



## Community Services for Children Family Connection Newsletter ~ ELRC Region 13 March 2023

Serving Berks & Schuylkill counties

### Region 13 News

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



We would like to thank Live N Learn Station for donating Winter artwork to be displayed in our ELRC Reading office. Thank you for helping to brighten our waiting room and workspace!

### Schuylkill County

#### Free CPR Training

This is a community compression/AED class.

March 24<sup>th</sup> and March 25<sup>th</sup>  
Schaeffer Harley Davidson  
1123 Brick Hill Road  
Orwigsburg, Pa 17961



Contact Earl to register at 610-533-8071 or  
[CPRroadtour@yahoo.com](mailto:CPRroadtour@yahoo.com)  
<https://cprroadtour.com/about-us>

## Berks County

### Nature Tykes ages 3-5

Enjoy exploring the outdoors with a guided hike, craft and play in the play zone.

March 21<sup>st</sup> 10am-11:30am

The Nature Place

575 St. Bernardine Street

Reading, Pa 19607

Register by March 19<sup>th</sup> 610-372-4992 or click [here](#) to register online.



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## Home Test to Treat Program - Berks County Pilot

Berks County was selected as the launch site of the Home Test to Treat Program, a national White House initiative to ensure access to COVID treatments for communities across the U.S. Berks is currently the only county in the whole country where this program is being piloted.

When someone registers at <https://test2treat.org/> they can receive an eMed Test to Treat Telehealth kit™ to test and treat at home, get on demand telehealth visits, and receive a prescription for antiviral treatment (if medically eligible) all in one process and at no cost. The program helps remove barriers for healthcare access to treat COVID. Please note that individuals must be 18+ and have a Berks County zip code to participate. See this [flyer](#) for more information.

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## Parenting Corner



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Parent Cafes



Do you have a child receiving Early Intervention (Infant, Toddler or Preschool) and/or Family Support/Home Visiting Services? If so, you are invited to a Virtual Parent Café Spring Series, Growing Your Strong Family, hosted by Parent to Parent of PA and supported by the Office of Child Development and Early Learning (OCDEL). Parent Cafes are a safe and supportive space for families to connect, share the joys and challenges of parenting and learn from each other.

The Parent Cafes are open to families with children who are receiving Early Intervention and/or Family Support/Home Visiting Services. The Parent Cafes will be held virtually, through Zoom, on:

- Monday, March 27<sup>th</sup>, 6:00-8:00pm
- Monday, April 17<sup>th</sup>, 9:00-11:00 am
- Monday, May 15<sup>th</sup>, 6:00-8:00 pm

Please register soon to join for one, two or all of the Cafes. Registration ends March 20th. Childcare reimbursement is available. Please contact Shelley Chapin, [schapin@pattan.net](mailto:schapin@pattan.net) with any questions and see this [flyer](#) to register.

## Child Development

### Teach Kids the Greatest Love of All: Self Love!

Teaching children about self-love, or accepting themselves fully, is beneficial to emotional and mental health. Self-love supports children in setting their boundaries, fulfilling their goals and creating healthy relationships with the people around them.

Like other essential life skills, it takes time and practice for children to understand self acceptance. Children who have a positive view of themselves are more likely to have a growth mindset and are more likely to do well at home and in school, and are more inclined to develop meaningful friendships.



Click [here](#) for strategies to practice self-love with your child.

## Resource & Referral



**Finding Your  
Way in PA**

## Resources for Anyone Experiencing Homelessness

There are a number of factors that contribute to family homelessness, including the challenge of raising children alone, lack of affordable housing, domestic violence and decreasing government supports. If you or someone you know need support, please do not hesitate to reach out to your ELRC Family Specialist for assistance or explore the “Finding Your Way in PA” app.

[Finding Your Way in PA](#) is a Pennsylvania based mobile and desktop app designed to share services, resources, and information with young people and families, particularly those experiencing homelessness. While using the app, you can search for and request assistance with services and resources in your current location, local communities, and throughout PA to connect you with helpful supports.



### Bullying Prevention

The state of Pennsylvania Department of Education’s Office for Safe Schools has numerous resources for parents, educators, and children who may be experiencing bullying. Bullying can take many forms whether it be in school, or cyber bullying. As a parent it is important to monitor your child’s online activity as cyber bullying is becoming more common and can be more easily hidden online. With youth being so

connected these days cyber bullying can also be hard for children to escape.

