



## Community Services for Children

# Family Connection Newsletter ~ ELRC Region 16 December 2022

Serving Bucks County

## Region 16 News

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



***The ELRC offices will be closed on 12/26 & 1/2/23. We wish you all a safe and healthy holiday season!***



### Attendance Reminder

Regular attendance is an important part of the ELRC subsidy program. ELRC will only pay for 40 absences a year. Any absences after 40 days are paid by the parent directly to the provider. If your child is regularly scheduled for days they do not attend or will be absent more than 5 days consecutive days, please notify your provider and your ELRC specialist before the absence. Please always be aware of your provider's absence policies and discuss any planned absences in

advance.



## Energy and Weatherization Assistance through the BCOC

Two main types of weatherization help for homeowners and renters are available through Bucks County Opportunity Council:

- Our **Weatherization Services**, which facilitate home repairs and energy conservation projects that reduce the utility costs for people on fixed and low incomes.
- The **Low-Income Home Energy Assistance Program (LIHEAP)** which provides grants for fuel and free heater repair during the heating season.

If you have a limited income but pay high energy bills, our **Weatherization Program** may be able to help you reduce those costs and make your home more comfortable and safer in all seasons.

Bristol Office: 215-781-2661  
Doylestown Office: 267-733-0529  
Quakertown Office: 215-536-0353

For more information visit:

- [Weatherization Services - Bucks County Opportunity Council](#)

## Community Events

**Food Distribution and Pantries** - For information and locations of food pantries throughout Bucks County please visit [Food Pantries - Bucks County Opportunity Council \(bcoc.org\)](#).



**Need Holiday Assistance?** - Families living in Central Bucks, Centennial, Council Rock, New Hope-Solebury, Pennridge, Palisades or Quakertown school districts may be eligible for assistance through the Bucks County Opportunity Council. Click [here](#) for a flyer with more information.

**Book Sale - Saturday, December 17th, Bristol PA** - Grundy Library is having an outdoor book sale in the park behind the building, weather permitting. There will be children's materials, fiction, nonfiction, audiobooks, DVDs, and more from which to choose. Click [here](#) for more information.

**Quakertown Free Farmers Market, Quakertown Elementary School** - 1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 2-4 pm. Boxes of free produce and other items will be available. Please bring your own bag. Click [here](#) for more information.

**Quakertown Farmers Market, 201 Station Rd, Quakertown** - Every Fri & Sat 9am - 9pm, Sun 10am - 5pm.

**Newtown Farmers Market, 2150 South Eagle Rd, Newtown - Every Thursday, Friday, Saturday, 9 am to 6 pm**

**Amazing Christmas Village, December 17<sup>th</sup> & 18<sup>th</sup>, Bensalem PA** - The 3rd Annual Amazing Christmas Village is a Traditional European-style outdoor market where you can expect to have endless fun and a jolly time while dining, shopping and being festive to kick off celebrating this Holiday season. Click [here](#) for more information.



## Join Our Team

Community Services for Children is seeking individuals with strong customer service skills for a rewarding career as a Family Specialist in the Early Learning Resource Center (ELRC).

The position will assist families seeking early learning information and opportunities that will ensure their children's future success by providing friendly, comprehensive customer service. Specialists also provide local resources, referrals and determine eligibility for Child Care Works and other early learning programs.

For more information on requirements, benefits or to apply visit <https://www.cscinc.org/careers/>.

## Parenting Corner

### Importance of Concrete Supports for Families

Concrete supports are a protective factor that can buffer and support children and families during good times and bad. Concrete supports can provide access to things like:

- Food
- Housing
- Clothing
- Health care
- Legal advice
- Crisis counseling
- Emotional support



If your family is ever in need, it is important to seek help from the community resources available to you. Reach out to the Early Learning Resource Center at (833) 229-6928 and we can confidentially, connect you with local service providers.

In addition, the following link provides contact information to many resources available to help meet your family's needs.

[Child Welfare Information Gateway](#)

# Child Development

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## The holidays are here!

This time of year can bring a lot of joy but the added financial strain, busy schedules and changes to routines can add stress to your family. Most children will have a break from school and some parents may take a few days off from work.

Between November and January, these holiday-related changes and situations may increase challenging behavior for some children who struggle to regulate their emotions, communicate and adjust to changes. Below is a link to help identify challenging behaviors your child might exhibit and some strategies you can use to help them cope.

