



## Community Services for Children

### Family Connection Newsletter ~ ELRC Region 11 August 2022

Serving Bradford, Sullivan, Wyoming, Luzerne, Columbia & Montour counties

## Region 11 News

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

### Need help finding child care?

The Early Learning Resource Center staff are happy to help you locate quality child care for your children.

If your child care needs change and you need to transfer to a new provider or maybe you're just having a hard time finding a provider with openings, please call our ELRC office for a list of referrals.



Region 11 welcomes two new providers to our area:

*Building Blocks After School EP Crestwood HS, Mountaintop  
Future Blossoms Early Learning Center, LLC, Athens*



**Woodlands Inn & Resort  
1073 PA-315  
Wilkes-Barre, PA, 18702**

The annual "Free" Expo returns this year, August 18<sup>th</sup> 9:00am-8:00pm, featuring the following Keynote Speakers:

- Earl Granville with special guests: Alex Douglass & Kevin Bittenbender presenting on Resiliency
- Robert Soop presenting on Digital Stalking and other Technology Threats

The conference will further showcase local programs & resources offered by our partner organizations. Throughout the event we will recognize heroes in the fields of Human Services, Education and First Responders.

Light food and beverages will be offered throughout the day and the event will conclude with live music by A Proud Monkey (Dave Matthews Tribute Band).

---

***Supporting Families Throughout the Lifespan Celebration***  
***Sponsored by Bradford County Human Services***

*Saturday, August 20<sup>th</sup> from 1:00pm-3:00pm*

*Larnard Hornbrook Park  
1241 Hornbrook Road  
Towanda, PA 18848*

Come on out and join in the fun! Learn about what your local agencies have to offer and valuable resources available in your area.

***Hot dogs, popcorn, cake, slushies and water will be provided!***

Click on this flyer for more information: [Supporting Families Event](#)

---

## 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.

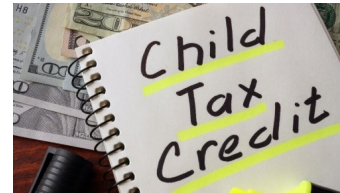
- [What Can I do about Biting](#)

---

## 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!***



---

## Health & Safety

---

### 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.



## **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



## 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.**

---

Visit [ELRC Region 11](#)

Community Services for Children | [elrc11@cscinc.org](mailto:elrc11@cscinc.org) | [www.cscinc.org](http://www.cscinc.org)

Connect with us



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

[Unsubscribe\\_pcho@cscinc.org](mailto:unsubscribe_pcho@cscinc.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [bestair@cscinc.org](mailto:bestair@cscinc.org) in collaboration  
with



Try email marketing for free today!