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## Community Services for Children

### Family Connection Newsletter ~ ELRC Region 13

### October 2022

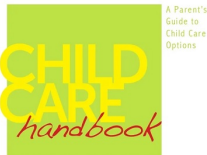
Serving Berks & Schuylkill counties

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## Region 13 News

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

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### Child Care Program Handbooks

It's important to annually review the family handbook of the childcare program in which your child is enrolled. Reviewing the parent handbook may help to answer program specific policy questions regarding copayments, additional program fees, absences, and private payments. Also, annually reviewing the ELRC Rights and Responsibility document you received at the face-to-face meeting would serve as a reminder of changes that must be reported to the ELRC and the timeline when the notification should occur.

Family Specialists are available Mon-Friday (8:30am-5:00pm) to answer questions as well. For more information or assistance, please contact the ELRC Reading office (484) 651-8000 or Pottsville office (570)391-5211

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## Berks County Activities

Tower Behavioral Health Trunk or Treat

Tower Behavioral Health's 1st Annual

# Trunk or Treat

Thursday, October 20th  
5:00 p.m. - 8:00 p.m.

201 Wellness Way, Reading PA 19605 | Parking Lot

This family friendly event includes:

**Music - Nonno Alby's - Island Noodles**

**Sweet Ride - Mini Therapy Ponies**

**Photobooth - NAMI - Holcomb Crisis - RU OK  
Reading Hospital - Resources- Fun Giveaways  
and CANDY!**



Tower Behavioral Health

Advancing Health. Transforming Lives.



## Family Guidance Center Trunk or Treat

1235 Penn Avenue Wyomissing  
Friday October 28 6pm-7pm

Fun trunks decorated for the season filled with playful and yummy treats. Bring your family to enjoy music and great company by the Family Guidance Center staff.

Leesport Area Historical Society  
128 Main Street Leesport

November 6<sup>th</sup> 5pm-8pm  
Family fun night with hayrides, bonfire,  
music, river walk, petting zoo and much  
more.

Rain date will be November 7.



## Harvest Moon Festival

### Schuylkill County Activities





## Community Resources - Crisis Intervention

### Berks County

Holcomb Behavioral Health, the new crisis provider for Berks County, has moved to a permanent location of 401 Buttonwood Street, West Reading. They provide the following services:

- 24/7 Dedicated Crisis Counselling: 610-379-2007
- Community-based Mobile Outreach
- Walk-in Center: Monday to Friday 8 am - 4 pm
- Texting Service: 484.816 ruOK (7865)

See this [flyer](#) for more details.

### Schuylkill County

Schuylkill County Mental Health and Developmental Services provides emergency crisis services 24 hours a day, 7 days a week, and 365 days a year.

The office is located at 410 N Center Street Suite 2, Pottsville, PA 17901 and the phone number is (570) 621- 2890. Walk-ins go to the rear of 16-18 South Centre Street (behind Turning Point on Progress Avenue).

## 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 ways to identify your child's feelings in age-appropriate ways.



#### Tip #4 - Respect Your Child's Feelings

When you acknowledge and respect your child's feelings, it teaches your child to trust his or her instincts. It can also help them work through powerful or difficult feelings and allow them to move on and cope appropriately. Knowing you respect their feelings teaches your child empathy and respect for others, which are important elements in any relationship. Accepting feelings, without minimizing them or making fun, also increases the chances that they will share more with you as they grow.

When children are hurting and or feeling intense emotion the absolute best way to help them self-regulate is to validate what they are experiencing. By doing so, you provide your child with something invaluable: the acknowledgment that someone else understands what they are experiencing so they are not alone.

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



### Feeling stressed? Build up your Parental Resilience!

What is Parental Resilience? Resilience is the process of managing stress and functioning well even when faced with challenges, adversity and trauma. Parents who show the ability to cope with the stresses of everyday life, as well as an occasional crisis, have resilience.

Parents with resilience also know how to seek help in times of trouble. Their ability to deal with life's ups and downs serves as a model of coping behavior for their children, which can help them learn critical self-regulation and problem-solving skills. Because no one gets through life without having to deal with stress, resilience is an important life skill to develop.

Here's a really short list that you can stick on the refrigerator or save on your phone to remind yourself to practice resilience.

1. Taking care of yourself is good for you and for your kids. You can't pour from an empty cup.

2. Be kind to yourself. No one is a perfect parent and some days will be better than others.
3. Give your kids positive attention, share moments of joy and laughter, and help them explore their own feelings. Structure is good but so is flexibility!
4. Stay connected and help your kids stay connected to the important people in your lives.
5. Ask for help. And help others.

You can also help your child build their own resilience early on in life. Click [here](#) for some useful tips.

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## Child Development

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### Importance of Proper Nutrition

Do you know how important proper nutrition is for your growing child?

It's already October and as you send your child into their second month of school, keep in mind that nutrition is an important factor in successful academic performance. Studies have shown, children who regularly eat a healthy balanced breakfast and lunch, are more alert throughout the day and earn higher grades than those who skip meals or have an unhealthy diet.



Please click the links below for some helpful guides for nutrition options.

- [Toddler Nutrition \(stanfordchildrens.org\)](http://stanfordchildrens.org)
- [Childhood Nutrition Facts | Healthy Schools | CDC](#)
- [Nutrition for kids: Guidelines for a healthy diet - Mayo Clinic](#)

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## Resource & Referral

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### Car Seat Safety

Having a car seat that is appropriately installed is key to ensuring your child remains safe in case of an accident. It is always important to follow the manufacturer's instructions when installing a car seat, and never use a car seat that is past its expiration date.

