



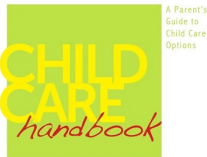
Community Services for Children

Family Connection Newsletter ~ ELRC Region 14 October 2022

Serving Lehigh & Northampton counties

Region 14 News

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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 Allentown office (610) 437-6000 or Bethlehem office (484) 89 8-8101

ELRC 14 Center City Allentown Location has re-opened

We are excited to announce that our Early Learning Resource Center (ELRC), located at 101 N 6th St, Allentown, has re-opened.

The ELRC offers support to families by connecting them to valuable community resources, assisting them in finding high quality early learning opportunities for their children and with the application process for the Subsidized Child Care program. If eligible, the Subsidized Child Care Program assists families in paying a portion of their childcare costs.

Reach out to your Family Specialist for any supports your family may need.

Meet the Family Specialists at this location:



Sandra Wadell



Rebekah Rutledge

ELRC locations in the Lehigh Valley:

101 N 6th St
101

Allentown, PA 18101
484-656-0020

1520 Hanover Ave

Allentown, PA 18109
610-437-6000

65 E Elizabeth Ave, Suite

Bethlehem, PA 18018
484-898-8101

ELRC Mobile Sites & Community Events

The Early Learning Resource Center continues to be out in the community and ready to meet with families.

The Early Learning Resource Center will be at:

Bethlehem Library South Side Story Time

400 Webster St, Bethlehem, PA 18015
10/5/22, 10:30am-12pm

Easton Book Festival, Easton Public Library

515 Church St, Easton, PA 18042
10/29/22, 10am-2pm

The Northside Network's 3rd Annual Trick-or-Treat Resource Fair

Boys and Girls Club of Bethlehem
1430 Fritz Drive, Bethlehem, PA 18017
10/29/22, 11am-1pm

You can also find the ELRC at:

Lehigh Valley Careerlink

555 Union Blvd, Allentown, PA 18109
10/4/22, 10/11/22, 10/18/22 & 10/25/22, 9am-1pm

Star Community Clinic

450 Chew St, Allentown, PA 18102
10/11/22 & 10/25/22, 1pm-4pm

Lehigh Valley Hospital
17th and Chew, Allentown, PA 18102
(Blue elevators, 6th floor)
10/6/22 & 10/20/22, 1pm-4pm

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.

Child Development

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

Resource & Referral

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.



Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

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:



REAR-FACING CAR SEAT

Babies and toddlers need to ride rear-facing as long as possible.

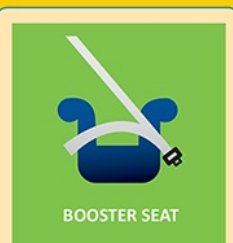
Keep children rear-facing until they are at least two years old, or until they reach their car seat's height or weight limits. Convertible and 3-in-1 car seats usually have higher height and weight limits for rear-facing (compared to infant-only seats) so you can keep your child rear-facing longer.



FORWARD-FACING CAR SEAT

Use a forward-facing seat with a harness when your child outgrows the rear-facing seat.

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.

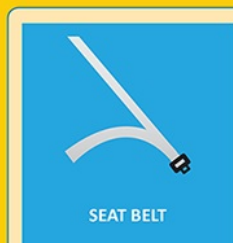


BOOSTER SEAT

Children are ready for a booster when:

- They reach the limits for the forward-facing car seat with a harness, or
- Their shoulders grow above the car seat top harness slot, or
- Their ears are at the top of their car seat.

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.



SEAT BELT

Is your child ready to ride on the seat?

- Can your child sit with his hips against the back of the seat?
- Do her knees bend comfortably at the edge of the seat?
- 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?
- Can your child sit like this the entire trip?

If you answered "no" to any of these questions, your child needs to keep using a booster.

● The back seat is the safest place. Children should ride in the back seat until they are 13 years old.

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

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

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

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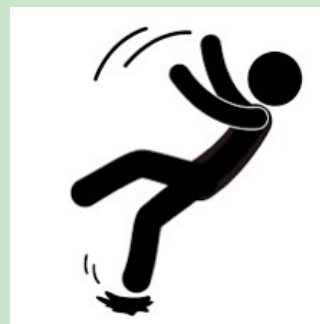
Check out these additional car seat resources:

- 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->

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.

Arts & Crafts

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.**

Visit [ELRC Region 14](#)

Community Services for Children | elrc14@cscinc.org | www.cscinc.org

Connect with us



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

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