.

It was made possible by the collaborative efforts of the Tioga Early Care and Education Team and Child Care Information Services (CCIS) of the Tioga County Department of Human Services in Wellsboro, PA.

Tioga Early Care and Education Team Mission:

To combine the resources and services of the community, childcare practitioners, and parents to educate and prepare children for success in school and in life.

To learn more about the Tioga Early Care and Education Team, contact the Program Coordinator at the Tioga County Partnership for Community Health.
(570) 723- 0520 or tcp11@epix.net
www.tiogapartners.org



TIOGA COUNTY

PARENT RESOURCE GUIDE



A Guide to Services for Parents & Children



Kindergarten Readiness Checklist
Is your child ready for kindergarten?

**Names & Phone Numbers
To Remember**

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____

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Pennsylvania's Promise for Children

Pennsylvania's Promise for Children
Because every child is Pennsylvania's future
www.papromiseforchildren.com

Quality early learning and child development play a major role in a child's future success in school and in life. Young children learn best when they have proper health and nutrition, a safe and stable family and home life, and activities that stimulate creativity, curiosity, and all the skills they will need to succeed in school and life.

Support Pennsylvania's Promise for Children:

- Sign our declaration to support Pennsylvania's Promise for Children at www.papromiseforchildren.com
- Learn simple ways that you can support learning in the young children in your life.
- Talk to child care programs in your neighborhood, about Keystone STARS.
- Ask your employer to provide resources to employees on choosing quality early learning opportunities.

Looking ahead...

In the 2009-10 fiscal year, our Early Care and Education Team plans to complete the following:

- Hold our 5th Annual Teacher Panel Discussion to increase communication among child care practitioners and area school district teachers about kindergarten transitioning;
- Provide a Transition Toolkit for child care practitioners to educate parents about what they can do to help prepare their children for kindergarten;
- Educate the community about quality early care initiatives with Keystone STARS and PA Pre-K Counts.

Pennsylvania Pre-K Counts, Tioga County

The Northern Tioga School District was awarded a PA Pre-K Counts grant for the 2008-09 school year. PA Pre-K Counts is a high quality pre-kindergarten education for 3 and 4 year olds in Pennsylvania. This program is free to families. The Northern Tioga School District joins the Southern Tioga School district in this program.

What you can expect from a PA Pre-K Counts classroom:

- Highly qualified teachers with expertise educating young children;
- Use of a curriculum that helps your child grow academically, and socially;
- Regular review of your child's progress to help choose activities that are best for your child;
- Help in preparing you and your child for the transition into kindergarten
- Offers a small class size with no more than 20 students per teacher and one aide so your child can have plenty of one-on-one time with the teachers.

Kindergarten Calendars

This year "Kindergarten Here I Come" calendars were distributed through school districts, Bradford-Tioga Head Start, day care sites, and community events including the Children's Health Fair. Approximately 545 calendars were given to the school districts alone. The purpose of the calendars is to educate parents on ways to work with their children to help prepare them for school. The calendars are filled with fun activities that provide a foundation for positive and happy future school experiences. The activities are based on the Pennsylvania Early Learning Standards and are very user-friendly.



CHILD CARE & EARLY EDUCATION

→Who can I call for help finding or paying for childcare for my child?

• **Child Care Information Services of Tioga County**
5 East Avenue, Wellsboro, PA 16901 (570) 724-5766
or toll free (800) 242-5766

• **Tioga County Assistance Office**, 11809 Route 6,
Wellsboro, PA 16901 (570) 724-4051 or toll free
(800) 525-6842

→Who can I call to enroll my child in a preschool program?

• **Child Care Information Services of Tioga County**
5 East Avenue, Wellsboro, PA 16901 (570) 724-5766
or toll free (800) 242-5766

• **Bradford-Tioga Head Start**
5 Riverside Plaza, Blossburg, PA 16912
(570) 638-1400 or (800) 808-5287

→Who can I call to enroll my child in an early literacy program?

• **Northern Tioga School District**
Early Literacy Program Coordinator (814) 258-5644

• **Mansfield University Family Literacy Program**
(800) 661-3640 or (570) 662-4746

CHILD DEVELOPMENT

→Who can I call if I have concerns about my child's development?

- **Tioga County Department of Human Services/Early Intervention Services** (570) 724-5766 or (800) 242-5766
- **BlaST Intermediate Unit 17**, RR2 Box 3364, Canton (570) 673-6001 or toll free (800) 326-8528
- **Early Head Start**, 520 Ruah St., Blossburg, PA (570) 638-1426 or toll free (800) 808-5287

ADULT EDUCATION & JOB TRAINING

→Who can I call if I know someone who wants to learn how to read?

