



## Community Services for Children

### Family Connection Newsletter ~ ELRC Region 12

### October 2023

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

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## Region 12 News

### Jim Thorpe Fall Festivals

There are many fun things to do and see in Jim Thorpe this Fall. The town is hosting several festivals, train excursions and other family activities in October and November. Check out their website for more information.

- [Jim Thorpe Activities](#)



### Apple Harvest Festival

Come on out to Lakeland Orchard & Cidery Apple Festival running now through October 30th. Included in your admission:

- Pick your own apples
- Scenic wagon ride around the apple orchard
- Live music every Saturday and Sunday
- County Carousel, Giant Corn Box, Goat Corral and games!

Click [here](#) to visit their website for more information.

### 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

### National Parenting Week October 16-20, 2023

National Parenting Week, which takes place in mid-October, highlights the importance of strong parenting skills and gives appreciation to parents.

This year, it takes place from October 16<sup>th</sup> through the 20<sup>th</sup>.



The way a child is raised has a deep impact on his or her personality, the way they view life, and how their personalities develop into adulthood. Developing parenting skills requires confidence, love, emotional connection, and trust.

This year's Parenting Week theme is "The Positivity of Parenting". The theme acknowledges that while parenting can be challenging, it is also full of joy and fun experiences. Those in parenting roles are encouraged to share snapshots of their day and celebrate successes via social media. Others can honor and acknowledge those in parenting roles by giving them a shout out as well. By celebrating the positive impact parents have on their children's lives, it encourages parents and communities to recognize the strengths, resilience and dedication of parents.

To learn more about Parenting Week and to get more information, visit [www.parenting.org](http://www.parenting.org)

### 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 Denise Continenza, Food, Families & Health Educator at Penn State Cooperative Extension, as she shares about youth mental health. Click [here](#) to listen.

# PARENT PROJECT PODCAST



## Child Development

### Young Children and Technology

The use of technology can have positive and negative effects on a child's development. Interactions with technology can support the development of fine motor skills. Children are pressing buttons, dragging, swiping items, and moving items around. The right games and activities can also support learning skills such as letter, number, and shape recognition, reading, writing, planning, and problem solving.



However, for young children, excessive screen time can interfere with the development of language, social, and motor skills. This can lead to aggressive behaviors, physical inactivity, and sleep problems. Children need face-to-face interactions to learn how to communicate, regulate emotions, problem solve real situations, and explore their world. The key is to maintain a balance.

- Set limits on device usage.
- Encourage children to engage in a variety of activities both online/offline and indoors/outdoors.
- Talk with your children and encourage them to communicate with you.
- Encourage play and friendships with others.
- Be a role model and be present with your children.

For more information on the positive and negative effects of technology, please visit these websites:

<https://www.wfla.com/>

<https://www.nhs.uk/guidance/resources/kids/resources/>

<https://online.maryville.edu/blog/children-and-technology/>

## Car Seat Safety

Having a car seat that is correctly installed is key to ensuring your child remains safe in case of an accident. It is always important to follow the manufacturer's instructions when installing a car seat and never use a car seat that is past its expiration date.

If you are unsure how to install a car seat, or if you want to check to make sure it is installed correctly, the state of Pennsylvania offers a website where you can find the closest [car seat check location](#) to you. Additionally, if you need a car seat, the state also has a website for their [car seat loan program](#). The car seat loan program can help families find a car seat when they otherwise may not be able to afford one.

Just remember that when traveling, your child should always be appropriately secured in a car seat that is not only installed correctly, but also fits their height and weight. The state of Pennsylvania also has resources that parents can use to make sure they have the [correct car seat for their child](#).

Check out these additional car seat resources:

- Car seat loan programs- <https://pakidstravelsafe.org/resources/car-seat-loan-programs/>
- Car seat check/fitting locations- <https://pakidstravelsafe.org/resources/car-seat-check-fitting-station-locations/>

# Is Your Child in the Right Car Seat?

## How to know for sure:



**REAR-FACING CAR SEAT**

**Babies and toddlers need to ride rear-facing as long as possible.**

Keep children rear-facing until they are at least two years old, or until they reach their car seat's height or weight limits. Convertible and 3-in-1 car seats usually have higher height and weight limits for rear-facing (compared to infant-only seats) so you can keep your child rear-facing longer.



**FORWARD-FACING CAR SEAT**

**Use a forward-facing seat with a harness when your child outgrows the rear-facing seat.**

When you child outgrows the rear-facing seat, he/she should ride in a forward-facing seat with a harness up to the highest weight or height allowed in the car seat instructions. Use the top tether strap based on your car seat and vehicle manufacturer's instructions. The tether (and harness) limit your child's movement in a crash.



**BOOSTER SEAT**

**Children are ready for a booster when:**

- They reach the limits for the forward-facing car seat with a harness, or
- Their shoulders grow above the car seat top harness slot, or
- Their ears are at the top of their car seat.

Boosters help keep the seat belts in the safest position. The lap belt stays low, touching the tops of the legs. The shoulder belt is centered on the shoulder and chest, so children don't put it behind their backs or under their arms.



**SEAT BELT**

**Is your child ready to ride on the seat?**

- Can your child sit with his hips against the back of the seat?
- Do her knees bend comfortably at the edge of the seat?
- Does the belt cross the center of your child's shoulder and is the lap belt low, touching the tops of your child's legs?
- Can your child sit like this the entire trip?

