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## Community Services for Children

### Family Connection Newsletter ~ ELRC Region 11 May 2023

Serving Bradford, Sullivan, Wyoming, Luzerne, Columbia & Montour counties

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## Region 11 News

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### Potential Co-pay Adjustments

Effective 5/1, the ELRC implemented the 2023 copayment and income guidelines for the subsidized childcare program. The Department of Human Services (DHS) revises these guidelines annually. The revised guidelines reflect the 2023 Federal Poverty Income Guidelines (FPIG). Because of the changes, many families experienced copayment decreases.

If you have any questions, please contact the Early Learning Resource Center at 833-229-6925. You may also visit:

<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>

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### Kid's Fest 2023 Free Event!

Come one, come all on Saturday June 24 from 11:00am to 1:00pm to Midtown Village and enjoy free entertainment and activities with your children.

[Kids Fest 2023](#)

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### Fine Arts Fiesta - Wilkes Barre

The 2023 Fine Arts Fiesta, “**Fiesta Together**”, is May 18 - 21. There is something for everyone to enjoy at the Fiesta. Families can bring their children and enjoy entertainment and creative

experiences for free! Click on the link below for more information.

- [Fine Arts Fiesta](#)



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## Region 11 ELRC @ 41 S. Main St. in Wilkes Barre

It is hard to believe we are approaching our one-year anniversary at our new location-how time flies! We are located in Midtown Village Courtyard between Subway and Boscov's and just loving our new, easily assessable location.

Please feel free to stop in anytime to see your specialist or just to check out our new location. We look forward to serving you and helping to meet all of your family's needs.

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## Parenting Corner

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### Tips for Effective Parenting

Raising children is one of the toughest and most fulfilling jobs in the world! Parents want to develop meaningful relationships with their children and watch them grow into remarkable adults.

Check this newsletter each month for a new tip on becoming a more effective parent.

#### ***Tip 1. Boost Your Child's Self-Esteem***

Kids start developing their sense of self as babies when they see themselves through their parents' eyes. Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing **self-esteem** more than anything else.

Praising accomplishments, however small, will make them feel proud; letting kids do things independently will make them feel capable and strong. However, unkind comments or comparing a child unfavorably with another will make kids feel worthless.

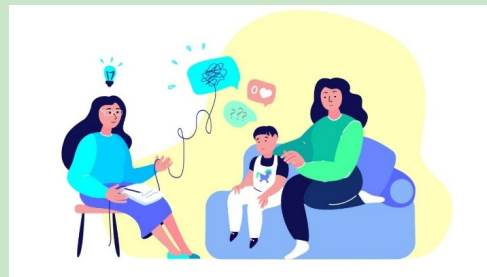
Avoid making loaded statements. Comments like "What a stupid thing to do!" or "You act more like a baby than your little brother!" cause damage to a child's self-esteem.

Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.

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## Child Development

## Tools for Supporting Emotional Well-being in Children



Your child's emotional well-being is just as important as their physical health and it can be difficult to determine just how your child is doing emotionally. Unlike your child's physical health, it may also be harder to know where to turn for resources if you find your child needs help. This is why it is important to educate yourself as to what to look for when monitoring your child's emotional well-being. Children of different ages process and handle situations differently and understanding these differences are key to getting your child the help they may need. Check out this [video](#) that discusses children's emotional health.

The National Academies provide tools to help parents know what to look for when monitoring their child's emotional well-being. The site below has a questionnaire that will guide families to provide appropriate supports for their child.

### [Support Emotional Well-being](#)



## Resource & Referral

### Need Help Finding the Right Support?

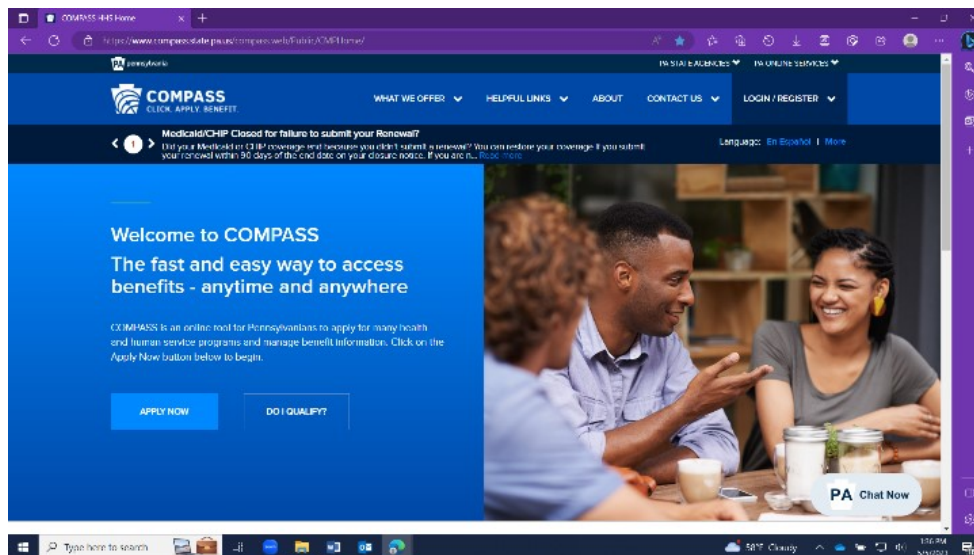
Dial 211 or click the link below to search for support including housing, food, mental health, veteran assistance, legal services, and more.

