



## Community Services for Children

### Family Connection Newsletter ~ ELRC Region 12 November 2022

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

## Region 12 News

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



### Let's Stop Hunger One Family at a Time!

There are many agencies that can help families access food resources. Click on the links below to find a location near you.

- [Second Harvest Food Bank](#)
- [Thanksgiving Food Drive - Scranton Preparatory School](#)
- [United Neighborhood Centers of Northeastern Pennsylvania](#)
- [Friends of the Poor Scranton](#)
- [Food Pantries in Pocono, Monroe & Pike Counties](#)

### ELRC Mobile Office Days

Family Specialists are in the community and looking forward to meeting with you! Should you need assistance with the 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!

**November 15th, 2022,**

*the Montrose Library  
from 9:30am to 2:30pm  
458 High school Rd, Montrose PA 18801 (570) 278-1881*

*November 16<sup>th</sup>, 2022  
Center for Developmental Disabilities  
from 9:30am to 2:30pm  
101 Pocono Dr., Milford, PA 18337 (570) 296-3992*



## Welcome our new ELRC team member

We would like to introduce our newest Family Specialist, Krystal Cruz to the region 12 Team. Krystal earned a bachelor's degree from the University of New York and has an extensive background of family services case work. She works in our Stroudsburg office, is fluent in speaking Spanish, and has very quickly become a valued member of the team.



## Winter Coat Drive

The ELRC is hosting a Winter coat drive to help keep children warm in the midst of upcoming cold weather. Coats are limited and this project will last until inventory runs out.

Please see the attached flyer and contact the ELRC to inquire about sizes and availability. Please call our office at (570)-468-8144 for more information.

- [Winter Coat Drive](#)

## Pennsylvania 211

Get Connected. Get Help.

If you need to connect with resources in your community, but don't know where to look, PA 211 is a great place to start. Resources are available for assistance with paying utility bills, housing, after-school programs, and more. Dial 211 or text your zip code to 898-211 to talk with a resource specialist for free. Specialists are available 24 hours a day to listen to your needs, and to provide resource and referral information that are available in your local community.

- <https://www.pa211.org/>

## Feed a Friend Registration

United Neighborhood Centers of Northeastern Pennsylvania are partnering with WNEP and Upper Valley Project Hope as the designated Lackawanna County partner for this year's Feed a Friend campaign.

Families with children aged 18 and under will receive a gift card to a local grocery store to celebrate Thanksgiving. Please see flyer for more information on the event and where to register.

- [Feed a friend flyer](#)

## 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 respect your child's feelings

#### Tip #5 - Play Games that Explore Feelings

Use puppets to act out a young child's typical frustrations or fears, like having to share toys with a playmate, adjusting to a new baby, or separating from loved ones. Make drawings or hats for different emotions, and talk about pictures in books that communicate feelings. Also, watch what your child "tells" you during his play—it can be a window into his inner thoughts and feelings. For example, if your child dresses up in mommy clothes and acts out leaving her teddy bear at the babysitter's house, she may be wondering about separations. You can help her think through these big ideas and feelings by playing along and perhaps reminding her that, while Teddy misses his mama, he knows his mama always comes back.



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



### Importance of Healthy Social Connections for Kids

Social connections are important for all of us, and healthy social connections are especially important for children. Our connections help us develop a sense of well-being and support.

Learning to develop them begins in early childhood, by following these helpful tips below:

- Don't force it - Don't force your child to do activities, encourage them to explore new things and find something they like.
- Encourage connections beyond online - It is important for children to seek connections outside of the online world.
- Recognize social anxiety - If your child experiences social anxiety, it is important to get them help early, so they can build healthy social connections.
- Identify common interests - Encourage your child to identify common

interests with others. This can be their favorite music, games, books, movies, or sports.

- Encourage positive body language - Model positive body language with your children such as smiling, speaking confidently, and making eye contact appropriately.
- Be a good listener - Encourage your child to listen to others before they jump in with questions or comments.
- Encourage questions - Listening and speaking confidently are important skills, but it is also important to learn to ask good questions to strengthen social connections.



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## Child Development

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### Tips for boosting your baby's language skills

From the moment a baby is born, the young infant begins a journey of trying to communicate with its caregivers and express its response to the outside world experiences. With time, caregivers begin to pick up on infant cues in hopes to understand their needs, and through trial and error, caregivers begin to understand the baby's developing form of communication and language. Babies benefit when they are exposed to rich language. Studies have shown, that what really helps young children to develop and build language skills is by having personal interactions through conversations between older children, adults and the growing baby.



Click [here](#) to read more about the best kind of “baby talk”.

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## Resource & Referral

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### Help in Paying for Heating Bills This Winter

The Low Income Home Energy Assistance Program (LIHEAP) enrollment is now open for the 2022-23 season and will remain open through April 2023. The LIHEAP program helps low-income families pay their heating bills through the winter, regardless what you use to

heat your home. The amount of money your family will be eligible for is based on your yearly income and family size.