**If you answered "no" to any of these questions, your child needs to keep using a booster.**

● The back seat is the safest place. Children should ride in the back seat until they are 13 years old.

● Attend a car seat checkup to be sure your child is in the right seat and the seat is installed correctly.

● Always check your vehicle and car seat manufacturers' instructions to be sure your child's car seat is installed and used correctly.

● Seat belts do not usually fit until children are 4'9" tall and between 8-12 years old.

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## Health & Safety

### 10 Steps to Help Prevent SIDS

Sudden infant death syndrome (SIDS) is the sudden and unexplained death of a baby younger than 1 year old. Most SIDS deaths are associated with sleep, which is why it's sometimes still called "crib death." While researchers are still trying to determine the causes, follow these 10 steps to help prevent SIDS.

1. **Put a Sleeping Baby on Their Back.** Your baby's risk of SIDS is much higher any time they sleep on their side or stomach. Once your baby can roll over both ways, which usually happens around 6 months, they may not stay on their back. That's OK. It's fine to let them choose their own sleep position once they know how to roll over.
2. **Firm Bed, No Soft Toys or Bedding.** To prevent smothering or suffocation, always lay your baby down to sleep on either a firm mattress or surface in a crib or bassinet.
3. **Don't Smoke Around Your Baby.** If you smoke, here's a huge reason to stop before you get pregnant: Babies born to women who smoked during pregnancy die from SIDS three times more often than babies born to



nonsmokers.

4. **Keep Your Sleeping Baby Close, but Not in Your Bed.** When a baby sleeps in the same room as mom, studies show it lowers the risk of SIDS. But it's dangerous for a baby to sleep with another child or an adult in the same bed, in an armchair, and on a couch.
5. **Breastfeed as Long as You Can.** Breastfeeding your baby can lower the risk of SIDS by as much as 50%, though experts aren't sure why.
6. **Immunize Your Baby.** Evidence shows babies who've been immunized in accordance with recommendations from the American Academy of Pediatrics and the CDC have a 50% reduced risk of SIDS compared with babies who aren't fully immunized.
7. **Consider Using a Pacifier to Put Baby to Sleep.** Putting your baby to sleep with a pacifier may also help prevent SIDS.
8. **Keep Your Baby from Overheating.** Because overheating may raise a baby's risk of SIDS, dress your infant in light, comfortable clothes for sleeping, and keep the room temperature at a level that's comfortable for an adult.
9. **Steer Clear of Products That Claim to Reduce the Risk of SIDS.** It's best to avoid any product that says it can lower your baby's risk of SIDS, because they haven't been proven safe or effective. Cardiac monitors and electronic respirators also haven't been proven to reduce SIDS risk, so avoid these, too.
10. **Don't Give Honey to an Infant Under 1 Year Old.** Honey can lead to botulism in very young children, never give honey to a child under 1 year old. Botulism and the bacteria that cause it may be linked to SIDS.

Remember, your baby's health care provider is always available to answer any questions you have about SIDS, SIDS prevention, and keeping your baby warm, happy, and safe.

Information gathered from "Grow by WebMD"



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## The Impact of Stress on Oral Health

Stress is a reaction to a physical, psychological, or emotional demand. Everyone has felt stress at one time or another. Some stress is good because it pushes us

to do things that are challenging and meet the demands of daily life. However, too much stress is not good and can have negative short and long-term effects on our health, including our oral health.

Long-term stress can cause problems with your mouth, teeth, and gums. These problems can include:

- Sores in or around the mouth.
- Teeth clenching and grinding.
- Tooth decay and gum disease.

Here are some tips to help you manage stress:

- Eat healthy foods.
- Take care of your mouth.
- Seek treatment for unhealthy habits.
- Practice relaxation techniques.
- Talk to someone.

This [Brush Up on Oral Health tip sheet](#) describes how stress affects oral health and offers more detailed tips to help you manage stress.

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## Family Engagement

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### Learning in the Kitchen

The kitchen provides opportunities to introduce and work with your child on a variety of different skills. Children can learn and practice math skills such as counting, measuring and patterning. Having a conversation about the foods your child likes and dislikes and what they are exploring helps develop their language skills. Recipe cards help strengthen their ability to follow directions. Try some of these activities in the kitchen:



- **Infant:** Provide plastic bowls, pots, pans, wooden/plastic spoons for your child to explore while you are cooking. Describe to them the sizes and number of items.
- **Toddler:** Give your child plastic measure cups and spoons and have he or she put them in size order. Talk to your child about which is the biggest and smallest and how many.
- **Pre-Kindergarten:** Have him or her put measuring cups or spoons in size order. Discuss which comes first, second, third, etc. Give him/her an empty container and water. Allow him/her the opportunity to fill the empty container with the measuring cups/spoons. Discuss with them how many of each cup it takes to fill the container.
- **Kindergarten:** Use grapes or cheese to fill a cup. How many does it take to fill the cup? What if a smaller cup is used-does filling the cup require more or less? What if a larger cup is used? Talk with him or her about their predictions about the number of items it will take to fill each size cup.

### Suggested Books:

**The Very Hungry Caterpillar** by Eric Carle  
**Stone Soup** by Marcia Brown

Resource: Learning is Everywhere: Activities to do with young children.  
[www.papromiseforchildren.com](http://www.papromiseforchildren.com)

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**Visit ELRC Region 12**

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