- [Think: Kids : 9 Ways to Improve Challenging Behavior During the Holidays](#)
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## Resource & Referral

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### PPL Assistance Programs

If you're struggling to pay your electric bill, PPL may be able to help. The **OnTrack Payment Plan** makes managing your bill easier with lower fixed monthly payments and debt forgiveness.

Check out PPL's income guidelines at the following link [PPL Electric Utilities](#). If you qualify, click "apply now" and sign in if you are a PPL customer. Your OnTrack credit is determined by your primary heating source and your household income. If your home is heated by electric, the maximum OnTrack credit you'll receive, over 18 months, is \$4,027. If your primary heating source is natural gas or oil, your maximum OnTrack credit will be \$1,310. The credit will be applied monthly to cover the difference between your actual bill and your fixed OnTrack payment.

**Operation HELP** is a PPL Electric program that provides grants to eligible families struggling with their energy bills. To see if you qualify and to apply for a HELP grant, click on the following link [PPL Electric Utilities](#)

**PPL WRAP Program** provides income-eligible customers with a no-cost energy assessment, free energy saving products, and energy tips for long-term savings. To apply for this program, click on the following link [PPL Electric Utilities](#). A specialist will review your application and let you know whether you've been accepted.

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## Health & Safety

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## Holiday Safety

This time of year is very festive and busy for many families. Below are a few tips to keep your home and family safe and healthy.

1. **Weather and Travel** - Monitor weather conditions to ensure safety when traveling and dressing your children. Dress them in appropriate outdoor clothing to stay warm and dry. When traveling, buckle up and plan to take extra time if weather conditions are poor. Do not drink and drive or travel with those who are under the influence.
2. **Prevent and treat illness** - There is nothing worse than being sick and missing out on holiday fun. To prepare for the season, ensure your family is properly vaccinated and regularly screened by a doctor. To avoid the spread of germs remember to wash your hands. Whenever possible stay home when you are ill.
3. **Monitor children and new surroundings** - As your family visits different places and as your children get new gifts or toys, keep an eye out for potential dangers. Ask yourself if toys are age appropriate for your child. Do they have small parts that may cause choking hazards for small children? Are there foods, drinks, household items or other objects present that may cause an injury or accident?
4. **Practice fire safety** - Have an emergency plan. Be sure that you monitor food cooking on the stove and items such as candles, fireplaces and space heaters. These and other items such as electrical outlets or extension cords are a frequent cause of fire in the winter months.
5. **Eat healthy, stay active** - Prepare food safely and ensure hands and surfaces are cleaned regularly. Cook and store food at proper temperatures. Eat nutritious food like fruits and vegetables and limit portion sizes. Limit foods or beverages that may be less healthy or high in fat, salt, and sugar. Also, help kids to be active for at least 1 hour a day.
6. **Manage stress** - This time of year is wonderful but it can also be very stressful for many people; including children. If you or your children feel stressed, take a break. Get plenty of rest and seek support if you feel overwhelmed.
7. **Safe toys** - As you plan to purchase toys and gifts for children, click [here](#) to read this article about preventing toy related injuries.

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## How Smoking Affects Oral Health

Smoking can lead to disease and disability, harming nearly every bodily organ. More than 16 million Americans are living with a disease caused by smoking. Secondhand smoke is also dangerous to both adults and children.

Smoking traditional cigarettes, e-cigarettes, cigars, pipes, water pipes, and smokeless tobacco can all cause health problems. Smoking makes it more likely that a person will have tooth decay, gum disease, oral cancer, and poor birth outcomes. It also causes stained teeth, bad breath, and reduced ability to taste and smell.

Not smoking or quitting smoking is important for overall health, including oral health. When a smoker quits, it improves their health and quality of life. It also improves the health and quality of life of those around them, especially young children.



## Arts & Crafts

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### Colorful Lights



#### Supplies:

- Black marker
- White paper
- Paper plate
- Different colors of finger paint

Step 1: Using your black marker, draw a line with swirls in it.

Step 2: Using your black marker, draw little squares along the line, spacing them out to be the top of the bulb.

Step 3: Place the different colors of paint on the paper plate.

Step 4: Dip your child's finger in the different colored paints

Step 5: Press the child's painted fingers underneath the black squares.

- Ask younger children to count each light as you stamp their fingerprint. Go back and practice identifying colors once dry.
- Older children can try to create patterns of colored lights.

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

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Visit ELRC Region 16

Community Services for Children | [elrc16@cscinc.org](mailto:elrc16@cscinc.org) | [www.cscinc.org](http://www.cscinc.org)

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