Regardless of the type of bullying, it is important that children and parents know where to turn for help. If your child is experiencing bullying, speaking with school staff, such as a teacher or guidance counselor, can be a good place to start. It is important that children and parents report acts of bullying, even if the bullying does not get better when first reported. Children may be afraid to report acts of bullying, so it is important to recognize the warning signs such as mood changes, unexplained injuries, trouble sleeping, declining grades or school performance, frequent illnesses, and self-destructive behaviors.

The State of Pennsylvania has established a hotline for individuals who may be experiencing any form of bullying. The hotline can be reached 24/7 at **1-866-716-0424**.

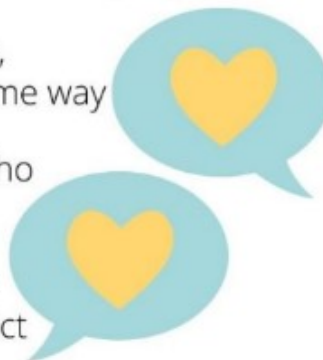
Below are some resources that may help who is experiencing bullying, either online or in person.

- [Bullying Prevention- PA Department of Education](#)
- [Safe 2 Say Something- Site for youth to report an anonymous tip](#)
- [StopBullying.gov- Federal site with more resource for bullying prevention](#)
- [PA Bullying Prevention Toolkit- Tools for parents and educators to help youth who are being bullied](#)
- [10 Bulling Warning Signs Every Parent Should Be Aware Of](#)

# 6 TIPS FOR FAMILIES TO PREVENT BULLYING

Dr. Betty Choi @chalkacademy

- ✓ Regularly give your child genuine, positive affirmations
- ✓ Talk to your child about school everyday
- ✓ Validate your child's feelings, even if you don't feel the same way
- ✓ Read books about people who have risen above adversity
- ✓ Be a role model for treating others with grace and respect
- ✓ Practice responses to bullying and racism



BILINGUAL PARENTING TIPS | CHALKACADEMY.COM

## Tax Credits and Assistance

### It's Tax Time.

The Earned Income Tax Credit ([EITC](#)) is a benefit for workers with low to moderate income. To qualify, an individual must meet specific requirements and file a tax return. If the individual owes taxes, EITC can reduce the amount they owe. In other instances, EITC may provide a tax credit even if an individual does not owe taxes. Individuals must file a tax return and claim the tax credit to receive it.

### Maximum Qualifying Income by Filing Status and Number of Qualifying Children Claimed (2022 Tax Year)

Filing Status	Qualifying Children Claimed		
	One	Two	Three or more
Single, Head of Household, or Widowed	\$43,492	\$49,399	\$53,057
Married Filing Jointly	\$49,622	\$55,529	\$59,187

The maximum amount of earned income credit an individual can receive for tax year 2022 is:

- \$6,935 with three or more qualifying children
  - \$6,164 with two qualifying children
  - \$3,733 with one qualifying child

### Child Tax Credit (CTC) and Credit for Other Dependents

The [Child Tax Credit](#) helps families with qualifying children afford the costs of

raising children. For tax year 2022, people with children under the age of 17 may be eligible to claim a credit of up to \$2,000 per qualifying dependent, and \$1,500 of that credit may be refundable. You may be able to claim the credit even if you do not normally file a tax return.

Families with dependents who do not qualify for the Child Tax Credit may be able to claim the [Credit for Other Dependents](#). The maximum credit amount is \$500 for each dependent who meets certain conditions.

## Child and Dependent Care Credit

The [Child and Dependent Care Credit](#) is intended to offset the cost of childcare. Families may qualify for the credit if they paid expenses for the care of their qualifying child under age 13 to enable them to work or actively look for work.

## Free Tax Services

The [Volunteer Income Tax Assistance \(VITA\)](#) program offers free tax help to people who make \$60,000 or less, persons with disabilities, and limited English-speaking taxpayers who need assistance in preparing their tax returns. Families can usually find VITA sites in community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Many VITA sites offer virtual or “drop-off” tax return preparation. To locate an open site near you, use the [VITA Locator Tool](#), [GetYourRefund.org](#), or call (toll-free) 800-906-9887.

