



Community Services for Children Family Connection Newsletter ~ ELRC Region 14 July 2023

Serving Lehigh & Northampton counties

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Region 14 News

Summer Schedule Changes - Child Care Works

If your child's child care arrangements have changed for the summer (new provider, change in hours, no longer needing care) please remember to notify the ELRC of these changes. You can reach out to your ELRC Family Specialist with any updates or questions.

The ELRC will also need to be notified if your child(ren) will not be in care due to a vacation for 5 or more consecutive days.



Parenting Corner

Finding Quality Child Care

Finding the perfect early education program for your little one is no easy feat. How do you determine which is the best fit for your family? If this is your first time looking for child care, you may not know what questions to ask. Here are a few tips to help get you started in your search:



1. Watch this video to learn about how to find early education programs in your area:

[Find Child Care in PA](#)

2. Once you have a list of programs selected, you can begin making phone calls to narrow the list down to a few you are interested in visiting.

3. Decide what are the most important factors to you and develop a list of questions to ask. Some examples:

- Do they have availability/space for your child?
- What are the program hours?
- What is the tuition and fee schedule?
- Are meals provided?
- What does a typical day look like?

4. Finally, schedule a tour! You will have a better understanding of the program when you see it in person.

Check out this [video](#) for more information on selecting a provider.



Family Newsletters

The Office of Child Development and Early Learning (OCDEL) release newsletters each month for families of children, ages birth to Kindergarten. The newsletters feature fun early learning activities that align with the Pennsylvania Early Learning Standards, resources and information to help families as their child's first and most important teacher.

Take a look at the July newsletters and [subscribe](#) to get the next release directly into your inbox.

- [Learning is Everywhere](#)
 - [Kindergarten Here I Come](#)
 - [Kindergarten Here I Am](#)
-

Child Development

Biting Hurts!

Biting is common in infants and toddlers but can often be stressful for parents. Children bite for a variety of reasons. Many young toddler explore biting as a means to seek relief from teething pain, explore cause and effect, and get oral-motor sensory input (feel the sensation of biting). Young children may also bite due to lack of language skills and their ability to communicate and express



strong feelings such as frustration or anger. Toddlers may use biting as a means to get what they want from other children or as a form of self-defense. Other times biting may be a way to seek attention.

There are some ways that you can help reduce or stop your child's biting.

DO:

- Be calm, firm and consistent. Say “no biting” or “biting hurts.”
- Comfort the victim- direct your attention to the child who has been bitten to comfort them.
- Offer alternatives: model what words and/or gestures can be used to express what the child may have been trying to convey.
- Redirect: redirecting to another activity is a great way to move on and focus on engaging in a positive way.
- Praise positive behavior.

DON'T

- Bite the child or resort to physical punishment for biting. This only teaches children that aggression is an appropriate response.

When dealing with biting, it is important to keep in mind that ensuring that all children are getting enough movement throughout the day, have enough space to play and toys to share can help reduce biting instances. Having a daily routine is also helpful in reducing biting.

For additional information on biting, see the link below:

[Toddler Biting: Finding the Right Response | ZERO TO THREE](#)

Resource & Referral

Single M.O.M.S. Inspiration Hotline:
Text SINGLEMOM 833-321-0317

**Stay connected with Motivation,
Opportunities, Mentoring and Support.**

A service provided by



A real-life community for working single moms to thrive

www.adoptasinglemom.org

Behavioral or Mental Health Crisis Hotline

Contacting #988 will connect individuals to a 24 hours a day, 7 days a week hotline for free and confidential support. If they or a family member are in distress or in need of prevention and crisis resources, they can reach out for help. This hotline can be used by anyone in a mental health crisis and not just for those at risk of suicide.

For more information please click the link below:
[Pennsylvania Support and Referral for Mental Health](#)

As always, if you or your family need any additional resources, please contact or visit your local Early Learning Resource Center.



Health & Safety

Insect Bites & Stings

Insect bites occur when an insect such as a mosquito, a flea, a bedbug, etc. uses its mouth to break a person's skin, usually so it can feed. Insect bites usually itch. A sting is when an insect uses another body part, such as a barbed stinger at its tail end, to pierce the skin and inject venom. They usually do this in self-defense. Stings are more painful than bites.



