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## Community Services for Children Family Connection Newsletter ~ ELRC Region 13 May 2022

Serving Berks & Schuylkill counties

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### Region 13 News

Si desea ver este boletín en español, haga clic [aquí](#)

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#### Berks County Project on Broadband Expansion

The Berks County Commissioners have an initiative underway to expand high-quality internet service throughout our community. They've requested that members of the community review [this letter](#) and click the link to complete the survey that is included. The survey will provide insight into the internet needs and help plan for the future. The Commissioners appreciate your help!

#### Local Events

Schuylkill County - Parade and Kielbasa Festival  
Saturday May 21, 2022 10:00 am-4:00pm  
Parade of Nations start at 10:00am  
Kielbasa Festival starts 11:00am  
Main Street Shenandoah, Pa 17976  
[www.downtownshenandoah.com](http://www.downtownshenandoah.com)

Berks County - 5K Run/Walk  
4<sup>th</sup> Annual Mind your Health 5k Run, Walk, and Free Community Event  
Saturday May 21, 2022 8:00am-12:00pm  
Stone House in Wyomissing  
1216 Parkside Drive North  
[www.familyguidancecenter.com](http://www.familyguidancecenter.com)

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### Parenting Corner

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## Creating Calm Moments at Home

Everyone experiences stress and can feel overwhelmed...  
**Children Too!**

Some signs of stress or anxiety in children are:

- Complaints of stomach aches/headaches
- Trouble sleeping
- Short temper or moodiness
- Trouble concentrating
- Aggressive or defiant behavior
- Unstable emotions

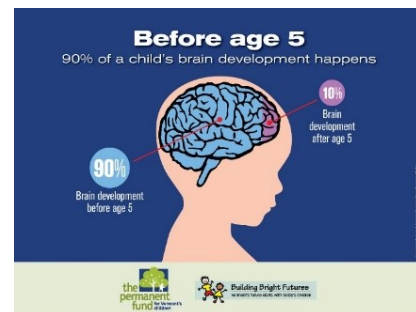
What can you do to reduce the stress and anxiety for your children and create a home that provides a calming environment?

Click on this resource, [“Creating Calm Moments at Home”](#), by Child Care Aware and take some time to destress; not only for your children’s well-being, but for yourself too!

## Child Development

### Brain Development Before 5

Did you know that children are born ready to learn and have many skills to develop over their lifetime? They depend on parents, family members and other caregivers as their first teachers to guide them to be independent and lead a healthy and successful life.



How the brain grows is strongly affected by the child’s experiences with other people and the world. Nurturing care for the mind is critical for brain growth. Speaking with children and exposing them to books, stories, and songs helps strengthen children’s language and communication, which puts them on a path towards learning and succeeding in school.

For more information on early brain development, please click on the links below.

[Child Development: Brain Building](#)

[Supporting Children’s Early Brain Development](#)

## Quality Child Care

**Beginning Your Search for a Child Care Program**

When deciding which childcare providers to visit, it's important to recognize that all providers have different options. Narrow down your choices by looking at the hours of operation, locations and other services that are important to your family.

Some programs provide meals or transportation. Other providers offer faith based programs, bilingual options, family engagement opportunities and other services. It is very important to take your time making this decision and plan to visit the facility with your child.

As with any large purchase or commitment, you will want to be absolutely sure you understand all of the policies, expectations and practices of the provider before signing an agreement. Watch this video, "[Choosing Quality Child Care](#)", for more information.

Visit [www.compass.state.pa.us](http://www.compass.state.pa.us) to assist you in your search! You can also view a video [here](#) to assist you in navigating the Compass website.

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## Resource & Referral

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### Keep The Water On

#### Low-Income Household Water Assistance Program (LIHWAP)

Access to clean drinking water and wastewater services are necessary to keep our homes clean and safe.

The Department of Human Services and Public Utility Commission announced the launch of the Low-Income Household Water Assistance Program, which helps Pennsylvanians with low incomes, maintain access to drinking and wastewater services. Families who are approved will have their past due water bills paid on their behalf. This is a grant that will not have to be repaid.

Applications are open now and you can [click here](#) for more information.