If you are unsure how to install a car seat, or if you want to check to make sure it is installed correctly, the state of Pennsylvania offers a website where you can find the closes [car seat check location](#) to you. Additionally, if you

need a car seat, the state also has a website for their [car seat loan program](#). The car seat loan program can help families find a car seat when they otherwise may not be able to afford one.

Just remember that when traveling, your child should always be appropriately secured in a car seat that is not only installed correctly, but also fits their height and weight. The state of Pennsylvania also has resources that parents can use to make sure they have the [correct car seat for their child](#).



## Is Your Child in the Right Car Seat?

How to know for sure:

 <p><b>REAR-FACING CAR SEAT</b></p> <p><b>Babies and toddlers need to ride rear-facing as long as possible.</b></p> <p>Keep children rear-facing until they are at least two years old, or until they reach their car seat's height or weight limits. Convertible and 3-in-1 car seats usually have higher height and weight limits for rear-facing (compared to infant-only seats) so you can keep your child rear-facing longer.</p>	 <p><b>FORWARD-FACING CAR SEAT</b></p> <p><b>Use a forward-facing seat with a harness when your child outgrows the rear-facing seat.</b></p> <p>When your child outgrows the rear-facing seat, he/she should ride in a forward-facing seat with a harness up to the highest weight or height allowed in the car seat instructions. Use the top tether strap based on your car seat and vehicle manufacturer's instructions. The tether (and harness) limit your child's movement in a crash.</p>	 <p><b>BOOSTER SEAT</b></p> <p><b>Children are ready for a booster when:</b></p> <ul style="list-style-type: none"><li>• They reach the limits for the forward-facing car seat with a harness, or</li><li>• Their shoulders grow above the car seat top harness slot, or</li><li>• Their ears are at the top of their car seat.</li></ul> <p>Boosters help keep the seat belts in the safest position. The lap belt stays low, touching the tops of the legs. The shoulder belt is centered on the shoulder and chest, so children don't put it behind their backs or under their arms.</p>	 <p><b>SEAT BELT</b></p> <p><b>Is your child ready to ride on the seat?</b></p> <ul style="list-style-type: none"><li>• Can your child sit with his hips against the back of the seat?</li><li>• Do her knees bend comfortably at the edge of the seat?</li><li>• Does the belt cross the center of your child's shoulder and is the lap belt low, touching the tops of your child's legs?</li><li>• Can your child sit like this the entire trip?</li></ul> <p><b>If you answered "no" to any of these questions, your child needs to keep using a booster.</b></p>
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● The back seat is the safest place. Children should ride in the back seat until they are 13 years old.

● Always check your vehicle and car seat manufacturers' instructions to be sure your child's car seat is installed and used correctly.

● Attend a car seat checkup to be sure your child is in the right seat and the seat is installed correctly.

● Seat belts do not usually fit until children are 4'9" tall and between 8-12 years old.

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Check out these additional car seat resources:

- Car seat loan programs- <https://pakidstravelsafe.org/resources/car-seat-loan-programs/>
- Car seat check/fitting locations- <https://pakidstravelsafe.org/resources/car-seat-check-fitting-station-locations/>
- Car seat tips- <https://pakidstravelsafe.org/wp-content/uploads/Make-Safe-Choices-Achieving-Correct-Use-2022.pdf>

# Health & Safety

## Take Careful Steps Not to Fall into Fall

Autumn is a busy season with many exciting events. Don't let falls impact your ability to participate and celebrate. Below are a few tips to help you and others stay safe.



**Weather** - As the weather changes make sure walking areas are clear of leaves and other debris. Wet leaves can be as slippery as ice and can often be a cause of serious accidents or injuries.

**Indoor Obstacles** - Spills or slippery floors can easily cause people to lose their footing. Clutter, loose mats and poor lighting can be tripping hazards.

**Clothing** - Choose footwear appropriate to the weather and temperature. Pants or skirts should be appropriate lengths not to cause a tripping hazard. If hats, hoods or masks are worn, be sure everyone can see clearly.

Early planning and a little observation can help you stay safe and avoid falls this Fall.

For more tips and information visit these sites:

- <https://www.cdc.gov/niosh/topics/retail/slips.html>
- <https://www.safekids.org/tip/falls-prevention-tips>

## Oral Health

### Importance of Oral Health Care When You Are Pregnant

Taking care of your mouth while you are pregnant is important for you and your baby. Getting oral health care, including cleanings, X-rays, fillings, and pain medication, is safe when you are pregnant.

Brushing twice a day with fluoride toothpaste, drinking water throughout the day and eating nutritious foods will help keep you and your baby healthy.



Tips for receiving oral health care:



- If your last dental visit was more than six months ago or if you have an oral health problem or concern, make an appointment as soon as possible.
- Getting oral health care during the second trimester is best. During the first trimester, you might have morning sickness. During the third trimester, it can be uncomfortable to lie on your back in the dental chair.
- Tell the dental clinic staff that you are pregnant and your due date. This information will help them provide the best care and keep you comfortable.
- Tell the staff about any changes in your teeth or gums. Also, tell them about all medications, including vitamin and mineral supplements, that you are taking.

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## Arts & Crafts

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### Drip Pumpkin Art

#### Supplies:

- Washable Paint
- Washed Pumpkin
- Paper Plates
- Water
- Disposable Cups
- Craft Sticks
- Stickers



Step 1: Place washed pumpkin on a paper plate and on a protected surface

Step 2: Add stickers to the pumpkin to create a face

Step 3: Mix paint with a small amount of water in a disposable cup with a craft stick

Step 4: Pour paint all over the pumpkin and allow it to drip down the sides

Step 5: Allow it to dry 2-4 hours

Step 6: Peel stickers to reveal your pumpkin face

Step 7: Display your masterpiece

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

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Visit [ELRC Region 13](#)

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

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