Here are some ways to protect your family from insect bites and stings:

- Avoid mosquito bites by staying away from areas where mosquitoes breed, such as still pools or ponds, during hot weather. Remove standing water from birdbaths, buckets, etc and try to stay inside when mosquitoes are most active (dawn and dusk).
- When in tick country, stay in the center of trails, avoiding woody areas with high grass. Check kids for ticks every few hours and as soon as you come inside. **Remove** any ticks you find right away. The most important places to check are behind the ears, on the scalp, on the back of the neck, in the armpits, in the groin area, and behind the knees. Have kids shower as soon as they come in from outdoors. Check your pets when they come inside too. Use tick products on pets to prevent them from bites.
- Use **insect repellent** when spending time outdoors camping or hiking. Repellents that contain 10% to 30% DEET are approved for mosquitoes, ticks, and some other bugs. Repellents that contain picaridin or oil of lemon eucalyptus are effective against mosquitoes. Follow the instructions carefully. Check what ages the product is appropriate for, and do not overuse it – using more than is needed will not provide any extra protection. Reapply insect repellent according to the directions after swimming. Always keep insect repellent out of the reach of children!
- When you or your kids are in wooded areas, tuck clothes in and keep as covered up as possible. Tuck pants into socks and shirts into pants. Wear shoes and socks when walking on grass, even it is just for a minute. Bees and wasps can sting unprotected feet.
- Wear gloves when gardening.
- Do not swat at buzzing insects – they will sting if they feel threatened.

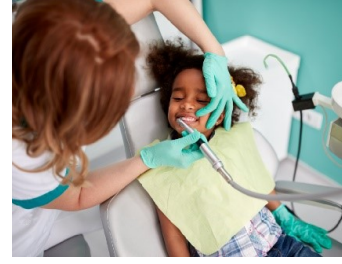
Bites and stings are usually just annoying and may cause temporary discomfort and pain. In the event of a severe allergic reaction or infection from a bite or sting there may be a need for quick medical attention. Some reactions may be fatal.

Be sure to let your childcare provider know of any allergic reactions to insect bites or insect stings. Your child's life could depend on it!

Reading to Your Child about Oral Health

Reading to your child is an important way you can

help them develop language skills and learn information about the world. Reading to your child about oral health can help them be prepared to visit the dentist and to learn about caring for their teeth.



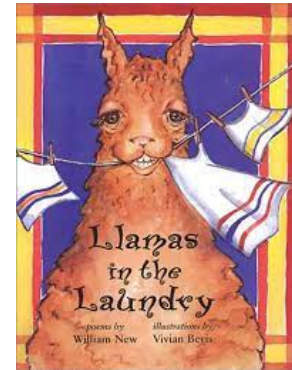
Check out these book lists for young children:

- [Books about going to the dentist](#)
- [Books about teeth](#)

Family Engagement

Making Laundry Day Fun!

Engaging with your child in daily chores and activities will provide your child with new opportunities! Doing the laundry with your child provides for quality time and introduces them to concepts that help develop math and science skills. Your child can help match colors, textures, sizes, and shapes as well as count objects.



Sorting and Sizes

- Infant: Talk to your child while sorting the laundry. Show him/her small and large items, and talk about different sizes and colors.
- Toddler: Ask your child to find all the “BIG” towels, and then ask him/her to find the “small” towels. Have your child tell you which is bigger and which is smaller.
- Pre-Kindergarten: Ask your child to find all the same size, color, or texture items and put them in the washing machine, basket, or dryer. Continue to explain the colors and ask your child which is his or her favorite. You can also ask your child to sort the laundry by the family member that the items belongs too.
- Kindergarten: Ask your child to help you fold the laundry according to item. Ask your child to find all the small socks and sort by color and size. Remember to keep talking to your child about the differences in the items. Also, ask your child to help you by filling, measuring, and pouring the detergent into the machine*.

Suggested Books: *Llamas in the Laundry* by William New and Vivian Bevis

*Under adult supervision only. Detergent should otherwise be kept out of the reach of children.

Reference: *Learning is Everywhere: Activities To Do With Your Young Children*. www.papromiseforchildren.com

Connect with us



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