



Community Services for Children

Family Connection Newsletter ~ ELRC Region 12 September 2022

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

Region 12 News

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Getting Ready for Kindergarten

Pocono Mountains United Way's *Getting Ready for Kindergarten Calendar* features a year's worth of games, activities, and tips to help children and families prepare for transition to Kindergarten.

The calendar also features an abundance of community resources for Monroe County. Should you be interested in obtaining copies of this calendar as a resource, please contact your Family Specialist or visit our Stroudsburg ELRC office today located at 411 Main Street, Stroudsburg PA 18360.

Attention Families

A new school year is starting which may mean changes to your child care arrangements. Please remember to contact the ELRC and notify your Family Specialist right away if there are any changes in your child's care schedule or if you decide to enroll your child in a new childcare facility.

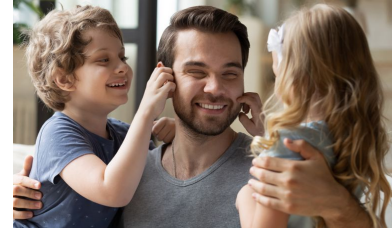


Reported changes will ensure that care is not interrupted and that timely CCW payments are made to the appropriate program on behalf of your child.

For more information or assistance, please contact the ELRC Scranton office (570) 468-8144 or Stroudsburg office (570) 994-1135.

Family Specialist Mobile Office Days

Family Specialists are back in the community and looking forward to meeting with you! Should you need assistance with a Child Care Works application, redetermination or need a one on one family meeting, please call or email your Family Specialist to schedule an appointment for an upcoming mobile office day!



This month our specialists will be visiting Pike and Susquehanna Counties!

September 7, 2022- Susquehanna/Montrose Library

from 9:30am to 2:30pm

458 High School Rd. Montrose, PA 18801 (570) 278-1881

September 21, 2022- Susquehanna County Library

from 9:30am to 12:30pm

83 Erie Blvd., Susquehanna, PA 18847 (570) 853-4106

September 22, 2022,- Center for Developmental Disabilities

from 9:30am to 2:30pm

101 Pocono Dr., Milford, PA 18337 (570) 296-3992

Rental Assistance is Available!

The Lackawanna County Emergency Rental Assistance Program (Lackawanna ERAP) is a grant program that helps renters who suffered disruption and/or loss of income due to, or during, the COVID-19 pandemic by assisting with past due rent and utilities. For more information please click [here](#) or see flyer below:

- [Rental Assistance 2022](#)

Your Money Matters!

Penn State Extension is hosting a five-part webinar series on managing personal finances. Participants will learn how to create a spending plan, set financial goals and how to safeguard finances.

Save these dates:

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

For registration details, please see the flyer [here](#) or register at [Your Money Matters: A Series of Financial Fundamentals \(psu.edu\)](#). Any additional questions can be directed to Penn State Extension at 1-877-345-0691.



33rd Annual Palmerton Community Festival

Come and enjoy the weekend at the fair! **September 9th-11th**

- Rides
- BINGO
- Demonstrations
- Lunch bag Raffle
- Handmade Crafts
- Games
- Local Foods
- Vendors Row
- Continuous Entertainment
- and much more!!!!

For more information about the fair please visit the link below.

- [Palmerton Festival](#)

Parenting Corner

Family Attitudes and Actions to Succeed in School

A child's greatest support is often found in their family. Yet finding the time and knowing how to participate in a child's education is frequently a challenge for busy parents. There are attitudes and actions parents can take to have a meaningful impact on their child's school



success. The kinds of involvement that make a difference in children's learning and academic success are doable for all families. Below are some attitudes and actions that all families can do to enhance their child's learning.

Attitudes

- **Claim your role as your child's first teacher.** Your home has been your child's first classroom and you have valuable knowledge about who your child is and how they learn and interact with the world.
- **Claim your role as a partner in your child's education .** As children step into formal schooling, it does not change the important position the family holds in their child's healthy development. Form a relationship with your child's teacher so that you can be an effective part of this new team.

Actions

- **Express your hopes, beliefs, and expectations to your child.** It is powerful for children to hear their parents speak about their sincere belief in their child's ability to be successful at school. Telling your child about the hopes and expectations you have for them encourages them and helps them believe in their own ability to be successful.
- **Create a learning space at home.** Your home is already a place where your child learns. As children enter formal schooling, create space in your home where your child can do homework and read for fun without distraction.
- **Express Interest in your child's learning at school.** Ask your child specific questions like, "What story did you read in school today?" or "What game did you play in math today?" Your interest is extremely motivating to children.

Family support and involvement in a child's education make a difference. Choosing to invest in these attitudes and actions will make a difference in your child's success at school.

