



Community Services for Children

Family Connection Newsletter ~ ELRC Region 12

January 2023

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

Region 12 News

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

Winter Coat Drive

The ELRC is continuing to host a winter coat drive to help keep children warm in the midst of inclement weather. Coats are limited and this project will last until inventory runs out. Please click [here](#) for more details. Please call our office at (570)-468-8144 for more information and to check on inventory.



ELRC Mobile Office Days

The Early Learning Resource Center (ELRC) staff are out in the community and ready to meet with families at various mobile locations. ELRC staff can help families apply for Subsidized Child Care and also assist with completing their annual redeterminations. ELRC staff are knowledgeable and ready to assist families with the many available community resources that meets their needs.

Pike County: January 19th 9:30-2:30

Center for Developmental Disabilities

101 Pocono Drive
Milford PA 18337
(570) 296-3992

Susquehanna County: January 18th 9:30-2:30

Montrose Library
458 High School Rd
Montrose PA
(570) 278-1881

Join the CSC Team!

Community Services for Children is agency where the mission is to prepare young children and their families to succeed in learning and life through innovative, comprehensive, leading-edge services. CSC has several open positions, and we are looking for dedicated and skilled individuals to join the team. To learn more about the agency and how to apply for an open position, click [here](#).

Local Happenings

Lackawanna County becomes home to wonderful Winter wonderland adventures. Please click on the link below to discover activities that are available for your Winter amusements.

[Winter Activities Near Scranton](#)



Maybe the cold outdoors is not your thing. Below are links to discover some fun family activities for all to enjoy. Whether you're looking to try new activities as a family or make new friends, the YMCA of Monroe County is a place for all families to come together. Below is a list of activities to get the fun started.

[Family Events | YMCA of Monroe County](#)

Do you enjoy the library? Below is a link to discover what the Pocono library has to offer in these cold winter months that you and your family will for sure, enjoy.

[Events | Macaroni KID Poconos](#)

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) 229-6926 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

It's 2023!

As we say goodbye to 2022, many people take this opportunity to set goals for themselves for the New Year. Have you considered making small, positive goals with your child? This is something that can be fun for both of you to create together. Children have an intense enthusiasm for trying new things, and an uncanny ability to bring adults along in their quest for adventure. It is much more likely for goals to be achieved when they are positive and attainable for all involved.



Click [here](#) for some goal setting ideas with your children.

Resource & Referral

Registration Fee Assistance for Families

Beginning January 1, 2023, the Early Learning Resource Center (ELRC) will be able to further support subsidy eligible families by paying providers a fee in lieu of providers charging subsidy families a registration fee. The ELRC will pay the registration fee, directly to the provider, at initial enrollment. In addition, if the provider charges an annual re-registration fee, the ELRC will also cover this expense. The ELRC will not, however, be able to pay other types of fees charged by providers such as wait list fees, field trips fees, art project fees, etc.

Reach out to your family specialist with any questions.



Affordable Connectivity Program

The Affordable Connectivity Program is a federal program designed to help families who may be struggling to afford internet service. Having a reliable internet service is extremely important in today's interconnected world. The Coronavirus Pandemic has also shown us how important internet access can be to both school children and working adults.

In general, a household is eligible if the household income is at or below 200% Federal Poverty Income Guidelines, or if a member of the household is enrolled in an assistance program. Click [here](#) to for eligibility specifics and additional information on the program.

Two Steps to Enroll

1. Go to [AffordableConnectivity.gov](https://www.AffordableConnectivity.gov) to submit an application or print out a mail-in application.
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill. (Some providers may have an alternative application that they will ask you to complete.)

Eligible households must both apply for the program and contact a participating provider to select a service plan.

Health & Safety

Recovering from Illness

We do everything we can to keep our kids healthy but getting sick is often unavoidable. Below are some tips to help children recover quickly.



- Stay Hydrated - Offer children plenty of liquids. If you suspect your child is dehydrated (no tears, dry lips, urinating less frequently) call your child's pediatrician.
- Treat Symptoms - When hot soup, warm baths or cool-mist humidifiers are not enough to make your little one feel better, know when to treat symptoms with medication.
- Encourage Rest - Plenty of sleep and rest can assist with the recovery process.
- Get Medical Attention - If symptoms persist or get worse, do not hesitate to seek medical guidance.
- Avoid the Spread of Germs - Clean surfaces and wash hands frequently.