<https://pa211ne.org/>

### Sharing Resources Through COMPASS

Are you aware of all the community resources that are available through COMPASS? COMPASS is an online tool for Pennsylvanians to access many health and human service programs and manage benefit information. The COMPASS website is a fast and easy way to learn about benefits, check on the eligibility requirements, apply for benefits and re-apply when it is time for renewal. The website offers resources such as Health Care, Food and Nutrition, Home and Community Based Services and Child Care Works, just to name a few. For more information, you can go to the COMPASS website by clicking the link below.

[www.compass.state.pa.us](http://www.compass.state.pa.us)



## Keystone Scholars

A baby with a higher education savings account at birth is three times more likely to pursue education or training after high school and four times more likely to graduate! Pennsylvania is making it easy for families to start a PA529 educational savings account by starting that account with a \$100 deposit for all babies born or adopted after January 2019.

Please check out this [flyer](#) for more information and register your child at [www.pa529.com/keystone](http://www.pa529.com/keystone).

## Health & Safety

### Oral Health



#### Brush, Book, Bed: A Nighttime Routine

1. **Brush** - Each night, help your child brush their teeth. Young children need help with brushing to do it well. Have your child spit out any extra toothpaste. Do not rinse with water; the little bit of toothpaste left behind is good for teeth.
2. **Book** - After brushing, find a comfortable spot and read a book with your child. Reading aloud will help with your child's language development and social-emotional skills. You can also make up stories, sing songs, or use silly voices while you enjoy spending time with your child.
3. **Bed** - Sleep is very important. Keeping a regular bedtime and having a

predictable bedtime routine can help your child wind down at the end of the day.

For more information, visit [Brush-Book-Bed.](#)

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## May is Bike Safety Month



Bike riding offers fun, freedom and exercise. Here are some tips to keep your child safe while riding their bike:

1. **Good fit** - Be sure that your child has the correct size bike for them. There should be 1-2 inches between their body and the top bar. Adjust the seat so your child can touch the ground.
2. **Tires** - Check that the tires are not over or under inflated.
3. **Wear a helmet** - Protect their head from any falls. A helmet can save a life.
4. **Be seen** - Wear brightly colored clothes.
5. **Sunscreen** - Use sunscreen, a hat, sunglasses or a lightweight, long sleeve shirt.
6. **Be alert** - Do not allow your child to ride with headphones or earbuds on. They need to hear what is around them.
7. **Ride with a friend** - If they are old enough to go out on their own, have them ride with a friend. If there is an emergency, the friend can go for help.
8. **Water** - Bring water so they do not get dehydrated.
9. **Stop** - Obey the rules of the road and stop at all stop signs.
10. **Eye contact** - Pay attention to make sure drivers are also paying attention.
11. **Look** - Always look **LEFT, RIGHT, LEFT** before crossing.

***USE YOUR HEAD - WEAR A HELMET***

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## Family Engagement

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### Spring is in the Air

The best part of spring and summer is getting to go outside more frequently. Our winter weather usually consists of snow, ice and rain but by mid-spring, it tapers off and as a result, we get to be creative outside!

Rainbow weaving for kids is a great fine motor activity! It gets those little fingers and muscles moving and working. Weaving also requires critical thinking, color recognition, counting and concentration. You can make the activity a little more challenging for older children by asking them to arch their pipe cleaners into the

shape of a rainbow.

The best part about this is how easy it is to do! All you need is a fence and some pipe cleaners. Just take some rainbow colored pipe cleaners outside and you are good to go. Simple right?

Expand on your child's learning experience afterwards by listening to this story, "The Rainbow Fish" by Marcus Pfister. <https://youtu.be/Z3cmddZh6t8>



Visit ELRC Region 11

Community Services for Children | [elrc11@cscinc.org](mailto:elrc11@cscinc.org) | [www.cscinc.org](http://www.cscinc.org)

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