



Community Services for Children

Family Connection Newsletter ~ ELRC Region 12

July 2022

Serving Susquehanna, Wayne, Lackawanna, Pike, Monroe & Carbon counties

Region 12 News

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

Your Money Matters!

Save the dates below to join this five part webinar series about managing your money. These events are sponsored by Penn State Extension and have a \$10 registration fee.

September 19, 2022
September 26, 2022
October 3, 2022
October 10, 2022
October 17, 2022

For registration details, please click [here](#) or register at:
extension.psu.edu/your-money-matters

The ELRC Resumes Mobile Sites!

ELRC staff are back out in the community to meet with families at our mobile site locations as well as community events.

The mobile sites allow families to meet with specialists in locations that may be more convenient for them.

Specialists will be available:

July 22 - Pike County CDD
101 Pocono Dr, Milford, PA 18337
(570) 296-3992
10:00 am - 3:00 pm



Please stop by to get to get information on the Child Care Works program, pick up/drop off applications, or to get assistance in finding resources in our community. See you there!

Is your child getting enough sleep?

Summertime can significantly change a child's sleep habits with later evening activities and the opportunity to sleep in during the mornings. With the disruption of sleep habits, it is important to consider your family's sleep routines and if your child is getting enough sleep.



Sleep is critical for a child's overall well-being and growth, including their ability to learn, play and socialize. It's important to set up your child for a positive learning experience by promoting healthy sleep habits.

Parents can establish a regular bedtime routine to help your children wind down, avoid caffeine and sugary drinks in the evening, and keep screen time to a minimum, just to name a few.

For more information on the many ways to help your child start or stay on a healthy sleeping routine, please click [here](#)

Opt In for Text and Email Communications

The Early Learning Resource Center can now send you reminders about your Child Care Works case and other ELRC communications by text and email when you opt into this service.



You can accept messaging when you:

- Apply for Child Care Works via Compass
- Submit annual redetermination through Compass
- Contact your Family Specialist at the ELRC

Parenting Corner

Helping Your Child Build Relationships

Babies are born with a drive to relate to and connect with others. As they grow, they continue to develop the social skills necessary to form strong, healthy relationships throughout their lives.



Through relationships, children discover who they are and learn to understand others. When young children engage with people in positive ways, they approach the world with openness and enthusiasm and they grow to be responsive and caring people.

Tip #1 - Allow for Unstructured, Uninterrupted Time with Your Child Each Day.

Let your child be the leader in deciding what to play. Don't multi-task during this special playtime, just be there with your child one-on-one. He or she will feel loved and special with your full attention. When you have to complete daily chores or other tasks, you can stay connected with your toddler by talking with him or her and having them help with the activity by giving "jobs" they can handle. With your baby, you can narrate what you are doing and offer interesting, related objects to keep connected to you, like giving a wooden spoon to play with while you are cooking.

Check back each month for another relationship tip!

Quality Child Care



When selecting a child care provider, you should feel comfortable to ask questions to be sure you have complete confidence in the program you are choosing.

Call ahead of your visit to set an appointment time to ensure someone will be available to meet and answer all of your questions.

Some things to ask during your tour:

- Can you walk me through a typical program day?
- Where do children nap?
- What curriculum is used or can I see a lesson plan?
- How do you handle discipline?
- What do you do if a child is sick?
- How does the program encourage parental involvement?
- What kind of communication will I receive from my child's teacher?

Each provider will answer these questions differently but find a program whom answers confidently and you trust.

For more tips in selecting a quality child care program, click [here](#).

Resource & Referral

Summer Food Service Program

Throughout Pennsylvania, children and families continue to struggle with food insecurity during the summer months. These months can be especially hard for some families since schools provide a regular source of healthy meals to children during the school year.

There are options for families who still need help during the summer months, as numerous community organizations across the state and country step up to fill

this need.

The link below will take you to a website that can help in finding summer meals in your area. Just click on the link below, and then click on the map in the middle of the page to be taken to the search feature.

If you do not have access to a computer or the internet, you can also call 1-866-348-6479, or text “Summer Meals” to 914-342-7744, to find locations near you.

<https://www.fns.usda.gov/sfsp/household>



**Head Start &
Early Head Start**

Parents did you know that if you receive SNAP benefits you are now eligible to apply for Head Start/Early Head Start services?

- Head Start is a high quality early childhood education program that is no-cost to qualified families.
- If you have a food assistance debit card, a notice of approval for food assistance or other official food assistance documentation, then your child qualifies for Head Start. No proof of income is necessary.
- Head Start helps prepare children from birth to age 5 to be successful in school and offers a number of comprehensive services including nutritious meals, medical, dental, hearing, vision, behavioral health screenings, and disability and family services.
- Head Start services are offered to children in almost every county in Pennsylvania.

To find a location near you, please go to <https://eclkc.ohs.acf.hhs.gov/center-locator>.

Health & Safety

Visiting the Dentist

Children need to visit a dentist or dental clinic to keep their teeth and mouth healthy.

If children have regular dental visits, the dentist and dental hygienist can take care of their teeth and find oral health problems early.

Having regular dental visits also teaches children to value good oral health. Click [here](#) for more information and for tips about preparing your child to visit the dentist.



6 TIPS

FOR

SUMMER SAFETY

KEEPING CHILDREN SAFE THIS SUMMER



Prevent heatstroke
Look before you
lock your car.



Secure pool areas
Don't leave children
alone around water.



Protect from bug bites
Use sprays, clothing or window screens.



Use sunscreen
Apply often when playing or swimming.



Stay hydrated
Water is best to stay hydrated



Keep cool
Avoid outside when sun is hottest.

Visit
www.papromiseforchildren.com
for more tips.

Administration for Children & Families <http://1.usa.gov/>
American Academy of Pediatrics <http://bit.ly/1X9kYe0>
Center for Disease Control <http://1.usa.gov/1CRUJfy>
Academy of Nutrition and Dietetics <http://bit.ly/1b8OSX>
Center for Disease Control <http://1.usa.gov/1nUFsDy>



Family Fun



Tissue Box Guitar

Supplies:

- Empty tissue box (the kind with the opening along the center of the box)
- Stickers and/or markers
- Rubber bands (different widths if possible)

Step 1: Decorate the tissue box using your stickers and/or markers.

Step 2: One by one, slip the rubber bands onto the tissue box (far apart from each other) so that they go over the opening in the box.

Step 3: Put on some music and have your child play along!

Visit ELRC Region 12

Community Services for Children | elrc12@cscinc.org | www.cscinc.org

Connect with us



Community Services for Children | 1520 Hanover Ave, Allentown, PA 18109

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