Helping Your Child Build Relationships

Each month, this newsletter touches on supporting your child in developing healthy relationships. Last month we discussed how parents can show interest in their child's play time to create positive, meaningful relationship.



Tip #3 - Encourage Children to Express Their Feelings in Age-Appropriate Ways

Forming positive, healthy relationships depends on the ability to show feelings appropriately and to recognize the feelings of others. Teach children acceptable ways to vent anger, like drawing an angry picture, running in the yard, or tossing a pillow on the floor. Label your own feelings, "I am happy because you helped me clean up," or, "I am sad that Grandma had to fly home." It is important for children to know that you have feelings too, but that there are ways to cope with them so you can feel better.



Back to School Transition

It's September, and kids are heading off to school. Are your children ready?

Transitioning from summer break, back to early childhood programs, elementary school, or just starting school for the first time, can stir up anxiety and other challenges in children. Young children often want to stay close to their parents and other trusted caregivers. Children who are sensitive, easily worried, or those who have developmental delays, may need some extra time to adjust to the transition.

Below is a link that can support you in 10 ways and help your toddler adjust to school.

- [10 Ways To Help Your Toddler Adjust To School](#)

Resource & Referral



New Suicide and Crisis Hotline

The National Suicide Prevention Lifeline recently got a new name and phone number for those in crisis. The new 9-8-8 number will replace the old hotline for the National Suicide Prevention Lifeline, and will now be called the Suicide and Crisis Lifeline. The name change is to reflect that this hotline can be used by anyone in a mental health crisis, and not just for those at risk of suicide.

For more information please click the link below:

- [Pennsylvania Support and Referral for Mental Health](#)

As always if you or your family need any additional resources please contact or visit your local Early Learning Resource Center.

Claim Your Child Tax Credit

If you didn't file taxes this year, you may be eligible for thousands of dollars in federal benefits. It's easy to claim your money.



If you don't usually file taxes, use this simplified tax filing tool, [GetCTC.org](#), to claim your Child Tax Credit and any missing amount of your third stimulus payment.

This tool is for people who do *not* have a filing requirement to file a simplified tax return. This tool enables people to claim the Child Tax Credit and third stimulus payment (up to \$5,000 per eligible child). This form usually takes about 15 minutes to complete, and you won't need any tax documents.

[GetCTC.org](https://www.getctc.org) is a non-profit service built by Code for America in partnership with the IRS with support from the White House and U.S. Department of Treasury.

Health & Safety

Oral Health

Helping Children Stop Using a Pacifier

Sucking on pacifiers is a normal reflex for infants and toddlers, however, long term use of pacifiers can affect your child's bite and the growth of the jaws and bones that support their teeth. If your child shows no interest in giving up their pacifier by age 4, they may need help to stop.



Here are some ways to help your child stop using their pacifier:

- **Talk to your child.** Tell your child why you want them to stop using their pacifier. Say to them you believe they can stop.
- **Take the pacifier away gradually.** Let your child use it only at certain times, like naptime or bedtime. Slowly increase the amount of time that your child isn't using a pacifier.
- **Reward your child.** For each day they don't use their pacifier, put a star on the calendar. At the end of an agreed upon time period, give them a non-food reward, like a trip to the park.
- **Encourage your child to throw their pacifier away.** If your child asks for it, remind them that they threw it away. Tell your child they're a big kid, and big kids don't use pacifiers.
- **Trade the pacifier.** Ask your child to put the pacifier under their pillow. Tell them the pacifier fairy or someone else will take the pacifier while they sleep and leave a gift instead. If your child asks for the pacifier, remind them they traded it for a gift.
- **Poke holes in the pacifier.** Use a clean pin to make the holes. If the pacifier has holes in it, it won't feel good for your child to suck on.

Arts & Crafts

Crayon School Picture Frame

Supplies:

- Black paint
- Color of choice paint
- Craft/Popsicle Sticks
- Glue
- Markers
- Construction paper or card stock
- Paintbrush
- Child safe scissors
- School photo



Step 1: Paint 7 craft/popsicle sticks with color of choice paint

Step 2: Paint 2 craft/popsicle sticks with black paint and let dry for 2 hours

Step 3: Line the colored sticks next to each (side by side)

Step 4: Place each black stick on the ends of the colored sticks

Step 5: Use the colored sticks as a guide, cut out a rectangle and triangle to shape the crayon using your scissors and paper

Step 6: Glue the craft/popsicle sticks to your paper (still have the black sticks at the ends)

Step 7: With your marker, draw a line on the 2 black sticks

Step 8: Glue a photo of your child in the middle of the sticks

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

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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