### KinConnector

The Pennsylvania Department of Human Services has numerous programs to help families in need.

The Pennsylvania [KinConnector](#) is here to assist caretakers caring for a child that is not their own. This is referred to as Kinship care.

Kinship care is when a grandparent, aunt/uncle, adult brother/sister, or anyone who shares a bond with that child, is caring for them in place of their biological parents. [KinConnector](#) can help you understand the resources available to you and can help refer you to the services your family needs.

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## Health & Safety



## Well Water Study

Researchers at Temple University are looking for families who drink water from a private well for a paid study. To be part of this study, families must have a child three years old or younger and live in Berks, Bucks or Lehigh County. At the end of the trial, families will get to keep a UV device that is installed in their residence.

Families will also be given a replacement UV blub and quartz sleeve so the device will require no additional costs for the first two years! For more information, visit their [website](#) or contact the researchers at (215)204-5124 or [wettrial@temple.edu](mailto:wettrial@temple.edu).

### [Well Water flyer](#)

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## School Vaccination Requirements

A vaccine (or immunization) is a way to build your body's natural immunity to a disease before you get sick. Vaccines keep you from getting and spreading the disease onto o. Some illnesses, like strains of cold viruses, are fairly mild. But some, like smallpox or polio, can cause life-altering changes and can even result in death. That's why preventing you and your child from contracting these illnesses is very important.

A flyer listing school vaccination requirements for attendance in PA schools can be found [here](#).

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## Oral Health - Choosing Healthy Drinks for Your Young Child

Choose drinks that will help keep your child healthy. Many drinks have natural or added sugar. Children who are often given sugary drinks are more likely to have tooth decay (cavities). You might not even know you are giving your child drinks with sugar! Water or milk are the best drinks for your child.



Tips for Choosing Healthy Drinks:

- Breast milk is best. Breastfeed your child for 6 months or longer.
- Give your child plain water with fluoride. Water from the tap (faucet) is safe and cheap.

- Give your child milk at scheduled meal and snack times.
- It is best not to put your child to bed with a bottle or sippy cup. If you do, the bottle or sippy cup should contain only water, nothing else.
- Give your child cut-up or whole fruit instead of fruit juice.
- If you give your child juice, wait until he is 6 months old. Offer your child no more than 4 to 6 ounces of 100-percent fruit juice each day. Serve juice in a cup.
- If your child drinks from a sippy cup, it should contain only water or milk, nothing else. By age 12 to 14 months, most children can drink from a cup.
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For more information click [here](#).

## PA Lead Free Promise Project

The PA [Lead-Free Promise Project](#) has created an easy-to-use Parent Toolkit to assist parents in finding services for a child who tests positive for lead. The guide also provides detailed contact information for:

- Care managers at health insurance plans
- Companies that test homes for lead paint (for FREE if the child has Medicaid)
- Companies that remove lead paint
- And services like Early Intervention, WIC and Head Start.

Click [the Parent Resource Toolkit](#) on the Lead-Free Promise Project website.

## Arts & Crafts

### Tin Can Planter

Create this beautiful Tin Can Planter with your child.

#### You will need:

- Markers
- Paint Brushes
- Recycled Tin Can (like a coffee can or soup can)
- Acrylic Paint
- Topsoil
- Flower seeds
- Masking Tape

#### Instructions

1. Check the can for any sharp edges and cover with a few layers of masking tape if you find any!
2. Begin by painting the tin can. You may need to do two coats of paint to completely cover the can. Allow 1-2 hours to dry.
3. Give your child some markers or additional paint colors to paint over the base paint. Depending on their age, they may want to paint something



- they can see like a butterfly or flowers, or they may just decorate the can.
4. Help your child fill the can with topsoil. Create a small hole in the dirt to add seeds, cover with dirt and water daily.
  5. Check on the plant every few days. Talk about how flowers need soil, water and sun to grow. Note the changes your child sees happening!
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[Visit ELRC Region 13](#)

Community Services for Children | [elrc13@cscinc.org](mailto:elrc13@cscinc.org) | [www.cscinc.org](http://www.cscinc.org)

Connect with us



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