



## Community Services for Children

# Family Connection Newsletter ~ ELRC Region 16 June 2022

Serving Bucks County

## Region 16 News

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

### Food and Diaper Pantry

Family Services Association offers a Food Pantry and a Diaper Pantry for residents of Bucks County.

Click [here](#) for more information about this free service.



## Parenting Corner



### Camp BOOK IT!

Families can join [Camp BOOK IT!](#) and reward your child's reading all summer long!

Track your kids' reading for June, July and August in the digital dashboard at the [BOOK IT! website](#).

When they meet their monthly reading goal, they'll receive a free one-topping Personal Pan Pizza® from Pizza Hut! BOOK IT! will also share fun activities and book recommendations each week to keep the fun going throughout the summer. Enroll today!

# Child Development

## Tips for Tough Conversations

Children can be exposed to situations that may scare them or create some anxiety. Parents can ease their child's fear by talking to them using the following tips:



### Find Out What Your Child Already Knows

- **Encourage your child to talk** – If your child is afraid about what's going on, ask about it. Even when kids can't control an event it can help them to share their fears.
- **Tell the truth** – Try to calm any fears and help kids feel safe. Be truthful but don't offer more details than your child is interested in.

### Be Available

- **Be there, be calm** – Monitor your own emotion and tone of voice. Take note of your gestures, affect and voice because children pay special attention to these ways of communicating. Children scan the faces, voices and movements of others to discern safety. Your presence, voice, words, soft and loving touches, provide each child with the best ways of feeling safe.

### Reassure Them That They Are Safe

- **Calm their fears** – Children may be afraid that the same tragic events will happen to them. It is important to let them know that they are not at risk.

### Take Action

- **Teach preparedness, not panic** – If the news is about a school shooting, talk about the ways schools are keeping kids safe. If it's about a natural disaster, make a family plan for what you might do. If an illness is spreading, talk about ways to protect yourself and others.
- **Watch for stress** – If your child shows changes in behavior (i.e., not sleeping or eating, not wanting to be around people, or worrying all the time), call your child's doctor or a behavioral health care provider. They can help your child manage anxiety and feel better able to cope.

## Resource & Referral

### Formula Shortage

The United States is undergoing a serious formula shortage that has affected many families.

These recommendations may assist you, or someone you know, in finding the formula that is desperately needed:

1. Amazon receives daily shipments of infant formula. Check the website often for availability. Subscriptions can also be set up for auto-shipment of

- formula.
2. Walmart & Target receive daily shipments of formula in store and online. Shopping early in the day may be helpful to find specific formulas at these locations.
  3. Check grocery and drug stores when bigger stores are out of stock. These stores often get overlooked and will have inventory.
  4. Wholesale stores like Sam's Club sell formula in bulk sizes so purchases last longer.
  5. The InstaCart app can be helpful to find formula and even set up local delivery.
  6. Call your pediatrician if you cannot find the formula you need for your baby. They may have samples in stock, connections to other local organizations or ideas of other places to call, such as your local **WIC** clinic.



## Health & Safety

### Oral Health

#### Encourage Your Child to Drink Water

Water is important for both good oral health and overall well-being. Drinking water every day helps move nutrients throughout the body, gets rid of waste, gives skin a healthy glow, keeps muscles moving and promotes a healthy weight.

Here are some reasons why drinking water helps keep teeth healthy:

- **It strengthens teeth.** Drinking water with fluoride is one of the easiest and best ways to help prevent tooth decay. Water with fluoride makes it hard for the bacteria that cause tooth decay to create acid. Fluoride also strengthens the outer layers of the teeth, making them more resistant to acid attacks. If the local, county, or state health department says not to drink water from the tap, make sure the new water source contains fluoride or have fluoride drops prescribed by your pediatrician.



- **It keeps the mouth clean.** Drinking water washes away the bacteria that cause tooth decay and also washes away food left in the mouth after eating. Water also dilutes acids made by the bacteria that cause tooth decay. Even though drinking water helps keep the mouth clean, it is still important to brush the teeth with fluoride toothpaste twice a day.
- **It fights dry mouth.** Water helps create saliva, which is the mouth's first defense against tooth decay. Saliva contains calcium and other minerals that work into the outer layers of the teeth to keep them strong. It also keeps food moist so it can be swallowed easily and clears away food left in the mouth after eating.
- **It does not contain sugar.** Water is sugar-free, so drinking it doesn't allow the bacteria that cause tooth decay to make acid. Drinking water instead of beverages that have natural or added sugar lowers the risk for developing tooth decay.

For tips to encourage your child to drink water click [here](#).

## Summer Safety Tips for Children

Summer is here! Days are longer and the weather is warm.

While a lot of fun is sure to happen, accidents can happen too as kids are extra active during the summer.

Tips to keep children safe while having summer fun:

1. **Stay hydrated.** If your children play outside on a hot day, make sure they take frequent water and snack breaks. Heat exhaustion can come on very quickly.
2. **Designate a water watcher.** Drownings can happen in an instant. If you need to walk away even for a moment, assign an adult to actively watch your child when they are near a body of water.
3. **Sunscreen!** Sun is harshest from 10 a.m.-2 p.m. Children under one year old should avoid direct sunlight during this time. Make sure to constantly reapply sunscreen during these hours for older children.
4. **Never leave a child alone in a car.** In just 10 minutes, the inside of a vehicle can become so hot that it can be deadly. Even if you roll the windows down, never leave a child alone in a vehicle.
5. **Don't play with fireworks.** They're fun to look at, but fireworks can be extremely harmful if they aren't handled by an adult. Sparklers get hot enough to melt metal and should never be handled by young children.
6. **Fire safety.** Don't leave children unattended near grills, campfires, or bonfires. Keep a bucket of water or fire extinguisher near the area when there is a fire burning. If your child is burned, run cool water on it for five minutes; never put ice on a burn. If it begins to blister or looks leathery, take your child to the emergency room.



The ELRC Staff hope you and your family have a wonderful summer, making memories and staying safe!

## DIY Ring Toss

### What You will need:

- Paint & paint brush
- Pencil
- Paper towel rolls
- Clear tape
- Child-safe scissors
- Paper plates



Step 1: Stand the paper towel roll upright in the middle of a paper plate. Trace the roll with a pencil creating a circle on the plate.

Step 2: Cut out the circle, creating a small hole in the plate.

Step 3: Paint the paper towel roll and paper plate, let dry for 1-2 hours.

Step 4: Using your scissors, cut small slits in the bottom of the paper towel roll, about 1 inch apart.

Step 5: Fan out the slits on the paper towel roll and tape down in the middle of a new paper plate.

Step 6: Slide the painted paper plate with the small hole down the paper towel roll to complete the base.

Step 7: Cut larger holes in 4-5 additional paper plates, paint and let dry 1-2 hours.

Step 8: Toss paper plates towards the base, trying to land the plates around the paper towel roll.

Visit [ELRC Region 16](#)

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