- **Literacy Directory** (800) 228-8813
- **Mansfield University Center for Lifelong Learning** (570) 662-4746 or toll free (800) 661-3640

→Who can I call if I want a high school equivalency diploma? (GED – General Educational Development)

- **Career Link** (570) 724-1939
- **Mansfield University Adult Basic Education** (570) 662-4746 or toll free (800) 661-3640

STAR 1 cont'd.

Deborah Calkins
21 Extension Street
Mansfield, PA 16933
(570)662-3968

Tracey D. Cimorelli
87 Mt. Zion Ext.
Wellsboro, PA 16901
(570)439-3148

Michele Rieppel Family Home
544 Mulberry Hill Road
Mansfield, PA 16933
(570)662-7527

Wellsboro Montessori Children's Center
36 Main St.
Wellsboro, PA 16901
(570)724-1060

Westfield Child Development Center, Inc.
602 East Main Street
Westfield, PA 16950
(814)367-5563

Kids World Day Care
584 Route 49
Westfield, PA 16950
(814)367-5723

Penny Krusen's Day Care
20 Wellsboro Street
Tioga, PA 16946
(570)835-5528

STAR 3 cont'd.

Tender Times Childcare*
2744 Buckwheat Hollow Rd.
Lawrenceville, PA 16929
(570)537-6372

STAR 2:

Tracy M. Catherman
9 Grant Street
Wellsboro, PA 16901
(570)724-7270

C.U.M.C. Child Care Center
6 Franklin Street
Lawrenceville, PA 16929
(570)827-2556

Annette Cleary Group Day Care Home
14 McInroy St.
Wellsboro, PA 16901
(570)724-5897

STAR 1:

Teresa A. Austin
83 Pearl Street
Wellsboro, PA 16901
(570)723-0986

Dawn Beckman
2050 Charleston Road
Wellsboro, PA 16901
(570)724-7899

*Denotes a Pre-K Counts site (see pg 20 for more information).

→Who can I call if I need a job or job training?

- **Career Link/ Office of Vocational Rehabilitation**
Wellsboro Plaza (570) 724-1939
- **Experience Works** (570) 723-9949
- **Mansfield University** (570) 662-4000
- **Pennsylvania College of Technology, North Campus**
(570) 724-7703

**PARENT EDUCATION &
SUPPORT SERVICES**

→Who can I call if I want help finding resources or support services to help me parent my child?

- **Tioga County Department of Human Services/Home-maker Program** (570) 724-5766 or (800) 242-5766
- **Tioga County Department of Public Welfare**
(570) 724-4051 or (800) 525-6842 or www.compass.state.pa.us
- **Pennsylvania Family Support Alliance**,
(800) 448-4906
- **MOPS (Mothers of Preschoolers)**, First Baptist Church of Wellsboro, September – May, conception through kindergarten, (570) 724-4681

• **Healthy Beginnings**, prenatal care for uninsured or medical assistance patients, and breastfeeding help (570) 723-0623 or 0648

SPECIAL NEEDS EDUCATION & SERVICES

→Who can I call if my child needs special education services?

- **Local School Districts**

Northern Tioga (814) 258-5642
Southern Tioga (570) 638-2183
Wellsboro Area (570) 724-4424

- **CONNECT**, Early Intervention help line,
(800) 692-7288

→Who can I call if my child or someone in my family is physically or mentally disabled?

- **Laurel Health System/Developmental Disabilities Programs** (570) 724-0615

- **Martha Lloyd Community Services**
Troy, (570) 297-2185 or Mansfield, (570) 513-0818

- **Special Kids Network** (800) 986-4550

→Who can I call if I need help advocating for my child's special education services?

- **Tioga County Department of Human Services/
Child and Adolescent Service Systems Program
Coordinator (CASSP)** (570) 724-5766 or (800) 242-5766

- **CONNECT** 1-800-692-7288

STAR 3 cont'd.