**How to Apply**

**ONLINE:**  
www.compass.state.pa.us

**REQUEST AN APPLICATION:**  
Phone: 1-866-857-7095  
1-800-451-5886 (TDD)

At your local county assistance office

**You don't have to be on public assistance or have an unpaid heating bill to qualify.**

Household Size	Income Limit
1	\$20,385
2	\$27,465
3	\$34,545
4	\$41,625
5	\$48,705
6	\$55,785
7	\$62,865
8	\$69,945
9	\$77,025
10	\$84,105
For every additional person, add \$7,080	

If you are not sure if you will qualify you can use the [LIHEAP Benefits Table](#) to see approximately how much your family will receive based off your yearly income, family size, and how you heat your home. You can apply for the LIHEAP program through the state's [Compass](#) website or at your [local county assistance office](#)

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## Family Feedback Needed!

Pennsylvania families are needed to support future early childhood teachers. By sharing your experience with faculty at local colleges and universities you can have an impact! Research shows early childhood teachers benefit from hearing family perspectives on how programs such as childcare, Pre-K Counts, and Head Start partner with families.

Interested families should complete the application by November 18. Please see this [Recruitment Flyer](#) for more details and link to the application. If you have any questions, please reach out to Sarah Holland at [holland@parenttoparent.org](mailto:holland@parenttoparent.org).

## Getting and Staying Healthy

The health and safety of children is a top priority of most parents and caretakers. Families consistently make decisions to protect their children, keep them safe and help them thrive. Many things may come to mind when we think of health and safety. Some may think of nutrition, physical activity, mental health or doctor's visits when children are sick and when they are well. No matter what comes to mind, giving children tools to succeed and prepare for what to expect may help ease anxiety for children and parents.

Many children may be uneasy about going to the doctor because they do not know what to expect. They may have some of the below questions:

- What happens at the doctor's office?
- Who will I see during the visit?
- What types of clothes will they be wearing?
- What types of equipment or tools may they use?
- What types of questions will they ask?

The attached [Sesame Street in Communities](#) newsletter provides resources for parents to help prepare children for medical visits. It will help to explore what to expect before visiting a doctor and also how to communicate when they are not feeling their best.

For more information about this and other health related topics, visit [Staying Healthy | Sesame Street in Communities - Sesame Street in Communities](#).



## Oral Health

### Taking Care of Your Oral Health When You Are Pregnant

Taking good care of your oral health is important for you and your baby. It is safe and important to get oral health care when you are pregnant. Practicing good oral hygiene, eating healthy foods, and getting oral health care will help keep you and your baby healthy.



Here are some tips for keeping your mouth and teeth healthy when you are pregnant:

- Eat healthy foods, like whole-grain products; fruits; vegetables; and low-

- fat milk, cheese, cottage cheese, and unsweetened yogurt. Meats, fish, chicken, eggs, beans, and nuts are also good choices.
- Drink water, especially between meals and snacks. Drink tap water that has fluoride.
  - Eat healthy snacks, like fruits; vegetables; and low-fat milk, cheese, cottage cheese, and unsweetened yogurt.
  - Eat fewer sweets like candy, cookies, cake, and dried fruits. Drink fewer sugary drinks like fruit-flavored drinks, pop (soda), and fruit juice. If you eat sweets or drink sugary drinks, have them only at mealtimes.
  - Brush your teeth with a soft toothbrush and fluoride toothpaste twice a day, after breakfast and before bed. Do not rinse after brushing. The small amount of toothpaste that stays in your mouth is good for the teeth.
  - Floss once a day before bed.
  - Rinse every night with an over-the-counter alcohol-free mouth rinse with fluoride.
  - If you vomit, rinse your mouth with a teaspoon of baking soda in a cup of water. This helps prevent damage to your teeth.
  - Get oral health care. If your last dental visit took place more than 6 months ago or if you have any oral health problems or concerns, schedule a dental appointment as soon as possible.
  - Tell the dental clinic that you are pregnant and your due date. This information will help staff provide the best care for you
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## Arts & Crafts

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### Thankful Turkey



#### Supplies:

- Toilet paper roll
- Brown paint
- Child-safe scissors
- Glue
- Small googly eyes
- Colorful leaves
- Paintbrush
- Black marker
- Cardstock/construction paper-yellow & orange

- Step 1: With a paintbrush, paint the toilet paper roll with brown paint  
Step 2: Let dry 2-3 hours  
Step 4: Using your scissors, cut out a yellow triangle for the beak  
Step 5: Using your scissors, cut out an orange long oval shape for the turkey girdle  
Step 6: Glue 2 googly eyes to the roll (draw eyes with your black marker if you do not have googly eyes)  
Step 7: Attach colored leaves to the back of the painted toilet paper roll

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

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Visit [ELRC Region 12](#)

Community Services for Children | [elrc12@cscinc.org](mailto:elrc12@cscinc.org) | [www.cscinc.org](http://www.cscinc.org)

Connect with us



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