Free At-Home COVID Tests

Every U.S. household is eligible to order 4 free at-home COVID-19 tests. The CDC is still recommending you take a COVID test if:

- you begin having COVID-19 symptoms like fever, sore throat, runny nose, or loss of taste or smell, or
- At least 5 days after you come into close contact with someone with COVID-19, or
- When you're going to gather with a group of people, especially those who are at risk of severe disease or may not be up to date on their COVID-19 vaccines

Click [here](#) to order the free tests. If you need additional assistance, you can call 1-800-232-0233.

Oral Health for Children with Disabilities

A disability can affect a child's activities and ability to learn. Some children with disabilities need extra health services and support services. Children with disabilities are at higher risk for tooth decay and other oral health problems than children without disabilities.

Oral Health Challenges for Children with Disabilities

- **Children with physical disabilities**, such as cerebral palsy, may not have the motor skills they need to use a toothbrush safely or to sit still in a dental chair during dental visits.
- **Children with communication disorders**, such as delayed speech and language development, may not be able to tell their parents that they have a toothache.
- **Children who get frequent medical care**, such as having many medical visits or hospital stays, may be afraid of the dental office and may not cooperate during visits.
- **Children who take medicines with added sugars or that cause dry mouth** are at high risk for tooth decay.
- **Children on special diets** may be at high risk for tooth decay. Foods that are soft or high in starch (e.g., potatoes, corn) stick to children's teeth and give bacteria in the mouth more time to cause tooth decay.

Strategies to Help Improve the Oral Health of Children with Disabilities

- Click [here](#) to learn more about taking care of teeth, selecting the right toothbrush, adapting toothbrushes, addressing challenges, providing good nutrition, encouraging safety, and going to the dentist.
- **Give children with disabilities extra support**. Make sure children eat food and drink beverages low in sugar and that children's teeth are brushed with fluoridated toothpaste after meals. Children with intellectual disabilities may need extra time for brushing.

Protect Your Family from Carbon Monoxide

It's home heating season which means the risk of carbon monoxide (CO) poisoning increases. Carbon monoxide (CO) is an odorless, colorless, and deadly gas that can cause headaches, fatigue, nausea and vomiting, visual disturbances, and confusion in children and adults. CO can cause serious illness, unconsciousness, and death at high levels. Children are at higher risk for carbon monoxide poisoning. When your child breathes carbon monoxide, it harms the ability of their blood to transport oxygen. Although everyone is at risk for carbon monoxide poisoning, it is particularly dangerous for children because they breathe faster and inhale more CO per pound of body weight. CO is found in fumes produced by furnaces, kerosene heaters, vehicles "warmed up" in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. There are steps you can take to help protect your family from CO poisoning.

CO POISONING PREVENTION TIPS

- Check or change the batteries in your CO detector every six months. If you don't have a battery-powered or battery back-up CO detector, buy one soon.
- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Keep vents and flues free of debris. Debris can block ventilation lines.

- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine less than 20 feet from an open window, door, or vent where exhaust can vent into an enclosed area.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- If you suspect CO poisoning, call 911 or a health care professional right away.

CO poisoning is entirely preventable. You can protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it.

Arts & Crafts

Snowman Snow Ruler

Supplies:

- Black Ribbon
- Paint Brush
- Paper Plate
- Pencil
- Ruler
- Wooden Spoon (flat handle works best)
- White, Black and Orange Paint



Step 1: Using your paintbrush, paint the wooden spoon with white paint. Let dry for 1-2 hours then add a second coat of white paint. Let dry again for 1-2 hours.

Step 2: Use your ruler and set it alongside the painted spoon. Mark the painted spoon with a pencil to mark 1-inch increments on the spoon handle. Have your child count with you and identify the numbers as you are marking the 1-inch increments.

Step 3: Discuss and identify the colors of paint you will use for the eyes, nose and mouth with your child

Step 4: Using your paintbrush, paint eyes, nose and mouth on the bowl of the spoon.

Step 5: Using your paintbrush, trace over the pencil 1-inch increment measurements. Let all paint dry 1-2 hours.

Step 6: Tie the ribbon around the neck of the spoon.

Step 7: Place your snowman spoon in the snow to measure how much snow has accumulated.

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

Connect with us



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

[Unsubscribe pcho@cscinc.org](mailto:pcho@cscinc.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bestair@cscinc.org in collaboration
with



Try email marketing for free today!