



## Community Services for Children

### Family Connection Newsletter ~ ELRC Region 12 August 2022

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

## Region 12 News

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

### FREE Backpack Giveaway!

Families are invited to Joy Salon's Backpack giveaway. There will be two events held, August 7<sup>th</sup> and August 14<sup>th</sup>.

Please see the attached flyer for additional details

- [Backpack Giveaway](#)



### The Lackawanna County Emergency Rental Assistance Program (Lackawanna ERAP)

This grant program helps renters living in Lackawanna County who suffered disruption and/or loss of income due to, or during, the COVID-19 pandemic by assisting with past due rent and utilities.

Please see this [flyer](#) for more information and eligibility criteria.

## Parenting Corner

### Helping Your Child Build Relationships

Each month, this newsletter touches on

ways to support your child in developing healthy relationships. Last month we discussed allowing unstructured time for play to build confidence and trust in others.



## **Tip #2 - Let Your Child Know You're Interested in His or Her Activities**

Show a sincere interest in your child—whatever he is doing. Your attention is what he desires and is thrilled to receive. You can show your interest by commenting on or describing what he is doing: “You are using so many beautiful colors to make that drawing.” Or, get involved by following his lead. If he is putting blocks in a container, see if he’ll take turns with you, or if you can build something together. This will also help him learn about the value and joy of back and forth play which is an important aspect of all successful relationships.

*Check back on this newsletter each month for another relationship tip!*



## **First Day Of School Tips for Parents**

It is hard to believe but summer is flying by and children will soon be returning to school. There are many things you can do to help your children prepare for the first day of school. Here are just a few examples:

- Involve children in preparations to help them get excited. Take them shopping for clothes and supplies.
- Read books about the excitement that comes with being in a classroom, such as “Oh the Places You’ll Go!” or “Miss Nelson is Missing.” This will help your child imagine what to expect. You can also recall your own experiences and share them.
- Create a countdown activity that can help children get excited. Make a paper chain and tear a link off the chain each day, asking the child to name something he or she is looking forward to about school.
- Start new morning, after-school and evening routines. Allow yourselves plenty of time so you do not feel rushed. Mornings will be calmer, and your child will feel more relaxed. Knowing their after-school schedule gives them a sense of confidence to offset all of the unknowns of the new school year. A good evening routine helps your child to wind down and get to bed in time to get enough sleep.
- Meet the teacher before the first day of school, even if through an email. Ask what the routine will be for the first week. You can also ask what your child needs to bring, such as health forms, immunization cards, snacks or extra clothes. Share the routine with the child, what the expectations will be and how he or she should behave.
- You can also refer to the links below for more fun tips and ideas.

[Back to School Tips-PreK](#)

[Back to School Tips-Elementary](#)

# Child Development

## What can I do about Biting?

Biting is a normal part of childhood development and behavior among toddlers. Young children bite for many different reasons, from teething to seeing what reaction it will provoke. Many children between ages 1 and 3 go through a biting phase in order to cope with a challenge or fulfill a need, which they will eventually outgrow. Still, biting is something you want to discourage. Trying your best to understand the underlying cause of the biting will help you develop an effective response.



It's important to always keep in mind that biting is a very common behavior among toddlers, however, when it happens, there is a lot of concern around the action and concerned parents out there. You are not alone. The good news is that there is a lot that parents and caregivers can do to reduce and eliminate biting.

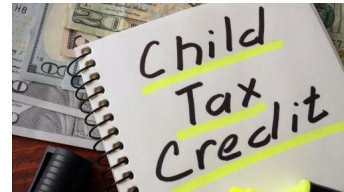
For more guidance around your concerns of your children biting and more helpful information to ultimately stop the biting, click the link below.

- [What Can I do about Biting](#)

## Resource & Referral

### New Childcare Tax Credit in Pennsylvania

Recently the State of Pennsylvania passed a new tax credit that is aimed at helping working families, with children, lower their tax burden. This new tax credit will allow families to get a tax rebate for child related expenses they paid for throughout the year.



Families can claim these rebates when they do their State of Pennsylvania taxes. For families with one dependent, the expenses claimed cannot exceed \$3,000 and for two or more dependents, the expenses cannot exceed \$6,000.

The percentage of expenses that will be credited will vary based on income level and family size. Please see the link below for an article from the Governor of Pennsylvania, Tom Wolf, on the new tax credit.

- [New Tax Credit](#)

***Please keep this in mind when filing next year's taxes!***



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## Health & Safety

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### Oral Health

#### ***Getting Fluoride for Your Child***

Fluoride is found in nature in soil, plants, and water. Fluoride is safe. Drinking tap (faucet) water with fluoride, brushing with fluoride toothpaste, and having a health professional apply fluoride varnish to the teeth are important ways to make teeth strong and prevent tooth decay.

#### ***Fluoride in Water***

- Since most water doesn't have enough natural fluoride to prevent tooth decay, many communities add fluoride to their water supply (tap water) used for drinking and cooking.
- Give your child tap water with fluoride. If you are not sure if your water has enough fluoride, ask your child's dental clinic for help in finding out.
- Some bottled waters contain fluoride, and some do not. Check with the bottled water's manufacturer to ask about the fluoride content of a particular brand.
- If your tap water does not have enough fluoride, ask your dental or medical clinic if your child needs fluoride drops or tablets.

#### ***Fluoride Toothpaste***

- Brush your child's teeth after breakfast and before bed once the first tooth begins to show.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste .

#### ***Fluoride Varnish***

- Fluoride varnish is painted on a child's teeth to prevent or reduce cavities.
- It is not permanent but keeps fluoride on the teeth for several hours.
- Fluoride varnish has a pleasant taste and is well tolerated by children.



**Fluoride is beneficial for teeth in two ways:** when children consume small doses of fluoride it enters their bloodstream and then becomes a part of their developing adult teeth and when swallowed it also becomes mixed with saliva, which helps strengthen teeth from the outside.

## Poisoning Prevention at Home

Cleaning is an important way to reduce germs. However, many young children have been poisoned by products that are meant to kill germs. Swallowing even tiny amounts of these products can poison children. Poisoning may cause confusion, vomiting, sleepiness, seizures, trouble breathing, and even death. Follow the tips below to keep children safe.



Contact Poison Control if you think a child has swallowed or touched something that might harm them. Call: 800-222-1222 (toll-free). Save this phone number in your phone and post near every phone in your home. Poison Control speaks many languages and they can tell you what to do.

Click [here](#) to view a poisoning prevention chart

## Arts & Crafts

### Egg Carton Caterpillar

Supplies:

- Empty egg carton
- Child-safe scissors
- Googled eyes
- Markers
- Pom-Poms
- Glue
- Pipe cleaners (straws would also work)



Step 1: Cut the lid and side flap off the egg carton

Step 2: Cut down the middle of the egg carton. This will make 2 caterpillar bodies.

Step 3: Using your supplies, decorating your caterpillar.

Step 4: Take a walk and look for caterpillars and/or read a fun book together like [The Very Hungry Caterpillar](#) by Eric Carle.

**\*Always supervise children closely when using tools like scissors or items that could be a choking hazard.**

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[Visit ELRC Region 12](#)

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