Toddler University Daycare and Pre-School, Inc.*
133 Hannibal St.
Blossburg, PA 16912
(570)638-2146 Ext. 8

Toddler University Daycare and Pre-School, Inc.*
Liberty Elementary School
Liberty, PA 16930
(570)324-2521

Eileen Thompson's Daycare
905 Route 549
Mansfield, PA 16933
(570)662-2703

Joyful Happenings Day Care*
44 W. Elmira St.
Mansfield, PA 16933
(570)662-2622

Penny Heffner's Child Care Center*
23 Lake St.
Tioga, PA 16946
(570)835-5731

Ransom Day Care Center*
55 Dam Overlook Lane
Lawrenceville, PA 16929
(570)827-3008

*Denotes a Pre-K Counts site (see pg 20 for more information).

STAR 4 cont'd.

Mansfield-Bradford Tioga Head Start
Warren L. Miller Elementary School
Dorsett Drive
Mansfield, PA 16933
(570)662-2192

Scott's Early Learning Center, LLC*
125 Wilson Street
Mansfield University
Mansfield, PA 16933
(570)662-2703

Stepping Stones Pre-school*
50 W. Wellsboro Street
Mansfield, PA 16933
(570)529-1071

Stepping Stones Pre-School*
Dorsett Drive
Mansfield, PA 16933
(570)529-1071

STAR 3:

Covington Community Day Care*
2150 N. Williamson Road
Covington, PA 16917
(570)659-5647

Toddler University Daycare and Pre-School, Inc.
244 Main Street
Blossburg, PA 16912
(570)638-3459

*Denotes a Pre-K Counts site (see pg 20 for more information).

OTHER INFORMATION

→Who can I call if I know or suspect a child or adult is being abused?

- **Tioga County Department of Human Services**
(570) 724-5766 or (800) 242-5766
- **Childline** (800) 932-0313
- **Tioga County Domestic Violence Task Force**
(570) 724-3215
- **Tioga County Women's Coalition**
Wellsboro (570) 724-3549

→Who do I call to replace a lost birth certificate or social security card?

- **State Representative Matthew Baker's Office**, (PA residents only), 74 Main Street Wellsboro, (570) 724-1390

→Where do I go for a photo ID or driver's license?

- **Driver's License Center**
Wellsboro Plaza (570) 724-6336

→Who do I call if someone in my family has been poisoned?

- **Poison Control Center** (800) 222-1222
- **Tioga County Emergency Communications Center**
Emergency calls **911**

ARTS & RECREATION

→Where can I, or my child, go for athletic, arts, and other recreational activities and programs?

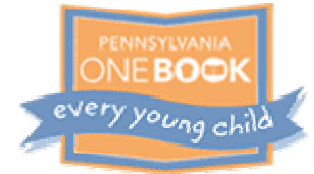
- **Gmeiner Art & Cultural Center** (570) 724-1917
- **Hamilton-Gibson Theatre Productions**
(570) 724-2079
- **Libraries:**
 - Blossburg (570) 638-2197
 - Elkland (570) 258-7576
 - Knoxville (814) 326-4448
 - Lawrenceville (570) 827-2258
 - Mansfield (570) 662-3850
 - Wellsboro (570) 724-4876
- **Little Leagues:**
 - Mansfield (570) 662-7874
 - Wellsboro (570) 724-3117
- **Mansfield University:** (570) 662-4000
- **Swimming Pools:**
 - Blossburg (570) 638-5505
 - Elkland (814) 258-5837
 - Mansfield (570) 662-2315
 - Tioga (570) 835-5587
 - Wellsboro (570) 724-3650
- **Department of Parks & Recreation:** (570) 724-0300

→Who can I call about services and programs for my teen?

- **Tioga County Department of Human Services**
(570) 724-5766 or (800) 242-5766
- **Wellsboro Teen Center** (570) 724-3011 or 724-4900

Pennsylvania One Book

PA One Book is a reading initiative that takes place each year during the Week of the Young Child (April 19-25, 2009) and aims to promote early literacy by reaching as many children as possible. The 2009 PA One Book was Wendell and Florence Minor's *If You Were A Penguin*. The Tioga Early Care and Education Team distributed approximately 250 copies of the book to daycare sites in our community. In addition to the book; bookmarks, stickers, and activity guides were given out.



Keystone Stars

STARS stands for Standards, Training, Assistance, Resources, and Support and is an initiative of the Pennsylvania Department of Public Welfare. The importance of this initiative is to help early learning programs provide quality services to children. STARS is a completely voluntary program in which licensed child care programs can participate in a system of ongoing quality improvement.

There are different STAR levels: Start with STARS, STAR 1, STAR 2, STAR 3, and STAR 4. In order to advance through each of these levels a site must meet a number of different criteria. We are fortunate to have sites in Tioga County which promote the best learning environment and safe setting through the STARS program. Below you will find a list of STARS facilities.

