



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

Serving Lehigh & Northampton counties

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Region 14 News

PA Department of Health

Do you or someone you know need health related assistance? The PA Department of Health offers wonderful wellness and health services to the community. Please call 1-877-PAHEALTH for more information or click [here](#) for more information.



Region 14 Office Changes ~ Coming in October 2023

ELRC Region 14 will be moving the ELRC team from the Community Services for Children office on Hanover Avenue to the new CSC Downtown location!

Staff will be available to meet with families at the new address:

101 North 6th Street, Allentown
Monday through Friday
Hours: 8:30-5:00 pm

Please note that the Bethlehem office is not affected by this move. Keep an eye out for updated family and provider specialist contact information to come.

For more information about this exciting project, check out this link:

[CSC Downtown - Community Service for Children \(cscinc.org\)](https://cscinc.org)



Free Dinners for Adults

The YMCA will be preparing and delivering meals to eat at the library for **adults 18+**. These dinners will be available while supplies last.



Tuesdays, September 19, 21, 26, 28
5:00pm - 6:00pm

Location Details:
South Side Branch
400 Webster St.
Bethlehem, PA 18015
(610) 867-7852
See map: **Google Maps**

Contact Info
Name: Christine Wieder
Email: **cwieder@bapl.org**
Phone Number: **(610) 867-7852**

The library makes every effort to ensure our programs can be enjoyed by all. If you have any concerns about accessibility or need to request specific accommodations, please contact the library.
We cannot guarantee that food served at this program has not come into contact with tree nuts, soy, or other allergens.

Looking for a Career Change?

Do you love children and want to make a difference in the lives of young families? Check out ECE hire for job postings in early childhood education. Click on the logo below to access the latest listings:



Parenting Corner

Get Involved in Your Child Care Program

As a parent, your child's backpack is filled with many invitations to participate in events at your child's child care provider. Muffins for Mom, Donuts for Dad, winter concerts or reading to the class are just some examples. Providers offer these family engagement activities to help bridge those relationships between you and your child's caregiver. They are also providing these activities because when parents are engaged in their child's education, children are more likely to succeed later in life.



Family engagement is meaningful both to the provider and to the family. The following characteristics are important regarding this partnership:

- Strong, trusting relationships between teachers, families, and their community
- Recognition, respect, and support for families' needs, as well as differences
- Strength-based partnership where decisions and responsibilities are shared
- Activities, interactions, and support increase family involvement in their child's development
- Families and caregivers take a shared responsibility for their child's learning
- Acknowledgment that family engagement is meaningful and beneficial to both families and to the early care and learning program

The next time your child care provider offers a family engagement activity, make it a priority to attend! Through your support of these events, you are setting

your child up for future success! And you might even have a lot of fun!

Parent Project Podcast

Community Services for Children has been hosting the Parent Project Podcast to engage families in areas of common concern for parents. Experts provide perspectives on topics of health & safety, mental health, child transition and other important subjects.

This month, we are joined by Deidra Vachier, CEO and President of CSC, who shares about the importance of routines. Click [here](#) to listen.



Child Development

Fun Fall Activities

Fall offers so many opportunities to encourage your child's development, no matter their age. New sights, smells, and tastes are all around us as the seasons change. One fun way to acknowledge this changing season is to set up a pretend farm at home. Playing "Farm" can boost your child's communication, social, and motor skills. Set up a pretend pumpkin patch with real mini pumpkins, an apple orchard or a cornfield with some Indian corn. Counting, encouraging descriptive words, comparing and contrasting the differences between each crop, are all real-life developmental skills that you can experience with your young one. After your pretend harvest, set up a Farmer's Market where your child can buy and sell their produce. If you don't have pretend money, use real coins or cut green construction paper into rectangles and write dollar amounts on each one.



Another Fall activity that you can easily set up at home is an autumn-themed scavenger hunt. Scavenger hunts are a favorite among many children, and it teaches problem solving skills and communication. Hide Fall stickers (squirrels, turkeys, fall foods, fall leaves), mini pumpkins, red pompoms for apples- anywhere your child can reach. Make a list of what you hid and work together to find each object hidden around your house or yard. Be sure to celebrate when all the treasures are found!