The [IRS Free File](#) offers many online resources and tax help. Find tax forms, instructions and publications, online payment options, and more. Individuals can even prepare and file their federal income tax online, for free.

For more information, click on the links above or view this [tip sheet](#).



## Medicaid and CHIP Renewals

Starting April 1, 2023, Pennsylvania is required by federal law to review Medicaid and CHIP recipients' eligibility every year, which means that recipients must submit a renewal.

It is very important that renewal forms are completed and returned even if nothing has changed. Completing a renewal allows DHS to determine eligibility for MA or CHIP coverage. Coverage will continue for recipients who are still eligible.

Click [here](#) to view more information. If you have any questions, reach out to the Department of Human Services at 1-866-550-4355.

## Health & Safety

**March 20-24 is National Poison  
Prevention Week**

As the seasons are changing it is good time to think about items in your environment that may cause a hazard or may be a possible poison risk. [Bug bites](#) or [stings](#), [poison ivy](#), [household cleaners](#) and [medication](#) are just a few common items that may come to mind. A more detailed list may be found here [Common Exposures | Children's Hospital of Philadelphia \(chop.edu\)](#).

We do everything we can to protect our families but if an exposure does occur, it is important to know how to get help. The number to contact the **Poison Control Center is 1-800-222-1222**. Below is helpful information from the Children's Hospital of Philadelphia to know when you call.

## Know Your Poison Center's Number.



**POISON**  
**Help**  
1-800-222-1222  
poison.org

**You could  
save a life.**

### What we need to know to help you:

- What is your name and the name of the person who was poisoned?
- What is the phone number where someone from the Poison Control Center can reach you for follow-up?
- What is the age and weight of the person who was poisoned?
- Do you know any information about the person's medical history that would be important for us to know?
- What product, medication or poison was the person exposed to?
- How does the person look now?
- Describe any physical symptoms the person may be experiencing.
- Detail the events surrounding the exposure.

### Tips to remember before treatment:

- If medicine has been swallowed, do not give anything by mouth until advised by the Poison Control Center.
- If chemicals or household products have been swallowed, offer a small amount of water to the person, then call for professional advice. **\*\* Never make someone vomit unless advised to do so by a professional.**
- The information that you give to the specialist is very important in helping to determine the extent of the poisoning.

Visit this website for more information:  
[Calling the Poison Control Center](#)

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## Finding a Dentist

**Did you know that tooth decay is the number one chronic disease for children but can be prevented and managed with good oral care?** Oral care for your child starts during pregnancy and dental visits should begin by a child's 1<sup>st</sup> birthday.

**Do you need help finding a dentist?** Use the following links:

- Early Childhood Learning & Knowledge Center:  
<https://eclkc.ohs.acf.hhs.gov/publication/finding-dental-clinic-your-child>
- American Academy of Pediatric Dentistry - Find a Pediatric Dentist :  
<http://www.aapd.org/finddentist>

- American Dental Association - Find a Dentist : <https://findadentist.ada.org/>
  - Pennsylvania Dental Association: <http://www.padental.org>
  - Find Dentists Accepting Medical Assistance: <http://www.InsureKidsNow.gov>
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## Arts & Crafts

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### Rainbow Art



#### Supplies:

- Washable, non-toxic Paints: Black, Red, Orange, Yellow, Green, Blue
- Paper
- Brushes

Step 1: Use a brush dipped in black paint and paint the palm of your child's hand

Step 2: Clean the black paint off your brush

Step 3: Using the cleaned brush (or new brushes) paint each finger a different color of the rainbow (red, orange, yellow, green, blue)

Step 4: Place the child's painted hand on the bottom corner of the paper

Step 5: Carefully lift the child's painted handprint from the paper

Step 6: Wash your child's hand to remove all of the paint

Step 7: Assit your child as they dip the brush in the paint and paint a rainbow shooting out of each finger according to how they were painted

Step 8: Let dry

As you are making the rainbow with your child, talk about the colors you are using. Count the different colors. Have your child identify other objects that are the same colors.

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

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Visit ELRC Region 13



Connect with us



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