STAR 4:

Wellsboro-Bradford Tioga Head Start
5 East Avenue
Wellsboro, PA 16901
(570)724-5290

Tioga Early Care & Education Team (TECET)

The Tioga Early Care and Education Team acts as the steering committee for our community engagement outreach efforts which focus on promoting quality early care and education and works on kindergarten transitioning topics. Our team consists of school district administration, kindergarten and preschool teachers, and others involved in the early education community.

MISSION STATEMENT: To combine the resources and services of the community, childcare practitioners, and parents to educate and prepare children for success in school and life.

WE ARE fortunate to have a variety of members from various organizations across our county serve on our TECET and Kindergarten Readiness teams. We sincerely appreciate their ongoing collaboration and dedication.

BLaST IU #17
 Wellsboro Area School District
 Northern Tioga School District
 Southern Tioga School District
 Tioga County Assistance Office
 Bradford-Tioga Head Start
 Child Care Information Services (CCIS)
 Tioga County Department of Human Services

For more TECET information:

Coleen Evert, Program Coordinator: Policy and Contracts
 Tioga County Partnership for Community Health
 33 Pearl Street, PO Box 812
 Wellsboro, PA 16901
 (570) 723-0520 phone
 (570) 723-0522 fax
www.tiogapartners.org

HEALTH CARE & HEALTH INSURANCE

→Who can I call if I need help paying for dental services for my family?

- **Tioga County Assistance Office (DPW clients only)**
(570) 724-4051 or toll free (800) 525-6842
- **Tioga Dental Services**, Lawrenceville (570) 827-0145

→Who can I call if I need help paying for health care services?

- **Link Healthcare**, Community Health Advocacy Program, (570) 723-0710 or linkhealthcare.com
- **Geisinger Health Plan** 1-800-631-1656
- **Pennsylvania's Children's Health Insurance Program (PA CHIP)** (866) 847-3841 or (877) KIDS-NOW 543-7669
- **Tioga County Assistance Office** (570) 724-4051 or toll free (800) 525-6842

EMERGENCY ASSISTANCE & FINANCIAL ASSISTANCE

→Who can I call if I need emergency funds for medication, clothing, housing, and utilities?

- **Energy Assistance** (866) 857-7095
- **Tioga Co. Assistance Office** (570) 724-4051
- **The Salvation Army** (570) 662-3979

Who can I call if I need food or clothes?

- **WIC (Women, Infant, & Children’s) Nutritional Program**, 5 East Ave., Wellsboro (570) 724-5910
- **American Red Cross** (570) 724-2941
- **Food Pantries**
Mansfield (570) 662-2864 Tioga (570) 835-5677
Osceola (814) 258-7304 Wellsboro (570) 724-1968
- **Goodwill Industries**, Wellsboro Plaza, (570) 723-4294 or (800) 656-1166
- **Northern Tier Children’s Home (NTCH) Thrift Store**
(570) 724-4092
- **St. Paul’s Episcopal Church Thrift Shop**
Charles St., Wellsboro; Hours: Thursday 10:00-12:00

→Who do I call if I need emergency or temporary shelter?

- **Emergency Housing (Trehab)** (570) 724-5252
- **The Salvation Army** (570) 662-3979
- **Tioga County Women’s Coalition** (570) 724-3549
- **United Christian Ministries, Inc.** (814) 258-7304

→Who do I call about low-cost housing?

- **Tioga County Bridge Housing Apartments**
(570) 662-2006
- **Tioga County Housing & Redevelopment Authority**
(570) 638-2151 or (814) 258-5506

School District Contact Information

If you have specific questions and need to contact your local school district, please use the contact information below:

Northern Tioga School District

- Westfield Elementary..... (814) 367-2712
- Clark Wood Elementary (Elkland)..... (814) 258-5115
- R.B. Walter Elementary (Tioga)..... (570) 827-2171

Southern Tioga School District

- Warren L. Miller Elementary (Mansfield)... (570) 662-2192
- Blossburg Elementary..... (570) 638-2146
- Liberty Elementary..... (570) 324-2521

Wellsboro Area School District

- Charlotte Lappla Elementary..... (570) 724-1941

Immunization Information

Children in ALL GRADES in 2009-2010 need the following:

- 4 doses of tetanus***
(1 dose on or after the 4th birthday)
- 4 doses of diphtheria***
(1 dose on or after the 4th birthday)
- 3 doses of polio**
- 2 doses of measles****
- 2 doses of mumps****
- 1 dose of rubella (German measles)****
- 3 doses of hepatitis B**
- 2 doses of varicella (chickenpox) vaccine or history of disease (phased in by 2010/2011)**

**Usually given as DTP or DtaP or DT or Td*

***Usually given as MMR*

These requirements allow for medical reasons and religious beliefs. If your child is exempt from immunizations, he/she may be removed from school during an outbreak. Pennsylvania’s school immunization requirements can be found in 28 PA.CODE CH.23 (School Immunization)

Contact your provider or call 1-877-PA HEALTH for more information.