More Fall activities that are easy to provide at home can be found at [10 Fun Fall Activities that Support Young Children's Development](#)

Resource & Referral

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

Health & Safety

Visiting the Doctor

Visiting the doctor can be a scary experience for children. Sesame Street in partnership with Quest Diagnostics, has created resources for parents to prepare their child for these visits.

Information includes:

- Preparing for sick and well visits
- Tips for before, during and after a visit
- Activities and games to help children feel comfortable, calm and reassured
- Suggestions for coping with chronic illnesses such as allergies, asthma, and diabetes



Click [here](#) for printable pages

Street Safety

Walking with your children to and from school can help them learn the neighborhood, teach them about traffic signs, street signs and directions, and model correct behaviors when crossing streets. Children usually aren't ready to start walking to school without an adult until about fifth grade, or around age 10.

For students walking to school or the bus stop without an adult, some points to consider:

- **Make sure they stick to a safe route to school**, one with well-trained adult crossing guards at every intersection.
- **If they need to cross any streets on the way to school**, practice safe street crossing with them before the start of school. Teach your child to cross at designated intersections. Most pedestrian deaths happen mid-block, not at intersections.
- **Ideally, they should walk together** with at least one neighbor child or older sibling.
- **Make sure they know how to say "no"** if someone they don't know offers a ride, and that they yell and run for help if needed.
- **Explain that it is not safe to use a cell phone or text while walking.** It distracts and makes them less aware of traffic.
- **If your child has limited mobility or other disabilities**, give them extra time to learn safe pedestrian skills.
- **Choose brightly colored backpacks, jackets and other accessories**, ideally with reflective materials for days when it begins to get dark earlier. Research shows that the hours of 6 p.m. to 9 p.m. are the riskiest times of day for child pedestrians.

For more information and resources: <https://iwalksafe.org/resources/>

Source-American Academy of Pediatrics Council on Injury, Violence & Poison Prevention (Copyright © 2023)

Brush Those Teeth!

Brushing is one of the main ways you can keep your child's teeth healthy. You should brush your child's teeth with fluoride toothpaste twice each day to help prevent tooth decay (cavities). Begin brushing as soon as your child's first tooth begins to show.



[Sesame Workshop](https://sesameworkshop.org/) has a variety of games and songs to help your child learn how to brush their teeth along with their Sesame Street friends. There are also multiple resources for you. We encourage you to visit the Sesame Workshop website: <https://sesameworkshop.org/>

Family Engagement

Chef for the Night

Get your child involved in cooking by having them plan a menu, shop for ingredients or cook and serve the meal. Cooking with children encourages creativity, responsibility and time management. Other advantages include teaching your child where food comes from and having them apply math and reading skills while following a recipe. Here are some tips to have fun cooking with your child.

- **Keep it simple.** Cutting up a banana or ripe fig can be just as satisfying as preparing multistep desserts that require precision.
- **Let your child lead.** Does your child love fruit? Let her select the ingredients for fruit salad. Children are more likely to try things when they have control.
- **Start with basics and then build up.** Think about the skills your child already has (can he cut playdough?) and needs (can he pour water into his cup?). Choose recipes that match his skill level.
- **Keep flavors plain.** Many young children are put off by combined flavors. Invite your child to help you top her own pizza (you can buy premade dough).
- **Prep and plan when possible.** If you are trying a complex project like making muffins, pre-measure the ingredients into separate containers and have all your supplies ready before you invite your child over.
- **Invite your child to help clean up.** Your young child can "wash" plastic dishes in a bin of soapy water, sweep, and sponge up spills.
- **Eat your results and enjoy.** Model healthy eating habits and your child may try them, too.



Visit ELRC Region 14

Community Services for Children | elrc14@cscinc.org | www.cscinc.org

Connect with us



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

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