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## Community Services for Children Family Connection Newsletter ~ ELRC Region 13 September 2022

Serving Berks & Schuylkill counties

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### Region 13 News

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

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#### Local Events

##### ***Community Free Clothing Giveaway***

September 10, 2022 8am-3pm  
Schuylkill County Fair association  
2270 Fair Road, Schuylkill Haven, Pa 17972

All are welcome. All sizes are available from 0 months-XXL (children and adults)

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## Lakefront Fest

FREE activities and entertainment to celebrate the outdoors.

Sunday October 9, 2022 11am-2pm  
Sweet Arrow Lake  
108 Clubhouse Road Pine Grove, Pa 17963  
[www.schuylkillcd.com](http://www.schuylkillcd.com)

## First Responder Fair

Saturday September 24, 2022  
1pm-9pm  
Cabela's  
100 Cabela Drive, Hamburg  
FREE admission to support Berks County 1<sup>st</sup> Responders.  
Plenty of activities for both children and adults



## Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month and the Berks County Suicide Prevention Task Force and the Suicide Prevention Task Force of Schuylkill County are promoting several events and services:

***Documentary: Hell or High Seas***

Thursday, September 15<sup>th</sup> at 6:30 pm  
GoggleWorks Center for the Arts

***9<sup>th</sup> Annual Stomp Out Suicide***

Saturday, September 17<sup>th</sup> from 11:00 am - 3:00 pm  
Island Park, Schuylkill Haven

***Wake Up: Stories from the Front Lines of Suicide Prevention***

Wednesday, September 21<sup>st</sup> at 6:00 pm  
Penn State Berks



Feeling helpless or depressed?  
Text ruOK to 484-816-ruOK (7865)



## Helping Harvest Food Bank - Serving Berks and Schuylkill County

Helping Harvest distributes food at no charge to over 300 charitable food program partners, such as food pantries, soup kitchens, and shelters. Helping Harvest also provides food directly to families in need through several direct service programs. Individuals may also contact Helping Harvest for help applying for SNAP (food stamps) benefits. Call 610-926-5802 X 206 for assistance.

## 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 Reading office (833) 229-6927 or Pottsville office (570) 391-5211.

## 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.

## 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.

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.

## Child Development



### 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.

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## 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](#) 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.

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## Health & Safety

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### School Bus Safety

As children return back to school, we will see more and more school busses returning to our neighborhoods. As parents, we prepare our children for everything possible but what about safety on and off the bus? What is our responsibility on the road when we see a school bus?

Parents can help by making sure children are at the bus stop early to avoid rushing. They can also make sure they are able to get on and off the bus easily by keeping backpacks and other items to a manageable size. While on the bus, students should be encouraged to keep the aisle and exits clear. Students should also be encouraged to listen to the driver and stay in their seats while the bus is moving. Finally, it is important for students to always be visible to the bus driver when getting on or off the bus.

As motorists we have a responsibility to do our part. When the red lights are flashing and the stop arm is extended, Pennsylvania law requires motorists stop at least 10 feet away from school buses. Failure to obey school bus safety laws can result in fines, points on a driving record and a suspension of license.



You **MUST STOP** on roadways with or without painted lines.



You **MUST STOP** at an intersection, whether it is or is not marked with a stop sign. All traffic **MUST STOP**.



You **MUST STOP** on roadways with ridged/grooved dividers.

## 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 13](#)

Community Services for Children | [elrc13@cscinc.org](mailto:elrc13@cscinc.org) | [www.cscinc.org](http://www.cscinc.org)

Connect with us



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

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