



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

Serving Berks & Schuylkill counties

Region 13 News

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Berks County Free Holiday Meals

One Love Project

Distributing 75 holiday meals

840 Penn Street Reading, Pa 19602

Sunday November 20, 2022

12pm

contact oneloveprjct@gmail.com for more information

Salvation Army of Reading

*Pre-registration is not needed, first come, first serve
750 turkeys and grocery orders*

301 South 5th Street Reading, Pa 19602

Tuesday November 22, 2022

<https://pa.salvationarmy.org/Reading/Home>

Schuylkill County Free Holiday Meals

Salvation Army Pottsville

Food assistance for families & individuals in Schuylkill County

400 Sanderson Street Pottsville, Pa 17901

Register in person Mon-Thurs 10am-2pm

Lewie's Restaurant

Free Holiday Meal

21 South Lehigh Avenue, Frackville, Pa 17931
November 24, 2022 11am-4pm
Sign up is required, call 570-874-3550 or stop by the restaurant



Coats Available Soon

Both of our offices will soon have coats to distribute to anyone in need. Stop by or call 484-651-8000 for more information.

Reading Office
1138 Rockland Street

Pottsville Office
2335 West End Avenue

Berks County Families Needed

The Berks Early Care and Education Council (BECEC) is looking for Berks County families to join this group and support the work of ensuring all children have access to quality early learning experiences.

See [this flyer](#) for more information and a 2022-2023 meeting schedule.

Schuylkill County Vision Screening

Community Services for Sight is offering free vision screening to children aged 3 to 5.

Click [here](#) to view additional information about this service.

You can also visit their website at <https://www.communityservicesforsight.org/>

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.



Child Development

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”.

Resource & Referral

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](#)

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.

Health & Safety

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

Arts & Crafts

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.**

Visit ELRC Region 13

Community Services for Children | elrc13@cscinc.org | www.cscinc.org

Connect with us



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

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