Kindergarten Readiness List

Families are children's first teachers so helping prepare your child for kindergarten is very important for their success in school. School readiness includes:

Know Letters, Numbers, Colors, and Shapes

- recognize his/her own name in print
- write a few letters of his/her name
- recognize letters of the alphabet
- recognize written numbers through ten
- know the difference between written numbers and letters
 - count to ten
 - recognize colors and shapes

Explore Language

- recognize words that rhyme
- make words that rhyme (*have fun!*)
- identify beginning sounds (like b in bat)
- speak in complete sentences

Get Ready to Read

- hold a book
- use child's finger to follow text from left to right; top to bottom
- look at pictures to tell what is happening in the story

Pay Attention

- listen in a group
- follow directions and routines
- use bathroom and wash hands

Do Things Themselves

- use buttons and zippers
- dress and undress (jacket, etc)
- be interested in learning

WHERE TO GO...WHAT TO DO

• Parks and Recreation

Tioga-Hammond Lake (570) 835-5281
Cowanessque Lake (570) 835-5281

• State Parks (570)724-3061 or 888-PA-PARK

Hills Creek
Colton Point
Leonard Harrison

• Animaland Zoological Park (570) 724-4546

• Tioga Central Railroad (570) 724-0990 or get more information at www.tiogacentral.com

• Tioga Roller Skating Rink (570) 835-5387

• Arcadia Theatre (570) 724-4957

• Bowling Alleys

Mansfield (570) 662-2721
Wellsboro (570) 724-3211
Westfield (814) 367-2232

QUALITY CHILD CARE IN TIOGA COUNTY



**** For more information on these programs visit ****

www.papromiseforchildren.com



Child Care
WORKS

10 Tips for Raising Happier, Healthier Children

What you do in the first three years of your baby's life directly impacts the adult your child will become. New breakthrough research confirms that the first three years of a child's life are more important for emotional and intellectual growth than we ever thought before. Experiences that fill babies' first days, months and years have a decisive impact on the structure of a child's brain, and in turn, on every aspect of a child's life throughout adulthood.

So remember, when you cuddle, coo and sing lullabies to your baby, you are not just expressing love, you are providing vital nourishment for his or her healthy development.

The First Years Last Forever!

⇒ **Be warm, loving and responsive.** When children receive warm, responsive care, they are more likely to feel safe and secure with the adults who take care of them.

⇒ **Respond to the child's cues.** Recognize and respond to the sounds, movements and expressions that your child makes. This will help you and your child build a secure attachment.

⇒ **Talk, sing and read to your child.** All of these interactions help your child's brain make the connections it needs for growth and later learning.

⇒ **Establish rituals and routines.** Teach your child to know when it is time for bed by developing routines such as singing a song and pulling the curtains—daily routines and rituals associated with pleasurable feelings are reassuring for children.

⇒ **Encourage safe exploration and play.** As infants grow, they begin to explore the world beyond their caregivers. Parents should encourage this exploration. While many of us think of learning as simply acquiring facts, children actually learn through playing.

⇒ **Make television watching selective.** Watch television with your child, and talk about what you are viewing. Don't use television as a baby sitter!

⇒ **Use discipline as an opportunity to teach.** In addition to consistent and loving adult supervision, teach your child limits. Never hit or shake a child!

⇒ **Recognize that each child is unique.** Children grow at different rates. Their ideas and feelings about themselves reflect, in large measure, parents' and caregivers' attitude towards them. Be patient with your child!

⇒ **Choose quality childcare and stay involved.** Seek someone who responds warmly and responsibly to your baby's needs and frequently visit your childcare provider.

⇒ **Take care of yourself.** Parents need care, too. When you are exhausted, irritable, depressed or overwhelmed, you may have a harder time meeting the needs of young children. Remember to make some time for yourself, even if only a little!

FOR ADDITIONAL INFORMATION

- Call Guideline at (800) 332-6718